

Swimming and Water Safety (r.09) Program

Overview

The American Red Cross Swimming and Water Safety (r.09) program is designed to equip swim instructors with the tools and skills needed to teach and effectively promote water safety to their whole community. The program continues the proud tradition of teaching people to swim and be safer in, on and around water and includes courses for all age groups and varying abilities.

The American Red Cross Swimming and Water Safety program consists of the following:

- Water Safety Instructor (WSI) course
- Parent and Child Aquatics (2 levels)
- Preschool Aquatics (3 levels)
- Learn-to-Swim (LTS) (6 levels)
- Longfellow's WHALE Tales
- Water safety presentations
- Basic Water Rescue
- Personal Water Safety
- Safety Training for Swim Coaches

Program highlights include—

- An increased emphasis on water safety and drowning prevention as the basis of swimming and water recreation.
- New placement and distribution of the skills throughout the Learn-to-Swim levels to help reduce bottlenecks and optimize skill acquisition.
- New, up-to-date diving techniques and progressions, including a revised approach and takeoff.
- The most current biomechanics concepts and stroke descriptions.
- Three new swim levels specifically designed for the developmental needs of preschool-aged children so they achieve success at regular intervals.
- New content to help Water Safety instructors improve their teaching skills and better serve participants of varying ages and abilities, including those with disabilities and other health conditions.
- Newsletters that can be personalized with facility information, designed to provide parents, caregivers and participants with safety information, tips for working on skills between lessons and appropriate expectations for each level of lessons.
- Completely new WHALE Tales DVD, which features new animation, narration and a WHALE Tales theme song to support nine of the 11 WHALE Tales lessons.
- Achievement cards for every level—options for both youth and mature audiences.
- Sample block and lesson plans for every level, along with templates for instructors to create their own.

Expected Release Date: February 27, 2009

Information at a Glance
Swimming and Water Safety (r.09) Program Materials

StayWell Stock Number	Title	Suggested Retail Price
651312	<i>Water Safety Instructor Kit r.09</i>	\$51.95
651321	<i>Swimming and Water Safety Program DVD Set</i>	\$159.95
651316	<i>Swimming and Diving Skills DVD r.09</i>	\$94.95
651313	<i>Water Safety Instructor's Manual with CD-ROM r.09</i>	\$22.95
651314	<i>Swimming and Water Safety Manual r.09</i>	\$25.95
651317	<i>Raffy Learns to Swim r.09</i>	\$1.99
651318	<i>Waddles in the Deep r.09</i>	\$1.99
651319	<i>Longfellow's WHALE Tales DVD r.09</i>	\$39.95
651315	<i>Longfellow's WHALE Tales K-6 Educational Packet r.09</i>	\$17.95
651323	Longfellow's WHALE Tales Stickers	\$9.95
651324	Swim Stroke Posters	\$35.00

Program Materials

Swimming and Water Safety Manual – The completely redesigned and new manual has a crisp, easy-to-follow layout and features a greater emphasis on drowning prevention and water safety while maintaining a strong focus on swimming and diving skills..

- Size—an easy to handle reference at 8 3/8" x 10 7/8"
- Approximately 256 pages with full color graphics and detailed reference information
- Straight forward, easy-to-read information with an intuitive information flow

Water Safety Instructor's Manual with CD-ROM

A fully redesigned *Water Safety Instructor's Manual* featuring—

- An increased emphasis on water safety information and survival skills in each level of lessons.
- Clear, concise plans and reference material with a significant organizational revision to simplify instructor preparation time and effort.
- A redistribution of skills, based on feedback from instructors in the field, to reduce bottlenecks.
- Practical advice for creating an inclusive aquatic instructional environment:
 - Increased emphasis on creating instructor confidence and comfort in teaching students with disabilities and other health issues who do not require adaptive swimming instruction
 - Emphasis on appropriate language and instructional tactics for various disabilities and other health issues
- Three separate levels of Preschool Aquatics that focus on developmentally-appropriate introduction of skills to help bridge participants from Parent and Child Aquatics to Learn-to-Swim courses.

