



INSTRUCTOR BULLETIN: Program Release – Basic Swim Instructor

Basic Swim Instructor

Released: Spring 2016

PROGRAM OVERVIEW and HIGHLIGHTS

In 2014, the American Red Cross introduced the revised Swimming and Water Safety Program, which teaches people of different ages and abilities how to be safe in, on or around the water and how to swim. In a logical progression, the program covers the knowledge and skills needed for aquatic skill development. As participants develop these skills, they become safer and better swimmers.

In April 2016, the American Red Cross introduced the Basic Swim Instructor certification and Basic Swim Instructor Course Guide (Supplement to the *Guide for Training Water Safety Instructors – Instructor Led Version*). The Basic Swim Instructor course is designed to train Instructor Candidates to teach the fundamental Learn-to-Swim courses and water safety presentations in the American Red Cross Swimming and Water Safety program to help course participant reach water competency and learn to be safer in and around the Water. The Basic Swim Instructor certification was created to enhance the Swimming and Water Safety program by allowing candidates who prefer not to perform advanced swimming strokes and skills (butterfly, backstroke, diving) the opportunity to teach the basic swimming levels including: Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-3 and Private Lessons (for the courses listed). **The Basic Swim Instructor certification will not replace the Water Safety Instructor certification.**

In April 2016, the Basic Swim Instructor certification was introduced to create two instructor options:

- The Water Safety Instructor certification trains instructor candidates to teach all courses and skills presented in the Swimming and Water Safety program to all age groups. This certification is the gold standard and provides the most comprehensive training for swim instructors.
- The Basic Swim Instructor certification is designed for instructor candidates who may wish to focus his or her teaching fundamental swimming skills to children and general water safety education or may not have the advanced skills necessary to become a full Water Safety Instructor.

COURSES AND PRESENTATIONS

- **Basic Swim Instructor (BSI) – added April 2016** – The purpose of the Basic Swim Instructor course is to train instructor candidates to teach the fundamental Learn-to-Swim courses and water safety presentations including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-3, Private Lessons (for the courses listed).

At this time, the Basic Swim Instructor course is only available in the traditional, instructor-led delivery type. There are two course formats available to give instructor trainers the option to train only Basic Swim Instructor candidates (as a stand-alone course) or to train Basic Swim Instructor candidates and Water Safety Instructor candidates concurrently (as a combined Water Safety Instructor/Basic Swim Instructor course).

- Stand-alone Basic Swim Instructor class (all course participants are BSI candidates), course length: approximately 25 hours.
- Combined Basic Swim Instructor and Water Safety Instructor class (BSI and WSI candidates are taught together), course length for Basic Swim Instructor candidates: 26 hours, 50 minutes.*

**Course length for Basic Swim Instructor candidates. Participation in a combined course does not reduce the recommended course length for Water Safety Instructor candidates.*

Reference the comparison chart on the next page below for details on both Instructor Courses and Certifications.

Reference the comparison chart below for details on both Instructor Courses and Certifications:

