## WATER SAFETY INSTRUCTOR TRAINING FORMS

Welcome to Streamline Health Services, LLC (SHS) Water Safety Instructor certification program! Water Safety Instructor (WSI) is a blended learning course, with online and classroom components. American Red Cross (ARC) requires all WSI participants to complete the ARC WSI Online Course prior to the first-class date. **Please print and read the information below carefully**. Should you have any questions, please feel free to contact us at 877 – 404 – 0056. Thank you!

## PRE-COURSE WORK | Complete Before First Class Date

ARC WSI course has required pre-course work and must be completed prior to the first-class date. Please follow directions carefully:

### PRINT AND REVIEW | SHS Training Forms

Print and review the WSI Training Forms prior to taking the ARC online course. While taking the ARC online course, you will come across many answers to the WSI study guide questions located on page 2 of this document. Please bring a printed copy of the WSI Training Forms with you to class.

### COMPLETE ARC ONLINE COURSE | Complete Online Course Before First Class Date

ARC requires participants to complete the 8-hour WSI online course, prior to the first-class date. Directions to complete the ARC WSI online course are located on StreamlineHealth.com, click Resources, then click Online Course.

### DOWNLOAD WSI MANUALS & ACTIVITY WORKSHEETS | Bring to class on Laptop or iPad

ARC course manuals and activity worksheets can be downloaded from StreamlineHealth.com, click Resources, then click Manuals & Training Forms. You only need to download the WSI manuals and activity worksheets located under the Water Safety Instructor section. Please bring the WSI manuals and activity worksheets to class on a laptop or iPad.

| | | |
|---|---|---|
| 1. | Water Safety Instructor manual | Download on laptop or iPad |
| 2. | Swimming and Water Safety manual | Download on laptop or iPad |
| 3. | Stroke Performance Charts | Download \| Level 1 – 6 |
| 4. | Parent/Child Lesson Plans | Download \| Level 1, 2 |
| 5. | Preschool Lesson Plans | Download \| Level 1, 2, 3 |
| 6. | Block Plan | Download \| Blank Template |
| 7. | Lesson Plan \| Blank Template | Print 1 Copy |
| 8. | WSI Study Guide | Print 1 Copy |
| 9. | WSI Teaching Assignments | Print 1 Copy |
| 10. | Swimming and Water Safety Program Worksheet | Print 1 Copy |
| 11. | Practice-Teaching Student Self Evaluation Form | Print 4 Copies |
| 12. | Practice-Teaching Feedback Evaluation Form | Print 1 Copy |

## WHAT TO BRING TO CLASS

| | | |
|---|---|---|
| 1. | Proof of age | |
| 2. | Proof of ARC WSI online course completion | Screen shot or print a copy |
| 3. | WSI manuals and activity worksheets | Download on laptop or iPad |
| 4. | Training Forms | Print 1 copy |
| 5. | Bathing Suit – **one piece suits for females** | |
| 6. | Rash guard, wetsuit, goggles, towel, sun block, paper, writing utensil, snacks and lunch | |