A revised *Water Safety Instructor's CD-ROM* that includes information for both instructors and swimming and water safety program coordinators. Features include—

- Attractive newsletters, with space for facility logo and information, designed to provide parents, caregivers and participants with safety information, tips for helping participants progress between lessons and appropriate expectations for each level of lessons.
- Achievement cards for every level—options for both the young and the mature.

- Youth-focused certificates for every level (except level 6).
- Sample block and lesson plans for every level, along with templates for instructors to create their own.

Guide for Training Water Safety Instructors (available from your local chapter when program releases)

- Lesson plans and other pertinent information to help ensure standardization of training among all WSIs.
- Gives both new and experienced Water Safety instructor trainers (WSITs) the tools to teach with confidence.

Raffy Learns to Swim

- Redesigned to integrate with Learn-to-Swim Level 1, as well as the first 2 levels of Preschool Aquatics, this book contains 16 pages of colorful illustrations wrapped around an engaging story designed for parents and caregivers to read with their children. The story will help children prepare for swim lessons and provide a framework for families to talk about what they are learning in class and how to be safe in, on and around the water. The booklet also includes achievement cards to track participants' progress through the levels.

Waddles in the Deep

- Redesigned to integrate with Learn-to-Swim Levels 2 and 3, as well as Preschool Aquatics Level 3, this book contains 16 pages of colorful illustrations wrapped around an engaging story designed for parents and caregivers to read with their children. The story will help children prepare for swim lessons and provide a framework for families to talk about what they are learning in class and how to be safe in, on and around the water. The booklet also includes achievement cards to track participants' progress through the levels.

Longfellow's WHALE Tales K-6 Educational Packet (will release summer 2009)

- The new Longfellow's WHALE Tales will continue the tradition of quality safety lessons.
- Updated CD-ROM that contains nine updated lessons and three new lessons on sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers, along with other materials for leaders to teach the course.

Longfellow's WHALE Tales DVD – 24 minutes (will release summer 2009)

- A completely new, 24-minute WHALE Tales DVD, which features new animation, narration and a WHALE Tales theme song. The WHALE Tales DVD also supports the updated CD-ROM.

Swimming and Diving Skills DVD – 1 hour, 20 minutes

- Covers in detail the six swimming strokes, start and turns and the steps for teaching diving.
- Provides standardized demonstration of the skills to help instructors understand efficient and effective skills.

Teaching Swimming and Water Safety DVD – 1 hours, 25 minutes

- An updated *Teaching Swimming and Water Safety* DVD helps WSI candidates develop their photographic eye and provide corrective feedback to swim skill development.
- Video segments designed to complement the revised instructional design and course flow with the placement of skill details provided at each level of instruction.
- Included in the DVD is enhanced content for Parent and Child Aquatics to provide a more complete depiction a well-organized and implemented lesson as well as more useful depictions of support and holding positions.

Swimming and Water Safety Program DVD Set – 3 hours, 9 minutes

- Swimming and Diving Skills – Approximately 1 hour, 20 minutes
- Teaching Swimming and Water Safety – Approximately 1 hour, 25 minutes
- Longfellow's WHALE Tales – Approximately 24 minutes

Swimming and Water Safety Handbook (r.04)

- Designed to increase safety wherever and whenever water sports are enjoyed, the *Water Safety Handbook*—
 - Includes easy-to-remember safety tips for pools, spas, waterparks, lakes, rivers, oceans and more.
 - Is ideal for parents, the general public, youth in grades 4–12 or youth organizations and people who participate in activities in and around the water, such as camp staff and campers.