	Water Safety Instructor	Basic Swim Instructor
Prerequisite Age	16	16
Prerequisite Skills	<p>Swim the following strokes consistent with the stroke performance charts, Level 4</p> <ul style="list-style-type: none"> • Front Crawl: 25 yards • Back Crawl: 25 yards • Breaststroke: 25 yards • Elementary Backstroke: 25 yards • Sidestroke: 25 yards • Butterfly: 15 yards <p>Maintain Position on back for 1 minute in deep water (floating or sculling)</p> <p>Tread Water for 1 minute</p>	<p>Swim the following strokes consistent with the stroke performance charts, Level 3</p> <ul style="list-style-type: none"> • Front Crawl: 25 yards • Breaststroke: 25 yards • Elementary Backstroke: 25 yards • Sidestroke: 25 yards <p>Complete the Water Competency Sequence :</p> <ul style="list-style-type: none"> • Step into water and total submerge • Float or tread water for 1 minute • Rotate one full circle and orient to exit • Swim 25 yards without stopping • Exit the Water without using steps or a ladder
Course Formats	Instructor Led and Blended Learning	Instructor Led only
Course Length	<p>Instructor Led: 31hours, 15 minutes</p> <p>Blended Learning: 30 hours, 15 minutes (Online: 6H, 45M & In-Person: 23H, 30M)</p>	<p>Standalone BSI Class: 25 hours</p> <p>Combined with WSI: 26 hours, 50 minutes*</p> <p>*Course length for BSI candidates. A combined course does not reduce the time required for WSI candidates.</p>
Instructor Trainer Certification	Water Safety Instructor Trainer	Water Safety Instructor Trainer
Course Codes	HSSAQU808	HSSAQU809
AP/LTP Support Fee	\$35.00	\$35.00
Instructor Candidate Materials	<p><i>American Red Cross Water Safety Instructor's Manual</i></p> <p><i>American Red Cross Swimming and Water Safety</i> Available on Instructorscorner.org/WSIcandidates</p>	<p><i>American Red Cross Water Safety Instructor's Manual</i></p> <p><i>American Red Cross Swimming and Water Safety</i> Available on Instructorscorner.org/WSIcandidates</p>
Instructor Trainer Materials	<p><i>American Red Cross Guide for Training Water Safety Instructors r.14</i> (Instructor Led or Blended Learning version)</p>	<p><i>American Red Cross Guide for Training Water Safety Instructors r.14– Instructor Led</i></p> <p><i>Basic Swim Instructor Course Guide</i> (available on Instructor's Corner)</p>
Courses That Can Be Taught	<ul style="list-style-type: none"> • Parent and Child Aquatics (2 Levels) • Preschool Aquatics (3 Levels) • Learn-to-Swim Levels 1-6 • Adult Swim (3 Levels) • Private Swim Lessons (any level) • Longfellow's WHALE Tales • Water Safety Presentations (see page 5) • Water Safety Courses (see page 5) • Basic Water Rescue* • Safety Training for Swim Coaches* • Small Craft Safety* <p>*additional bridging or self-orientation required</p>	<ul style="list-style-type: none"> • Parent and Child Aquatics (2 Levels) • Preschool Aquatics (3 Levels) • Learn-to-Swim Levels 1-3 • Private Swim Lessons (for above Levels) • Longfellow's WHALE Tales • Water Safety Presentations (see page 5)

Basic Level Courses and Presentations:

- **Parent and Child Aquatics (2 levels)**-The purpose of Parent and Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.
- **Preschool Aquatics (3 levels)** -Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses.
- **Learn-to-Swim (3 levels)** - Red Cross Learn-to-Swim consists of six comprehensive levels that teach youth of varying abilities how to swim skillfully and safely. Each level includes training in basic water safety. All aquatic and safety skills are taught in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. The 3 levels Basic Swim Instructors are certified to teach include:
 - Level 1-Introduction to Water Skills
 - Level 2-Fundamental Aquatic Skills
 - Level 3-Stroke Development
- **Private Swim Lessons**-Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim (Levels 1-3) Swim courses can be offered and reported as a private lesson.
- **Longfellow's WHALE Tales** – This land-based water safety program is intended for children ages 5 through 12. It includes information on the following topics:
 - Swim as a Pair Near a Lifeguard's Chair
 - Be Cool, Follow the Rules
 - Don't Just Pack It, Wear Your Jacket
 - Look Before You Leap
 - Think So You Don't Sink
 - Reach or Throw, Don't Go
 - Think Twice Before Going Near Cold Water or Ice
 - Know About Boating Before You Go Floating
 - Too Much Sun Is No Fun
 - In Your House and in Your Yard, Watch for Water, Be on Guard
 - Wave, Tide or Ride, Follow the Guide
- **Water safety presentations**-The Swimming and Water Safety program includes water safety presentations to help teach people to be safe in, on and around the water. Certificates are not issued for these presentations, and they are offered free-of-charge. Water Safety Instructors and Basic Swim Instructors are eligible to teach the following presentations:
 - **General Water Safety**-This 30-minute presentation provides participants with an awareness of the importance of water safety training. General Water Safety is intended for anyone who wants to learn about the importance of water safety and how to be safe in, on and around water.
 - **Home Pool Safety**-This 30-minute presentation provides information on how to keep family members and guests safe in a home pool environment. Home Pool Safety is intended for home pool owners but can also be informative for people who visit residential pools or hot tubs.