- What courses can a WSI teach?
- How does a WSI maintain certification?
- Which courses are WSI's expected to report teaching activity to the ARC?
- Where and how are course records submitted to the ARC?
- WSI's have _____ number of days to submit a course record to ARC, once the course has ended?
- Where can information to plan and conduct ARC Swimming & Water Safety courses be found (2 locations)?
- The _____ DVD may be used for additional visual swimming and diving demonstrations
- Define | Teach to the standard and test to the objective
- What factors that influence learning and lesson planning?
- What is the difference between a block plan and a lesson plan?
- What should a good lesson plan include?
- When should lesson plans be evaluated for participant success and instructor improvement?
- Define the following stages of learning | early stage, late stage
- What is the most advanced stage of learning?
- Define | Photographic Eye
- How many times should a skill be demonstrated and practiced for it to be effective?
- What accommodations can be made for participants who move, learn, communicate, behave differently?
- ARC recommends a child be at least ____ months old, only be submerged ____ times, within ____ minutes
- What are the objectives of the following courses | Level 1 – 6, Longfellow's Whales Tales and Parent/Child
- What are the requirements of a WSI Aide? Who can sign course completion certificates?
- What 3 things must a participant accomplish to receive a course certification?
- What steps must a WSI complete prior to teaching Safety Training for Swim Coaches?
- Define | Hydrodynamics, why are Hydrodynamic Principles important in swimming/stroke performance
- Define | Streamline, Drag, Buoyancy
- Where is the center of buoyancy and mass located in most individuals?
- What is the most effective way to improve the efficiency of swimming strokes?
- What technique reduces stroke form drag while swimming?
- Define Power Phase | Catch, Mid-pull, Finish, Recovery
- Body roll is important for all aspects of what strokes?
- Backstroke | what part of the arm stroke has the most effective force?
- Breaststroke | what is the performance sequence
- Butterfly | how many kicks for every arm stroke
- Elementary backstroke | if knees break the surface of the water, you are bending at the _____?
- What stroke has simultaneous and symmetric arm and leg action?
- What stroke does the head and back remain aligned?
- Define | 4 competitive strokes, 3 non-competitive strokes, 3 strokes that always require a glide
- Where does effective leg movement originate?
- Effective front and back turns require swimmers to push off the wall with bent _____ & _____
- Most efficient and least efficient kick when treading water
- Minimum water depth | starts from pool deck and from a 1-meter diving board
- Major difference between a Shallow Angle Dive and Standing Dive
- What is the ARC Swim mobile application designed to accomplish?

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## AMERICAN RED CROSS AGREEMENTS | Agreements must be completed prior to conducting a course

**AUTHORIZED PROVIDER AGREEMENT - NON-PROFIT** - this agreement is for agencies who will not make a profit from any courses. Contact 800-Red-Cross

**LICENSED TRAINING PARTNER - FOR PROFIT** - this agreement is for agencies that will make a profit from courses. Companies are required to submit an LTP business plan and receive approval by the American Red Cross prior to teaching any courses. The LTP Business Plan agreement may be completed online: **redcross.org/take-a-class/licensed-training-authorized-providers**

### PRINT CERTIFICATION
- ✓ Profile Login: **classes.redcross.org**
- ✓ Click My Learning; Click My Transcripts; Print Certification

**NOTE** | Streamline Health Services does not have access to your ARC account. If you cannot remember your username and password or you need help accessing your electronic certifications, please contact the ARC Training Support Center at 800-Red Cross. Thank you!

### RESOURCE FOR PLANNING AND CONDUCTING COURSES
- ✓ Water Safety Instructor Manual
- ✓ Swimming and Water Safety Manual
- ✓ Instructors Corner  | **instructorscorner.org**
- ✓ Course Record      | **classes.redcross.org/instructor**

### CONTINUING EDUCATION UNITS (CEU)
The American Red Cross offers continuing education units (CEU) to maintain a license and/or certification. The American Red Cross is an approved authorized provider for the International Association for Continuing Education and Training (IACET). CEU's are offered as an add-on to training courses completed through the American Red Cross. Visit **redcross.org/take-a-class/certificates-ceus** to learn how to obtain CEU's.

## ARC WSI TEACHING ASSIGNMENTS
**WATER SKILLS | Instructor-to-Child | Skills will be taught in-water; lessons should be 5 to 7 minutes in length**

| TEACHING ASSIGNMENT 1 | RESOURCE & LEVEL | PAGE |
|---|---|---|
| 1. Back float and recover to a vertical position | Preschool Aquatics Level 1 | PG 194 |
| 2. Combined arm and leg actions on back | Preschool Aquatics Level 1 | |
| 3. Recognizing the lifeguards – safety topic | Preschool Aquatics Level 1 | |
| 4. Front float and recover to a vertical position | Learn-to-Swim Level 1 | PG 234 |
| 5. Combined arm and leg actions on front | Learn-to-Swim Level 1 | |
| 6. Alternating leg action on front | Learn-to-Swim Level 1 | |
| 7. Front glide | Preschool Aquatics Level 2 | PG 208 |
| 8. Finning arm action on back | Preschool Aquatics Level 2 | |
| 9. Roll from front to back | Learn-to-Swim Level 2 | PG 240 |
| 10. Jelly fish float | Learn-to-Swim Level 2 | |