Safety Training for Swim Coaches

- The revised Safety Training for Swim Coaches course was released on September 28, 2007. This revised course, developed in collaboration with USA Swimming, is designed to meet the needs and training requirements of aquatic professionals, such as competitive swim coaches, officials, athletic trainers and other individuals involved in aquatic competition or exercise programs.
- Participant Products/Materials
 - American Red Cross Safety Training for Swim Coaches Supplement
 - American Red Cross Swimming and Water Safety Manual (Stock No. 651314)

Swimming and Water Safety (r.09) Key Implementation Dates and Activities

November 2008

24 – Evaluate inventory of current Swimming and Water Safety program materials and make adjustments, as needed, to prepare for the release of the new materials.

January 2009

26 – Preorder Swimming and Water Safety (r.09) materials

February 2009

16 – Check with your chapter regarding the dates and locations of group orientations, as well as what self-study options are available for WSI's, WSIT's and aquatic facilities

27 – Anticipated Program Release. *Existing program materials cannot be returned to StayWell after the release of the Swimming and Water Safety (r.09) program.*

March 2009

11 – Web Conference Premiere and Instructor Update, 2:00 p.m. – 4:00 p.m. eastern time.

23 – Premiere at National Recreation and Park Association's National Aquatic Conference (Houston, TX).

August 2009

31 – Last day to teach basic courses from the Swimming and Water Safety (r.04) program. *Existing program materials cannot be used in an instructor course after August 31, 2009. The current Swimming and Water Safety program materials will NOT be available once current inventory is exhausted or by December 31, 2009, whichever comes first.*

Discontinued Program Materials - effective August 31, 2009:

- *Guide for Training Water Safety Instructors r.04* (Available from your local chapter)
- *Water Safety Instructor's Manual with CD-ROM* (Stock No. 651301)
- *Water Safety Instructor Candidates Kit* (Stock No. 651311)

December 2009

31 – **All instructors must complete** the online self-study or group orientation to the new program in order to **be reauthorized**. *The current Swimming and Water Safety program materials will NOT be available once current inventory is exhausted or by December 31, 2009, whichever comes first*

Discontinued Program Materials: Effective December 31, 2009 (or when existing stock is depleted, whichever comes first):

- *Swimming and Water Safety Manual* (Stock No. 651300)
- *Swimming and Diving Skills Video* (Stock No. 651302)
- *Teaching Swimming and Water Safety Video* (Stock No. 651303)
- *Swimming & Diving Skills & Teaching Swimming and Water Safety DVD Set* (Stock No. 651305)
- *Raffy Learns to Swim: American Red Cross Learn-to-Swim Levels 1 and 2* (Stock No. 651307)
- *Waddles in the Deep: American Red Cross Learn-to-Swim Levels 3 and 4* (Stock No. 651308)
- *Longfellow's WHALE Tales Leader Pack with CD-ROM* (Stock No. 651309)
- *Longfellow's WHALE Tales Video* (Stock No. 654710) (releases later)

Program Overview

Learn-to-Swim

The six levels of Learn-to-Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression.

Level 1—Introduction to Water Skills

There are no prerequisites for this level. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water.

Level 1 Exit Skills Assessment

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2—Fundamental Aquatic Skills

Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements of Level 1. The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Level 2 Exit Skills Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3—Stroke Development

Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool (if the water is 9 feet deep or deeper).

Level 3 Exit Skills Assessment

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4—Stroke Improvement

Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in Level 4, as well as the basics of turning at a wall.

Level 4 Exit Skills Assessment

- Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5—Stroke Refinement

Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Level 5 Exit Skills Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6—Swimming and Skill Proficiency

Participants entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. The objectives of Level 6 are to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options—Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.

This level should be customized to meet the objectives of the participants. For instance, the course may be promoted for participants who want to enter competition or for those who want to achieve a higher level of fitness. It is also possible to structure this level around a different aquatic sport each time it is offered. Participants who want to enter the Water Safety Instructor course or courses in the Lifeguarding program can use this level to practice the prerequisites for those courses. Because of the variety this level offers, participants can repeat it to focus on different goals each time.

Level 6 Exit Skills Assessment

Personal Water Safety

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point.

Fundamentals of Diving

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Perform a two-part takeoff with a feet-first entry from a 1-meter diving board.
- Perform a two-part takeoff with a head-first entry from a 1-meter diving board.

