

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR

Course Syllabus

June Wilden: Wellness (Room 109B)

Certified Instructor and Instructor Trainer with American Red Cross

jwilden@clintonia.org

563 – 243 – 2435 ext. 1092

Course Description -

The purpose of this course is to train instructor candidates to teach water safety, including the Basic Water Rescue course, six levels of the Learn to Swim and Parent and Child Aquatics. Note: This Water Safety Instructors course is not designed to teach you the required strokes. This course is dedicated to developing the skills you will need to instruct and plan course in the American Red Cross Swimming and Water Safety program

Prerequisites: To be eligible to take the Water Safety Instructor course a prospective candidates must

1. Be at least 16 years old on or before the final scheduled session of the Instructor course. (Candidates must provide proof of age, such as a driver's license or birth certificate.)
2. Possess one of the following:
 - a. Possess a Fundamentals of Instructor Training (FIT) certificate issued within the past 12 months.
 - b. Have a current Health and Safety Services Instructor Authorization (F5736 or C3005)
3. Successfully pass the Precourse written test and skills test.

PRECOURSE SKILLS TEST CONSISTS OF THE FOLLOWING SKILLS:

1. Long shallow dive into a minimum of 9 feet of water, perform a surface dive, retrieve a 10 pound brick in 6 to 10 feet of water, and bring it to the surface.
2. Perform a wading assist with equipment. Bring the victim safely to the side of the pool.
3. Enter shallow water and approach a facedown victim with a suspected spinal injury. Use the Head Splint to establish the airway and maintain in-line stabilization.

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Table of Contents Red Cross Water Safety Instructor Test Answers

1. Understanding the eBook Red Cross Water Safety Instructor Test Answers
 - The Rise of Digital Reading Red Cross Water Safety Instructor Test Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Water Safety Instructor Test Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Red Cross Water Safety Instructor Test Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Water Safety Instructor Test Answers
 - Personalized Recommendations
 - Red Cross Water Safety Instructor Test Answers User Reviews and Ratings
 - Red Cross Water Safety Instructor Test Answers and Bestseller Lists
5. Accessing Red Cross Water Safety Instructor Test Answers Free and Paid eBooks

- Red Cross Water Safety Instructor Test Answers Public Domain eBooks
 - Red Cross Water Safety Instructor Test Answers eBook Subscription Services
 - Red Cross Water Safety Instructor Test Answers Budget-Friendly Options
6. Navigating Red Cross Water Safety Instructor Test Answers eBook Formats
- ePub, PDF, MOBI, and More
 - Red Cross Water Safety Instructor Test Answers Compatibility with Devices
 - Red Cross Water Safety Instructor Test Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Red Cross Water Safety Instructor Test Answers
 - Highlighting and Note-Taking Red Cross Water Safety Instructor Test Answers
 - Interactive Elements Red Cross Water Safety Instructor Test Answers
8. Staying Engaged with Red Cross Water Safety Instructor Test Answers
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross Water Safety Instructor Test Answers
9. Balancing eBooks and Physical Books Red Cross Water Safety Instructor Test Answers
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross Water Safety Instructor Test Answers
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Red Cross Water Safety Instructor Test Answers
- Setting Reading Goals Red Cross Water Safety Instructor Test Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Red Cross Water Safety Instructor Test Answers
- Fact-Checking eBook Content of Red Cross Water Safety Instructor Test Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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