

Dear Water Safety Instructor Candidate:

This course is not designed to teach you basic level swimming skills. It is dedicated to developing the knowledge and skills you will need to plan and teach courses in the American Red Cross Swimming and Water Safety program. To participate in the WSI course, you must be at least 16 years old and be able to demonstrate the following skills:

1. Swim the following strokes consistent with Learn to Swim Level 4 criteria:
 - Front crawl-25 yards
 - Back crawl-25 yards
 - Breaststroke-25 yards
 - Elementary Baskstroke-25 yards
 - Sidestroke-25 yards
 - Butterfly-15 yards
2. Maintain position on back for 1 minute in deep water (floating or sculling)
3. Tread water for 1 minute

Please bring documentation to the first session as proof that you are at least 16 years old by the end of the course.

Course competition certificates will be awarded to instructor candidates who successfully complete the pre-course session, complete the online Orientation to the Swimming and Water Safety Program (details will be provided), attend every class, successfully perform all practice teaching assignments and pass the final written exam with a score of 80 percent or higher.

Throughout the course you must demonstrate maturity and responsibility, arrive at class on time and be prepared, stay engaged in class activities, complete homework assignments, behave appropriately, give and receive feedback.

I look forward to having you as an instructor candidate in my class.

Sincerely,

Livia Jacobs

Water Safety Instructor Trainer