

## Purpose

The primary purpose of the Basic Swim Instructor course is to train instructor candidates to teach the fundamental Learn-to-Swim courses including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-3, and water safety presentations.

## Prerequisites

Course participants must:

1. Be at least 16 years old on or before the final scheduled session of the course.
2. Successfully complete the online portion of the Basic Swim Instructor course prior to the precourse skills session.
3. Demonstrate the ability to perform the following swimming skills:
  - Swim the following strokes consistent with the Stroke Performance Charts, Level 3
    - Front Crawl: 25 yards
    - Breaststroke: 25 yards
    - Elementary Backstroke: 25 yards
    - Sidestroke: 25 yards
  - Complete the Water Competency Sequence:
    - Step into water and total submerge
    - Float or tread water for 1 minute
    - Rotate one full circle and orient to exit
    - Swim 25 yards without stopping
    - Exit the Water without using steps or ladder

## Learning Objectives

Participants should be able to:

- Identify key elements and strategies for planning and preparing effective and safe swim lessons.
- Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons.
- Describe the importance of effective observation for teaching and how to develop it.
- Develop the ability to effectively communicate about participants' progress in swim lessons.
- Modify teaching to meet unexpected challenges, including dealing with participants who misbehave.
- Demonstrate the ability to accommodate participants who move, learn, communicate and behave differently.

## Length

- The online session of the blended learning course takes approximately 2 hours.
- The classroom sessions are designed to be taught in approximately 25 hours (including the precourse session).

## Instructor Trainer

Currently certified Water Safety instructor trainer.

## Certification Requirements

To successfully complete the Basic Swim Instructor course, participants must:

- Successfully complete the online portion of course.
- Successfully complete the Precourse Skills Session.
- Attend and actively participate in all course sessions.
- Successfully complete class activities.
- Demonstrate skill competency in all skills and scenarios.
- Pass the final written exam with a minimum grade of 80 percent.

## Certificate Issued and Validity Period

The American Red Cross certificate for Basic Swim Instructor is valid for 2 years.

## Participant Materials (available in digital and print formats)

- *American Red Cross Water Safety Instructor's Manual*
- *American Red Cross Swimming and Water Safety Manual*
- *Longfellow's WHALE Tales K-6 Educational Packet and Longfellow's WHALE Tales DVD*