- **Parent Orientation to Swim Lessons**-This 30-minute presentation provides an orientation for parents to American Red Cross swim lessons offered at local aquatic facilities. Parent Orientation to Swim Lessons is intended for parents or guardians of young children enrolled in Red Cross swim lessons for the first time.
- **Sun Safety**-This 30-minute presentation teaches participants the dangers of too much exposure to direct sunlight. Participants learn how to protect themselves and others when enjoying activities in the sun. Sun Safety is intended for anyone who enjoys outdoor activities.
- **Rip Current Safety**-This 30-minute presentation provides participants with an awareness of the dangers of rip currents. Participants learn how to recognize rip currents, how to avoid them and what to do if caught in one. Rip current safety is intended for anyone interested in learning about, or who spends time at, surf beaches.
- **Water safety courses-** Water Safety Instructors are eligible to teach the following courses:
 - **Water Safety Today**-This 2-hour course teaches participants how to prevent, recognize and respond to emergencies in, on and around the water. It provides basic information on ocean safety (rip currents), safety at waterparks and boating safety. Successful completion of this course results in a certificate
 - **Personal Water Safety**-This 5-hour course builds on basic swimming and safety skills and provides individuals with the knowledge and skills necessary to avoid aquatic emergencies. Participants learn survival and self-rescue techniques. It provides basic information on safety in natural water environments and boating and personal watercraft safety. There are skill prerequisites. Successful completion of this course results in a certificate of completion that has no validity period. Personal Water Safety is intended for individuals who participate in aquatic activities and want to improve their water safety and survival skills.

Online only and mobile options- All Instructors are encouraged to inform others about the following:

- **Home Pool Essentials: Maintenance and Safety**—This online course, co-written with the National Swimming Pool Foundation, is designed to help home pool owners properly operate and safely enjoy a home pool or hot tub by learning the steps to maintain them, and how to plan for what to do in an emergency. Successful completion of this course results in a certificate of completion that has no validity period. Home Pool Essentials is intended for anyone who owns or regularly visits a home with a residential pool or hot tub. Register for the course at: www.homepoolessentials.org.
- **American Red Cross Swim mobile application**—Supports and promotes the Swimming and Water Safety program, focusing on the Preschool Aquatics and Learn-to-Swim courses. Helps teach adults about general water safety, such as knowing the importance of constant supervision and how to respond in an aquatic emergency, as well as water safety knowledge in multiple environments, including home pools and natural environments. Teaches parents or guardians about the important safety and swimming skills children should gain, and allows them to track the progress of their children throughout the program. A child-specific section features video segments from Longfellow's WHALE Tales. The app can be found at www.redcross.org/prepare/mobile-apps and downloaded from iTunes, Google Play or Amazon Marketplace.

COURSE CODES AND PRICES

Annual Learn-to-Swim Facility Program

To teach the courses that make up the American Red Cross Learn-to-Swim program (Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim and Adult Swim), each aquatic facility is required to enroll in the annual Learn-to-Swim Facility Program, which also includes a package of educational materials for the facility.

Course Code	Full Course Name	AP/LTP Fee
HSSAQU601	LTS Facility Fee 0 – 75 – with RC LG – Aquatic Rep Approval Required	\$200
HSSAQU601N	LTS Facility Fee 0 – 75 – No RC LG – Aquatic Rep Approval Required	\$240
HSSAQU602	LTS Facility Fee 76 – 500 – with RC LG – Aquatic Rep Approval Required	\$300
HSSAQU602N	LTS Facility Fee 76 – 500 – No RC LG – Aquatic Rep Approval Required	\$360
HSSAQU603	LTS Facility Fee 501 - 999 – with RC LG – Aquatic Rep Approval Required	\$650
HSSAQU603N	LTS Facility Fee 501 - 999 – No RC LG – Aquatic Rep Approval Required	\$780
HSSAQU604	LTS Facility Fee 1,000+ – with RC LG – Aquatic Rep Approval Required	\$975
HSSAQU604N	LTS Facility Fee 1,000+ – No RC LG – Aquatic Rep Approval Required	\$1170

Courses and Presentations

The Authorized Provider (AP) or Licensed Training Provider (LTP) fee is covered by the Learn-to-Swim Facility Program fee for courses marked with an asterisk. APs and LTPs submit records at redcross.org/courserecords.