Fitness Swimmer

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Perform the Cooper 12-minute swim test and compare results with the pre-assessment results.

Preschool Aquatics

American Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression. It is composed of three levels. The objective is to start teaching fundamental water safety and aquatic skills to children about 4 and 5 years of age. The Red Cross Preschool Aquatics program is designed to give participants a positive learning experience. Preschool Aquatics Level 1 orients participants to the aquatic environment and helps them to gain some basic swimming and water safety skills. At later levels, participants

build on their basic skills to improve propulsive movements on both the front and back. They learn different strokes and then refine them as they progress. Personal safety and rescue skills are included to help participants meet safety goals.

Preschool Aquatics Level 1 helps children develop comfort in and around water. Preschool Aquatics Level 2 helps children gain independence in the skills and develop more comfort in and around water. Preschool Aquatics Level 3 helps children gain the swimming skills to be comfortable in and around water. Upon successful completion all three levels of Preschool Aquatics, children should enter Learn-to-Swim at Level 3.

Preschool Aquatics Level 1

There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. In Level 1, elementary aquatic skills are taught, which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this level, children also start developing good attitudes and safe practices around the water.

Level 1 Exit Skills Assessment

All Preschool Aquatics Level 1 skills can be performed with support.

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Preschool Aquatics Level 2

Children entering this course must have a Preschool Aquatics Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on the back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

Level 2 Exit Skills Assessment

All Preschool Aquatics Level 2 skills can be performed with assistance.

- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Aquatics Level 3

Children entering this course must have a Preschool Aquatics Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned.

Level 3 Exit Skills Assessment

All Preschool Aquatics Level 3 skills are done independently.

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds and then return to a vertical position.
- Move into a back float for 5 seconds, roll to front, and then recover to a vertical position.
- Push off and swim using a combination of arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)

Parent and Child Aquatics

American Red Cross Parent and Child Aquatics is designed to orient young children (from age 6 months to about 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help them orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill instructors, parents and children with wonderful lifelong memories.

There is no minimum or maximum course length. Generally, Parent and Child Aquatics works well in sessions of 7 to 10 lessons, with each lasting no more than 30 minutes, and meeting at least twice a week.

Parent and Child Aquatics Level 1

Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Several water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future.

Level 1 Exit Skills Assessment

- None

Parent and Child Aquatics Level 2

Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in Level 2.

Level 2 Exit Skills Assessment

- None

Longfellow's WHALE Tales

Longfellow's WHALE Tales is a dry land, water safety program. It is targeted for children ages 5 to 12. Topics include Be Cool, Follow the Rules; Don't Just Pack It, Wear Your Jacket; Swim with a Buddy in a Supervised Area; and many more.

Safety Training for Swim Coaches

All Water Safety and Lifeguarding instructors are eligible to teach Safety Training for Swim Coaches once they obtain the materials and complete a self-orientation to the materials. Instructors who complete the Water Safety Instructor (r.09) course will be eligible to teach the course since they are oriented to the materials in the course.

An individual may become a Safety Training for Swim Coaches instructor by taking the following steps:

- Be at least 16 years of age by the last scheduled course date
 - Possess a Fundamentals of Instructor Training certificate issued within the last year or a current *American Red Cross Health and Safety Services Instructor Authorization Certificate*
 - Successfully complete the precourse session in the Safety Training for Swim Coaches Instructor course (This is equivalent to completing a Safety Training for Swim Coaches challenge.)
 - Successfully complete the approximately 8-hour Safety Training for Swim Coaches Instructor course

Note: *Most swim coaches are experienced educators and therefore will qualify for a self-study of the Fundamentals of Instructor Training course. (See Appendix P in the Fundamentals of Instructor Training participant's manual Stock# ARC A1174).*

There are five delivery options available for the Safety Training for Swim Coaches course:

1. A full 8-hour course that includes a lecture, required and optional video and skills training and a final written exam. The course is delivered in a classroom setting and has an in-water skills session. It is led by an instructor.

