



Red Cross Water Safety Instructor Course



The **Water Safety Instructor (WSI)** Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

Course Components & Length

- WSI—Skills Evaluation* – 3–6 hours
- WSI—Online – 14–20 hours
- WSI—Teaching Experience – minimum 8 hours
- WSI—Classroom and Pool – 9 hours classroom, 12 hours pool.

* WSI—Skills Evaluation can be completed before, during or after the WSI—Online or WSI—Teaching Experience, but must be completed before attending the WSI—Classroom and Pool.

Pre-course Requirements

15 years or older by the last day of the WSI—Classroom and Pool, ability to perform water safety skills and swimming strokes at the highest level of performance criteria in the Red Cross Swim Kids program, and hold one of the following certifications (not required to be current): Red Cross Assistant Lifeguard or higher, or Bronze Cross or higher (Bronze Cross certification is the required prerequisite in Quebec).

Completion Criteria

- Attend, participate in, and complete 100% of all four course components.
- WSI—Teaching Experience: complete a minimum of 4 hours** in each of a Red Cross Swim Preschool and a Red Cross Swim Kids class within 6 months of finishing the WSI—Online.

** Red Cross recommends completing an entire session

Evaluation

All course components are evaluated against specific evaluation criteria on a pass/fail basis.

Course Materials

- Water Safety Instructor Workbook
- Red Cross Swim Deck Book
- WSI—Online



Certification

Upon successful completion, candidates are certified for 2 years as a WSI, which allows them to teach Red Cross Swim programs without direct supervision.

Complete three **Water Safety Instructor—Online Professional Development Courses:** Evaluating Strokes, Supervising the Teaching Experience, and Teaching Parented Classes, before attending the WSI Recertification Course.

Recertification

Attend a recertification course every 2 years (5 hours including classroom and pool components)

For Instructor Worksheets and Additional Teaching Resources go to myrc.redcross.ca > Tools > Swimming & Water Safety