

**Reference the comparison chart below for details on both Instructor Courses and Certifications**

	<b>Water Safety Instructor</b>	<b>Basic Swim Instructor</b>
<b>Prerequisite Age</b>	<b>16</b>	<b>16</b>
<b>Prerequisite Skills</b>	<p>Swim the following strokes consistent with the stroke performance charts, <b>Level 4</b></p> <ul style="list-style-type: none"> <li>• Front Crawl: 25 yards</li> <li>• Back Crawl: 25 yards</li> <li>• Breaststroke: 25 yards</li> <li>• Elementary Backstroke: 25 yards</li> <li>• Sidestroke: 25 yards</li> <li>• Butterfly: 15 Yards***</li> </ul> <p>Maintain position on back for 1 minute in deep water (floating or sculling)</p> <p>Tread water for 1 minute</p>	<p>Swim the following strokes consistent with the stroke performance charts, <b>Level 3</b></p> <ul style="list-style-type: none"> <li>• Front Crawl: 25 yards</li> <li>• Back Crawl: 25 yards</li> <li>• Breaststroke: 25 yards</li> <li>• Elementary Backstroke: 25 yards</li> <li>• Sidestroke: 25 yards</li> </ul> <p>Complete the Water Competency Sequence:</p> <ul style="list-style-type: none"> <li>• Step into water and total submerge</li> <li>• Float or tread water for 1 minute</li> <li>• Rotate one full circle and orient to exit</li> <li>• Swim 25 yards without stopping</li> <li>• Exit the water without using steps or a ladder</li> </ul>
<b>Course Format</b>	Instructor Led	Instructor Led
<b>Course Length</b>	Hours	Hours
<b>Instructor Trainer Certification</b>	Water Safety Instructor Trainer	Water Safety Instructor Trainer
<b>Course Fee</b>	\$	\$
<b>Instructor Candidates Materials</b>	<p align="center"><i>American Red Cross Water Safety Instructor's Manual</i></p> <p align="center"><i>American Red Cross Swimming and Water Safety Manual</i></p> <p align="center">PDF Versions will be emailed to course participants</p>	<p align="center"><i>American Red Cross Water Safety Instructor's Manual</i></p> <p align="center"><i>American Red Cross Swimming and Water Safety Manual</i></p> <p align="center">PDF Versions will be emailed to course participants</p>
<b>Courses Than Can Be Taught</b>	<ul style="list-style-type: none"> <li>• Parent and Child Aquatics (2 Levels)</li> <li>• Preschool Aquatics (3 Levels)</li> <li>• Learn-To-Swim Levels 1-6</li> <li>• Adult Swim (3 Levels)</li> <li>• Private Swim Lessons (any level)</li> <li>• Longfellow's WHALE Tales</li> <li>• Water Safety Presentations (WSI Manual Chapter 11, &amp; SWS Manual, Chapter 3)</li> <li>• Water Safety Courses (WSI Manual Chapter 11)</li> <li>• Basic Water Rescue (SWS Manual, Chapter 3)</li> </ul>	<ul style="list-style-type: none"> <li>• Parent and Child Aquatics (2 Levels)</li> <li>• Preschool Aquatics (3 Levels)</li> <li>• Learn-To-Swim Levels 1-6</li> <li>• Adult Swim (3 Levels)</li> <li>• Private Swim Lessons (any level)</li> <li>• Longfellow's WHALE Tales</li> <li>• Water Safety Presentations (WSI Manual Chapter 11, &amp; SWS Manual, Chapter 3)</li> </ul>
<b>Recertification Requirements</b>	Every 2 years from date of last training	Every 2 years from date of last training

\*\*\*Butterfly prerequisite skill will not be assessed or included in this course. Teaching of that skill will be left to the discretion of the competitive swimming coaches. We will teach how to assess the skill but it will not be part of the instructional program.