2. A 4-hour review course that provides an expedited review of key concepts and in-water skills. Participants must have a basic-level certification that is current or no more than 12 months past the certification's 3-year validity period in one of the following:
 - Safety Training for Swim Coaches
 - Lifeguarding
 - Waterfront Lifeguarding
 - Waterpark Lifeguarding
 - Shallow Water Attendant
 - Basic Water Rescue

The course is delivered in a classroom setting and has an in-water skills session. It is led by an instructor.

3. A challenge which involves successfully completing the final written exam in the classroom or online prior to the class followed by demonstration of in-water skills—there is no instruction or review as part of the challenge. The length of the challenge will vary.
4. A 4-hour fast-track option that involves successfully completing an online exam. Participants are expected to learn the course content using course materials prior to completing the online exam. Participants then attend a short classroom lecture and in-water skills training session that is led by an instructor.
5. A “written exam only” challenge is available for USA Swimming coaches who have current basic-level certification in a course that teaches the skills learned in Safety Training for Swim Coaches. They include the following:
 - Lifeguarding
 - Waterfront Lifeguarding
 - Waterpark Lifeguarding
 - Shallow Water Attendant
 - Basic Water Rescue

Because the Safety Training for Swim Coaches course contains content that is specific to swimming-related safety issues, member coaches must obtain the materials and self-study for the online written exam which is available on the [USA Swimming Web site](#).

Swim coach members who successfully complete the Safety Training for Swim Coaches course will fulfill the water safety requirement of the USA Swimming Coaches Safety curriculum.

For more information, go to the [Safety Training for Swim Coaches](#) program page on CrossNet.

Note: *The American Red Cross course, Sport Safety Training, does not meet or replace the Safety Training for Swim Coaches requirement. However, it does fulfill USA Swimming's first aid and CPR requirements for the Coaches Safety Curriculum. USA Swimming recommends coaches take Sport Safety Training because of its coaching-specific content and materials.*

Swimming and Water Safety (r.09) Authorization Steps

Current Instructor Trainers

In order to be reauthorized when their authorization expires, current Water Safety instructor trainers need to complete the following three steps:

1. Orient to the Swimming and Water Safety (r.09) program materials by:
 - A. Completing an online update;
 - OR**
 - B. Attending a Group Orientation conducted by a Health and Safety Program Administrator or a Swimming and Water Safety (r.09) instructor trainer;
- AND**
2. Return a completed orientation verification form (available on Instructor's Corner and in the *Program Release Connection*) to the instructor trainer's chapter of authorization.
3. Complete Sections I, VI, VII and VIII of the Application/Worksheet and return to the chapter of authorization for the new authorization indicating Water Safety (r.09) Instructor Trainer.

Once instructor trainers turn in the completed and signed verification form and IT Application/Worksheet and it has been endorsed by the appropriate chapter representative, the chapter issues an instructor trainer certificate (C3006) indicating Water Safety (r.09) and they may teach courses in the Swimming and Water Safety (r.09) program and conduct group orientation sessions for other Water Safety instructors and other instructor trainers.

Instructor Trainer Reauthorizations

To be reauthorized, Water Safety (r.09) instructor trainers must teach or co-teach one of the following within their authorization period:

- Water Safety (r.09) Instructor course
- Crossover/Re-Entry course

Current Instructors

In order to be reauthorized when their authorization expires, current Water Safety instructors must complete the following steps:

1. Orient to the Swimming and Water Safety (r.09) program materials by:
 - A. Completing an online update;
 - OR**
 - B. Attending a Group Orientation conducted by a Health and Safety Program Administrator or a Water Safety (r.09) instructor trainer;
- AND**
2. Return a completed Orientation Verification Form (available on Instructor's Corner and in the *Program Release Connection*) to the instructor's chapter of authorization.

Once instructors turn in the completed and signed verification form, the chapter issues an instructor certificate (C3005) indicating Water Safety (r.09).

