



Water Safety

Instructions for Completing the Water Safety Instructor Course Online Prerequisites

Thank you for registering for the American Red Cross Water Safety Instructor Course. Two different delivery methods are available for the Water Safety Instructor Course: blended learning (in which portions of the coursework are completed online before attending in-person skill sessions) and instructor-led (in which participants complete the online Orientation to the Swimming and Water Safety Program, then all the remaining training is completed in the classroom and in the water). Here is what you need to know to get started:

- Step 1: Meet the prerequisites and register for the Instructor course.
- Step 2: Successfully complete the Instructor course.

Step 1: Meet the Prerequisites and Register for the Instructor Course

Search and register for Water Safety Instructor Course on [Redcross.org](https://www.redcross.org) or through a Red Cross provider.

To participate in the Water Safety Instructor Course, you must:

- Be at least 16 years of age on or before the last day of the Instructor course.
- Be able to demonstrate the swimming skill precourse session (skills listed in Step 2).
- Successfully complete the online Orientation to the Swimming and Water Safety Program and Review Course Materials.
 - **If you are enrolled in the blended learning version of the Water Safety Instructor Course**, click on the link in the confirmation email sent from the American Red Cross confirming your enrollment to access the online course and digital course materials in the Red Cross Learning Center.

- **If you are enrolled in the classroom version of the Water Safety Instructor Course**, to access the online Orientation to the Swimming and Water Safety Program, go to the Red Cross Learning Center and click on the Instructor Lifecycle navigation tab and select Candidate Resources prior to logging in to the Learning Center. You do not need an account or to log in to access this online content.

Water Safety instructor candidates should obtain and review the following course materials:

- *American Red Cross Swimming and Water Safety Manual*
- *American Red Cross Water Safety Instructor's Manual*

Digital materials are available on the Instructor Candidate Resources page of the Red Cross Learning Center (redcrosslearningcenter.org). Print materials and DVDs are available for purchase by linking over from the Learning Center or at redcross.org/store.

- Successfully demonstrate competency in the precourse swim session – details below.
Note: *Age will be verified during the precourse session. Also, be sure to bring the signature page as evidence that you completed the online Orientation to the Swimming and Water Safety Program.*

Step 2: Successfully Complete the Instructor course

To become certified as a Water Safety Instructor, you must:

- Successfully complete the online Orientation to the Swimming and Water Safety Program.
- Successfully complete the precourse session.
 - Demonstrate the ability to perform the following swimming skills:
 - Swim the following strokes consistent with American Red Cross Level 4 stroke performance criteria:
 - Front crawl—25 yards
 - Back crawl—25 yards
 - Breaststroke—25 yards
 - Elementary backstroke—25 yards
 - Sidestroke—25 yards
 - Butterfly—15 yards
 - Maintain position on back for 1 minute in deep water (floating or sculling)
 - Tread water for 1 minute
- Attend and actively participate in all course sessions (including any assigned online content).
- Successfully complete class activities, including the required practice-teaching assignments.

- Score a minimum of 80 percent (40 correct answers out of 50 questions) on the Instructor course final written exam.

Contact the American Red Cross if you have questions at 1-800-REDCROSS (1-800-733-2767).

Upon successful completion of the Water Safety Instructor Course, an American Red Cross Water Safety Instructor Certification will be added to your profile in the Learning Center; this Instructor certification will be valid for two years.

Prior to accessing instructor permissions in the Red Cross Learning Center and teaching American Red Cross courses, you must be affiliated with an American Red Cross Training Provider or be employed as a paid or volunteer instructor of the American Red Cross. This requirement is in addition to holding a current Instructor certification. If you are not already affiliated with a Training Provider and do not plan to teach as an American Red Cross paid or volunteer instructor, please ask your organization's administrator to request to affiliate you to the organization's Training Provider agreement.