| TEACHING ASSIGNMENT 2 | RESOURCE & LEVEL | PAGE |
|---|---|---|
| 1. Fully submerge and hold breath | Preschool Aquatics Level 3 | PG 216 |
| 2. Back glide | Preschool Aquatics Level 3 | |
| 3. Treading arm and leg action | Preschool Aquatics Level 3 | |
| 4. Change swimming direction of travel - teach on front and on back | Preschool Aquatics Level 3 | |
| 5. Headfirst entry - in a sitting position | Learn-to-Swim Level 3 | PG 248 |
| 6. Too Much Sun Is No Fun – safety topic | Preschool Aquatics Level 3 | |
| 7. Front crawl | Learn-to-Swim Level 3 | |
| 8. Elementary backstroke | Learn-to-Swim Level 3 | |
| 9. Push off in a streamlined position, then begin dolphin kicking | Learn-to-Swim Level 3 | |
| 10. Exit skills assessment - level 3 | Learn-to-Swim Level 3 | |

| TEACHING ASSIGNMENT 3 | RESOURCE & LEVEL | PAGE |
|---|---|---|
| 1. Survival float and survival swimming | Learn-to-Swim Level 4 | PG 262 |
| 2. Feet first surface dive | Learn-to-Swim Level 4 | |
| 3. Tread water using different kicks | modified scissors, breaststroke, rotary | Learn-to-Swim Level 4 | PG 253 |
| 4. Sidestroke | Learn-to-Swim Level 4 | |
| 5. Safety topic | Think so you don't sink | Learn-to-Swim Level 4 | |
| 6. Exit skills assessment #1 for Level 4 | Learn-to-Swim Level 4 | |
| 7. Front flip turn while swimming | Learn-to-Swim Level 5 | PG 280 |
| 8. In water tuck surface dive and pike surface dive | Learn-to-Swim Level 5 | |
| 9. Backstroke open turn | Adult Swim | PG 352 |
| 10. Breaststroke | Adult Swim | |

| TEACHING ASSIGNMENT 4 | RESOURCE & LEVEL | PAGE NUMBER |
|---|---|---|
| 1. Shallow-angle dive | Learn-to-Swim Level 5 | |
| 2. Standard skull (back) | Learn-to-Swim Level 5 | |
| 3. Safety Topic | Reach or Throw, Don't Go | Learn-to-Swim Level 5 | |
| 4. Breaststroke turn | Learn-to-Swim Level 6 | PG 294 |
| 5. How to call for help & the importance of knowing first aid/CPR | Learn-to-Swim Level 5 | |
| 6. HELP and HUDDLE position | Learn-to-Swim Level 6 | |
| 7. Diving progressions | kneeling, forward dive fall-in and standing dive | Learn-to-Swim Level 6 | |
| 8. Calculating target heart rate | Learn-to-Swim Level 6 | PG 328 |
| 9. Take off on deck | one-part and two-part takeoff | Learn-to-Swim Level 6 | PG 316 |
| 10. Backstroke flip turn while swimming | Adult Swim | |

| SPECIAL NEEDS FOR TEACHING ASSIGNMENT 4 | | PG 109 |
|---|---|---|

1. *You are visually impaired and cannot see*
2. *You cannot hear due to a physical disability*
3. *You have mild autism and difficulty communicating*
4. *You have cerebral palsy and trouble with balance and posture*
5. *You have mild autism are sensitive to being touched*
6. *You have limited range of motion in both shoulders*
7. *You cannot bend one leg at the knee joint*
8. *You have trouble concentrating and following complex instructions*
9. *You speak and understand limited English*
10. *You are extremely hesitant to try new things*

## WATER ASSIGNMENT | Mimi-Practice Teaching Assignment

Learn from fellow instructors. Teach your favorite stroke technique, stroke drill or stroke game to fellow instructors in the class. The objective of this teaching assignment is to learn from each other. Skills will be taught in-water; lessons should last 7 minutes.