Authorizations

There will be only one instructor authorization in the Swimming and Water Safety (r.09) program—Water Safety (r.09) instructor. Instructors may teach the following courses and presentations:

- Parent and Child Aquatics (2 levels)
- Preschool Aquatics (3 levels)
- Learn-to-Swim (LTS) (6 levels)
- Longfellow's WHALE Tales
- Water safety presentations
- Basic Water Rescue
- Personal Water Safety
- Safety Training for Swim Coaches

Instructor Reauthorizations

To be reauthorized, Water Safety (r.09) instructors must teach or co-teach one of the following within their authorization period:

- Parent and Child Aquatics
- Preschool Aquatics
- Learn-to-Swim (LTS)
- Basic Water Rescue (full, review or challenge)
- Safety Training for Swim Coaches (full, review, challenge or fast track)

New Instructors

Instructor candidates must—

- Be at least 16 years of age by the last scheduled course date.
- Possess a *Fundamentals of Instructor Training Certificate* issued within the last year or a current *American Red Cross Health and Safety Services Instructor Authorization Certificate*.
- Successfully complete the precourse session in the Water Safety (r.09) instructor course.
- Successfully complete the Water Safety Instructor (r.09) course.

Crossover/Re-Entry Instructor Course

Instructor candidates who possess one of the following credentials are eligible for the Crossover/Re-Entry Instructor course:

- Evidence of former Water Safety Instructor authorization (F5736, C3005 or a letter of verification from former Red Cross unit of authorization); or
- Evidence of current external credentials that shows the participant has successfully completed a formalized swimming instructor course with one of the following organizations:
 - Canadian Red Cross
 - YMCA of the USA
 - Jeff Ellis & Associates, Inc.
 - Starfish Aquatics Institute
 - American Swim Coaches Association – Swim America
 - American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
 - Others as determined by the local chapter's Health and Safety Services administrator

Leaders

Aquatic leaders are individuals that can deliver water safety presentations in the American Red Cross Swimming and Water Safety (r.09) program. The presentations include the following:

- Water Safety Today
- General Water Safety
- Home Pool Safety
- Parent Orientation to Swim Lessons
- Sun Safety
- Rip Current Safety
- Longfellow's WHALE Tales

Ideal aquatic leader candidates should have experience teaching or conducting presentations in community, workplace or school settings. It is also beneficial for leaders to have backgrounds in water safety. Aquatic leaders should complete the following steps before conducting Red Cross Water Safety presentations:

- 1.) Obtain a complete set of leader materials and products.
- 2.) Complete a self-orientation or attend a group orientation to the materials and products.
- 3.) Complete the Leader Orientation Verification Form and submit it to the local Red Cross chapter.
- 4.) Complete the Leader Agreement and Code of Conduct and submit it to the local Red Cross Chapter.
- 5.) Leaders may be issued a *Universal Certificate* indicating Aquatics Leader.

Authorization and Reauthorization

Aquatic leaders' authorization to teach does not expire. Delivering water safety presentations does **not** qualify for reauthorization of any Health and Safety instructor authorizations.

Instructor Aides

Information on using instructor aides is included in both the *Water Safety Instructor Manual* and the *Guide for Training American Red Cross Water Safety Instructors*. There is no formal course for Water Safety instructor aides. Chapters and authorized providers interested in training Water Safety instructor aides should follow the guidelines in the *Health and Safety Services Manual for Administrative Policies and Procedures (MAPP)* for selecting, training and utilizing instructor aides. Chapters should use a chapter-developed course and course code when conducting and documenting this training. Instructor aide training includes, but is not limited to, a discussion of the following:

- Program knowledge and skill objectives
- Course materials and their use
- Procedures for practice sessions or small group activity sessions
- Responsibilities of the instructor and the instructor aide; and,
- Additional information the instructor aide wants or needs to know to increase his or her comfort level with course material or delivery.

Participants who successfully complete the Water Safety instructor aide training process will be awarded the *Universal Certificate* indicating Water Safety.