

ARC - Water Safety Instructor (WSI) Course

The American Red Cross Water Safety Instructor Course provides participants the training needed to teach courses 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 sessions and how to evaluate participants' progress.

Concepts and features of the Water Safety Instructor course include:

- Minimum age prerequisite of 16 years of age to enter the course.
- Clearly described and applied teaching strategies, including:
 - Explain, demonstrate and practice;
 - Task setting;
 - Station teaching;
 - Guided discovery.
- New instructor manual provides tools and information needed to plan and conduct courses.
- New video segments that bring to life the realities of what to expect from their students throughout the levels for the brand new instructor.
- Video segments that focus on effective class management and effective teaching strategies in the aquatic setting.
- Various video segments show typical examples of basic skills and common progressions including breath control, swimming on the front and swimming on the back.
- Video segments also show some typical performance of the strokes as they progress through the levels. This video depiction helps instructor candidates visualize the description of the strokes in the written skills performance criteria charts that they will then be able to use when evaluating their students' performance.
- Supported by video, the instructor candidates work to develop their ability to observe and assess, often referred to as having a photographic eye, which will help them to identify weaknesses and determine how to intervene to move their students to the next level.
- Learning activities, games and drills are built in throughout the course; some are led by the instructor trainer while others are led by program participants. This helps improve strokes and understand how to integrate activities, games and drills effectively into teaching.
- Multiple opportunities to practice teaching skills through formal practice teaching assignments as well as leading mini-lessons.

Whether you want to splash around with kids and teach them to swim, help children or adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. Qualified instructors can also help prepare swim coaches to prevent and respond to emergency situations.

Location: Soda Aquatic Center at Campolindo High School

Class Dates & Times: ATTENDANCE REQUIRED AT ALL DATES.

Sun. July 17 (1-5pm) Sun. July 24 (1-5pm) Wed. July 20 (1-3pm)
Wed. July 27 (1-3pm) Fri. July 22 (9am-3pm) Sun. July 31 (1-7pm)

Prior to the above classes, there is an on-line portion (aka Blended Learning) of the class that must be completed prior to the in-person classes. The on-line portion of the class takes anywhere from 5-7 hours to complete.

Registration: Please complete the attached registration form and drop off or mail to the Soda Aquatic Center, 300 Moraga Road, Moraga, CA 94556.

If the WSI Class does not have a minimum of six students enrolled by July 5 the class will be cancelled.

Cost: The class fee is \$245 per student to AUHSD. In addition there is a nominal fee (less than \$50) for the on-line portion of this class that needs to be paid individually when registering for the on-line portion of the class. The AUHSD fee covers class materials, instructor fees and facility use. AUHSD employees, please inquire regarding discounted class pricing.

Questions: Contact Andrew Morris at (925) 280-3928 or by e-mail at soda@acalanes.k12.ca.us.

REGISTRATION

PLEASE SEND TO:
Soda Aquatic Center
300 MORAGA ROAD, MORAGA, CA 94556

Acalanes Union High School District Registration Form

SEND TO: Soda Aquatic Center, 300 Moraga Road, Moraga, CA 94556

NOTE: One registration form must be completed for EACH PARTICIPANT.

More forms are available at the Soda Aquatic Center Office (925-376-6597) or you may duplicate this form.

Checks payable to: Acalanes Union High School District (AUHSD)

Parent/Guardian Name _____ Address _____ City _____ Zip _____
 First _____ Last _____ Street or P.O. Box _____
 Participant Name _____ Telephone _____ Home _____ Work _____
 First _____ Last _____
 e-mail _____ Participants Age (if under 18) _____

Swim Lesson Registrations – Please list first and second choice of lesson times. Assume your first choice was accepted unless you are notified.

Course Title	Time	Dates	Day(s)	Fee	For Office Use
1.					\$ Rec.
2.					Date Rec.
3.					

NO CONFIRMATION WILL BE SENT

I hereby waive all claim or claims against the Acalanes Union High School District (AUHSD), Board of Trustees, its agents and/or employees for personal injury to myself or my children while participating in the above AUHSD Program(s). I further agree to indemnify and hold harmless the AUHSD, Board of Trustees and its agents and employees from any claim or claims for personal injury or property damage against said entity arising from any activity by myself or my child(ren) which causes such injury or damage. I hereby authorize qualified physicians to render medical treatment or care that they may deem necessary for my child(ren) in case of illness or accident during such program(s).

Signature: _____ Date: _____