

For what purpose would you use each of the following materials/resources?

- WSI Manual
- Swimming and Water Safety Manual
- Swimming and Diving Skills DVD
- ARC Mobile App
- Achievement Booklet
- Completion Cards
- Instructor's Corner

What must a WSI do to maintain their certification?

What courses are certified WSIs eligible to teach?

What must a candidate do before teaching Safety Training for Swim coaches?

What are the criteria for successful completion of a Basic Water Rescue Course?

What tasks can an Instructor Aid perform?

What are the objectives of Longfellow's WHALE Tales?

When should you include water safety topics in classes?

Who should water safety information be shared with?

Are you restricted to teaching only the water safety topics listed in each level?

For each of the Learn to Swim classes know:

- Age ranges
- Objectives
- General criteria

What factors influence learning?

Know and be able to identify aspects of the stages of learning.

What is the value of developing block and lesson plans?

What elements should be included in a good block plan?

What elements should be included in a good lesson plan?

What factors should be considered when:

- developing a block plan
- developing a lesson plan?

What should you consider when working with someone who moves or learns differently?

Why is feedback important?

Why is self-evaluation important?

Be able to describe what the 'photographic eye is and how a WSI should use their 'photographic eye'

Understand how to set up effective demonstrations.

Understand and know when to utilize COLA

Why should you understand hydrodynamic principles?

Understand how to apply each of the hydrodynamic principles.

For each of the swim strokes know/understand:

- the general characteristics and important aspects
- what part of the stroke creates the most force
- stroke criteria for each of the levels
- common mistakes and their corrections

For each of the headfirst entries/dive positions know:

- basics set up and characteristics
- important differences between types of dives
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