### TEACHING STROKE TECHNIQUE, DRILL, GAME

Numbers 1 & 2    Front crawl

Numbers 3 & 4    Back crawl

Numbers 5 & 6    Breaststroke

Numbers 7 & 8    Butterfly

Numbers 9          Elementary Backstroke

Numbers 10        Sidestroke

**ARC WSI TEACHING ASSIGNMENTS | Classroom Activity**

| | | | |
|---|---|---|---|
| Parent/Child Aquatics | CH 7 PG 135-181 | Adult Swim | CH 10 PG 331-353 |
| Preschool Aquatics | CH 8 PG 183-222 | Water Safety Courses | CH 4 PG 65-93 & CH 11 PG 354-359 |
| Learn to Swim | CH 9 PG 223-329 | Water Safety Presentation | CH 4 PG 65-93 & CH 11 PG 354-359 |

**PURPOSE**

**OPTIONS/LEVELS**

**INTENDED AUDIENCE**

| MATERIAL | HOW MATERIAL HELPS INSTRUCTORS |
|---|---|
| Swimming and Water Safety (SWS) | |
| Swimming and Diving Skills DVD | |
| Teaching Swimming and Water Safety DVD | |
| Water Safety Chapters | |
| Instructors Corner<br>•<br>•<br>•<br>• | |
| Swim Lessons Achievement Booklet | |
| Swim Lesson Completion Card | |
| ARC Swim Mobil App | |
| Safety Training for Swim Coach's Instructor Manual | |
| Safety Training for Swim Coach's Supplement | |
| Longfellows WHALES Tales (LWT) K-6 Educational Package | |
| Longfellows WHALES Tales DVD | |

## PRACTICE | TEACHING STUDENT SELF EVALUATION FORM

Instructors will complete a Self-Evaluation form at the completion of each teaching assignment, to evaluate their teaching techniques. Students should apply the following concepts while teaching their assigned skills. Instructors will complete the Self Evaluation form and provide to their Instructor Trainer.

FULL NAME _____     TOPICS _____     DATE _____

| CRITERIA | | | COMMENTS | RECOMMENDATIONS |
|---|---|---|---|---|
| Followed lesson plan? | YES | NO | | |
| Students had practice time? | YES | NO | | |
| Activities appropriate for student age and skill level? | YES | NO | | |
| Activities appropriate **OR** too easy, too difficult, too time consuming? | YES | NO | | |
| Teaching aids used effectively? | YES | NO | | |
| Variety of methods and equipment used to enhance learning? | YES | NO | | |
| Variety of skills in lesson plan so each student had some success? | YES | NO | | |
| Student's skills improved? | YES | NO | | |
| Use of co-instructors or instructional aides were effective? | YES | NO | | |

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**PRACTICE – TEACHING FEEDBACK EVALUATION FORM | For Instructor Trainers Use Only**

Instructors Trainers will complete a Feedback Evaluation on each instructor. The evaluation will provide instructors with a clear understanding of their teaching progress. Instructors should apply the following concepts while teaching their assigned skills. Instructors will receive the completed feedback evaluation half way through the course.

FULL NAME _____    TOPICS _____    DATE _____

| CRITERIA | | | COMMENTS |
|---|---|---|---|
| Followed Lesson Plan? | YES | NO | |
| Arrange students so they could see? | YES | NO | |
| Was clean and neat in appearance? | YES | NO | |
| Communicate appropriately? | YES | NO | |
| Made eye contact with students? | YES | NO | |
| Organized presentations logically? | YES | NO | |
| Managed time well? | YES | NO | |
| Delivered accurate and specific information? | YES | NO | |
| Able to answer student questions? | YES | NO | |
| Gave clear expectations of practice teaching and skills taught? | YES | NO | |
| Started practice efficiently? | YES | NO | |
| Notice student errors? | YES | NO | |
| Gave appropriate feedback? | YES | NO | |
| Provided accurate demonstrations? | YES | NO | |
| Used appropriate class organization for skills taught? | YES | NO | |
| Used appropriate learning activities, games, drills for skills taught? | YES | NO | |
| Use appropriate equipment and teaching aides? | YES | NO | |