

Water Safety Instructor Syllabus 2022

Instructor Trainer Information:

Jessica Larson
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Class Information:

Dates January 10- April 11
Mondays 3:30-6:30pm
No Class on Jan 17, Feb 21, Mar 21

Class Material & Text:

WSI Trainee materials provided by instructor on Day 1

- o American Red Cross Swimming and Water Safety Manual
- o American Red Cross Water Safety Instructor's Manual
- o Digital materials are available on the Instructor Candidate Resources page of the Red Cross Learning Center

<https://www.redcrosslearningcenter.org/s/candidate-water-safety>

Further schedule information will be provided on day 1 of classes after successful completion of the course prerequisites.

Equipment: Goggles highly recommended. Women wear a modest one piece swimsuit or tankini. Men wear knee length jammers or swim trunks.

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.
- 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

Course Objectives and Learning Outcomes:

The Purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training and how to evaluate participants' progress.

Upon Successful completion Instructor Candidates will have:

- Met the obligations of being a Red Cross instructor.

- Complete all reading and lesson planning assignments.
- Attend and participate in **all** class lessons and activities.
- Demonstrate competency in all required skills and activities.
- Successfully complete all practice-teaching assignments.
- Pass the final written exam with a minimum score of 80% (40/50 correct)
- Planned and prepared a safe and successful learning environment.
- Effectively observed and assessed participants' skills performance
- Intervened effectively to promote participant learning and success.
- Created strategies to meet the learning needs of individual participants.
- Communicated effectively with participants and their parents, as appropriate.

Throughout the course you must demonstrate that you are mature and responsible. Certain behaviors will be observed by your Instructor Trainer:

- Arriving at class and returning from breaks on time.
- Paying attention to the Instructor Trainer and staying engaged in class activities.
- Being prepared for class activities, such as dressed in swimwear, when required.
- Completing homework assignments, including preparing written lesson plans.
- Demonstrating that effort was put forth toward homework assignments. For Example, the subject matter is appropriate, complete and presented in a professional manner.
- Behaving appropriately during activities. For example, whether playing the role of a child or teaching during practice-teaching assignments, the behavior remains safe and reasonable to the situation.
- Providing appropriate feedback, as requested, especially to peers after practice-teaching assignments.
- Receiving feedback from the instructor trainer as well as peers in a professional manner.
- Making an effort to improve your own skills.
- Treating others with respect.

Academic Integrity:

Andrews University Learning thrives on the rigor of individual investigation, the authentic exchange of ideas, and a corporate commitment to integrity and mutual respect. University learning requires all members of the academic community to behave honestly.

Andrews University anchors its practices in the teachings of the Bible as well as in widely established and honorable academic traditions. As the apostle Paul calls us to authenticity in our Christian walk, so the educational institution demands of its participant's true and accurate self-representation. In Ephesians, Paul invites believers "to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness" (Eph. 4:23-24, NRSV). As scholars and as Christ Servants, we build His living body through our honesty in all things, both small and great.

To that end, Andrews University's faculty and students pledge to learn and grow together, committing to the following standards and affirming honesty as a core component of an Andrews University education.

Emergency Protocol:

Andrews University takes the safety of its student seriously. Signs identifying emergency protocol are posted throughout buildings. Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting that specific location. It is important that you follow these instructions and stay with your instructor during any evacuation or sheltering emergency.

Disability Accommodation:

If you qualify for accommodation under the American Disabilities Act, please see contact Student Success in Nethery Hall 100 (disabilities@andrews.edu or 269-471-6090) as soon as possible so that accommodations can be arranged.