

Aquatics

Water Safety Instructor

In order to become a Water Safety Instructor you must complete the precourse skills, attend all classes, participate and be prepared for the four teach-back assignments and score at least an 80% on the final written exam. All class participants must arrive on time, have homework assignments finished and ready for review each day of class and receive feedback from fellow classmates with maturity and an open-mind.

Prerequisites:

- 16 years of age on or before the last date of the course
- Complete *Fundamentals of Instructor Training* or have a current *American Red Cross Instructor Certificate* from another course
- Swim the following skills at a learn-to-swim Level 4:
 1. Front Crawl-25 yards.
 2. Back Crawl-25 yards.
 3. Breaststroke-25 yds.
 4. Elementary Backstroke-25 yards.
 5. Sidestroke-25 yards.
 6. Butterfly-25 yards.
- Maintain position on back 1 minute in deep water (*sculling is allowed*)
- Tread water 1 minute

Certification Includes:

Once you have completed the Water Safety Instructor course you will be certified to teach

- Learn-To-Swim Levels 1-6
- Parent and Child Aquatics
- Water Safety Outreach, includes
 1. Basic Water Rescue
 2. Water Safety Presentations
 3. Longfellow's W.H.A.L.E. Tales

Course Length:

The course is 40 hours long based on 10 students and including Fundamentals of Instructor Training. Participants must complete all 40 hours unless they do not need FIT. If students already have FIT or hold a current instructor card then 34 hours must be completed in order to be eligible for certification.

1st Class:

9:00AM – 7:00PM
Sunday, February 22
Sunday, March 1
Sunday, March 8
Sunday, March 15

2nd Class:

10:00AM – 8:00PM
Monday, April 6
Tuesday, April 7
Wednesday, April 8
Thursday, April 9
Friday, April 10

Fee: \$500

Water Safety Instructor Registration form

Name _____

Address _____

Telephone _____ E-mail _____

Credit card information _____

Exp. Date _____

I have read and am familiar with the terms and conditions contained in the waiver of liability listed below:

It is expressly agreed that all exercises and treatments and use of equipment and facilities of Saw Mill Club are and shall be undertaken at member's and member's minor children's sole risk, and that the member assumes the risk of any injuries he or she or the member's minor children may suffer while using any of the equipment or the facilities of Saw Mill Club, and that Saw Mill Club shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the member, the member's minor children or property arising out of or connected with the use of any of the services, equipment and/or facilities of Saw Mill Club, or of the property or premises where same located, and the member does hereby expressly forever release and discharge Saw Mill Club from all such claims, demands, injuries, damages or causes of action from all acts of negligence, active or passive, and all other fault on the part of Saw Mill Club, its servants, agents or employees.

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