



# STREAMLINE

HEALTH SERVICES

## WATER SAFETY INSTRUCTOR TRAINING FORMS

Welcome to Streamline Health Services, LLC (SHS) Water Safety Instructor certification program. The 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 <u>or</u> print a copy
3. WSI manuals and activity worksheets	Download on laptop or iPad
4. Training Forms	Print 1 copy
5. Bathing Suit – <b>one piece suits for females</b>	
6. Rash guard, wetsuit, goggles, towel, sun block, paper, writing utensil, snacks and lunch	



# STREAMLINE

HEALTH SERVICES

## WATER SAFETY INSTRUCTOR | COURSE STUDY GUIDE

1. What courses is a WSI certified to teach? How does a WSI maintain their certification?
2. Where are course records submitted to the American Red Cross (ARC)?
3. How many days does a WSI have to submit course records after the last course date?
4. Where can instructors find resources for planning and conducting ARC Swimming & Water Safety courses?
5. Which DVD can be used to provide additional visual demonstrations of swimming and diving skills?
6. What steps must a WSI complete before teaching the Safety Training for Swim Coaches course?
7. Define: Teach to the standard and test to the objective.
8. What factors influence effective learning and lesson planning?
9. What is the difference between a block plan and a lesson plan?
10. What elements should a well-designed lesson plan include?
11. When should lesson plans be reviewed to assess participant progress and instructor effectiveness?
12. Define the following stages of learning: early stage, intermediate stage, late stage
13. Define: Photographic Eye
14. What makes a demonstration effective?
15. What accommodations can be made for participants who learn, move, behave, or communicate differently?
16. ARC recommendations, a child should be at least \_\_\_ months old, submerged no more than \_\_\_ times, within \_\_\_ minutes.
17. What are the learning objectives for the following courses? Learn-to-Swim Levels 1–6, Longfellow's Whales Tales, Parent and Child Aquatics
18. What are the responsibilities of a WSI Aide? Who is authorized to sign course completion certificates?
19. What three requirements must participants meet to earn course certification?
20. Define: Hydrodynamics. Why are hydrodynamic principles important in swimming and stroke performance?
21. Define: Streamline, Drag, Buoyancy
22. Where are the centers of buoyancy and mass typically located in most individuals?
23. What is the most effective method to improve stroke efficiency in swimming?
24. What technique reduces form drag during strokes?
25. Define the power phase components of a stroke: Catch, Mid-pull, Finish, Recovery
26. Body roll plays an important role in which strokes?
27. Backstroke: Which part of the stroke generates the greatest force?
28. Breaststroke: What is the correct performance sequence?
29. Butterfly: How many kicks are performed per arm stroke?
30. Elementary Backstroke: If the knees break the water's surface, you are bending at the \_\_\_?
31. Sidestroke: What part of the body remains diagonally aligned
32. Which stroke features simultaneous and symmetrical arm and leg movements?
33. Define: 4 competitive strokes, 3 non-competitive strokes, 3 strokes that always require a glide
34. Where does effective leg movement originate from in swimming?
35. Effective front and back turns require pushing off the wall with bent \_\_\_ and \_\_\_?
36. Which kick is the most efficient and which is the least efficient for treading water?
37. What are the minimum water depth requirements for starts from the pool deck?
38. What is the primary difference between a shallow-angle dive and a standing dive?
39. What is the purpose of the ARC Swim mobile app?



## STREAMLINE HEALTH SERVICES

### **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](https://redcross.org/take-a-class/licensed-training-authorized-providers)**

### **PRINT CERTIFICATION**

- ✓ Profile Login: **[classes.redcross.org](https://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](https://instructorscorner.org)**
- ✓ Course Record | **[classes.redcross.org/instructor](https://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](https://redcross.org/take-a-class/certificates-ceus)** to learn how to obtain CEU's.



# STREAMLINE

HEALTH SERVICES

## TEACHING ASSIGNMENTS | Instructor-to-Participant | Lesson Plans 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		



# STREAMLINE

HEALTH SERVICES

## **WATER ACTIVITY | Mimi-Practice Teaching Assignment | Lesson Plans 5 to 7 minutes in length**

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.

### **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



# STREAMLINE

HEALTH SERVICES

## ARC WSI TEACHING ASSIGNMENTS | Classroom Activity

Parent/Child Aquatics	CH 7	Adult Swim	CH 10
Preschool Aquatics	CH 8	Water Safety Courses	CH 4 & CH 11
Learn to Swim	CH 9	Water Safety Presentation	CH 4 & CH 11

### 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 <ul style="list-style-type: none"> <li></li> <li></li> <li></li> <li></li> </ul>	
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	
Longfellow's WHALES Tales (LWT) K-6 Educational Package	
Longfellow's WHALES Tales DVD	



# STREAMLINE

HEALTH SERVICES

## 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 <b>OR</b> 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		



# STREAMLINE

HEALTH SERVICES

## PRACTICE TEACHING FEEDBACK EVALUATION FORM | For Instructor Trainers Use Only

Instructor 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	