Course Code	Full Course Name	AP/LTP Fee
HSSAQU102	WHALE Tales – Longfellow’s <i>(also available at redcross.org/WHALE-Tales)</i>	\$0
HSSAQU103	Personal Water Safety	\$5
HSSAQU104	Water Safety Today	\$0
HSSAQU105	General Water Safety	\$0
HSSAQU106	Home Pool Safety	\$0
HSSAQU107	Parent Orientation to Swim Lessons	\$0
HSSAQU108	Sun Safety	\$0
HSSAQU109	Rip Current Safety	\$0
HSSAQU201	Parent and Child Aquatics Level 1	*
HSSAQU202	Parent and Child Aquatics Level 2	*
HSSAQU203	Preschool Aquatics Level 1	*
HSSAQU204	Preschool Aquatics Level 2	*
HSSAQU205	Preschool Aquatics Level 3	*
HSSAQU206	Learn-to-Swim Level 1: Introduction to Water Skills	*
HSSAQU207	Learn-to-Swim Level 2: Fundamental Aquatic Skills	*
HSSAQU208	Learn-to-Swim Level 3: Stroke Development	*

Materials

Product	Stock #	Retail Price
<i>Swimming and Water Safety (print manual)</i>	651327	\$22.95
<i>Water Safety Instructor's Manual</i>	651328	\$22.95
<i>Water Safety Instructor's Candidate Kit (includes <i>Swimming and Water Safety</i>, <i>Water Safety Instructor's Manual</i> and <i>Longfellow's WHALE Tales K-6 Educational Packet</i>)</i>	651334	\$51.95
<i>Swimming and Water Safety Program DVD set (3-DVD package)</i>	651329	\$129.00
<i>Swimming and Diving Skills DVD (stand-alone DVD)</i>	651332	\$79.95
<i>Longfellow's WHALE Tales K-6 Educational Packet</i>	651330	\$15.95
<i>Longfellow's WHALE Tales DVD (stand-alone DVD)</i>	651331	\$29.95
<i>Longfellow's WHALE Tales stickers</i>	651333	\$9.95
<i>Swim Lesson Achievement Booklet – English (pk/50)*</i>	651335	\$25.00
<i>Swim Lesson Achievement Booklet – Spanish (pk/10)*</i>	112706-11/14S	\$5.00
<i>Swim Lesson Completion Cards – (pk/50)**</i>	Contact Aquatic Rep	\$6.00

**This item is available as a restricted item for AP/LTPs that have enrolled in and paid to be part of the current year Learn-to-Swim facility program at the Bronze, Silver or Gold Level.*

***This item is available as a restricted item redcrossstore.com for AP/LTPs that have enrolled in and paid to be part of the current year Learn-to-Swim facility program at the Gold Level. Contact your Aquatic Rep to request the item # (required to place order for this item on redcrossstore.org).*

INSTRUCTOR AND INSTRUCTOR TRAINER MATERIALS

The following training materials are available for purchase and for digital download through Instructor's Corner, unless otherwise noted.

INSTRUCTOR TRAINER MATERIALS

Guide for Training Water Safety Instructors-Blended Learning (e-book only)

The *Guide for Training Water Safety Instructors-Blended Learning* should be used when teaching the Water Safety Instructor course in a blended learning format. This guide covers the administrative aspects of delivering the course and includes detailed lesson plans that integrate the online simulation training and the in-person sessions.

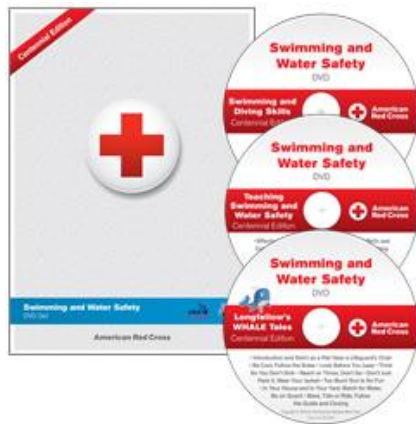
Guide for Training Water Safety Instructors-Instructor-Led Training (e-book only)

The *Guide for Training Water Safety Instructors-Instructor-Led Training* should be used when teaching the Water Safety Instructor course in a traditional, instructor-led training format. This guide covers the administrative aspects of delivering the course and includes detailed lesson plans and other resources required when teaching the course.

Basic Swim Instructors Course Guide (digital outline only)

The *Basic Swim Instructors Course Guide* is a supplement to the *Guide for Training Water Safety Instructors – Instructor Led Training*. Instructor trainers should be thoroughly familiar with both guides and both guides should be used when training Basic Swim Instructors.

Note: *Water Safety instructor trainers must visit Instructors Corner to request a copy of the Guide for Training Water Safety Instructors and the Basic Swim Instructors Course Guide.*

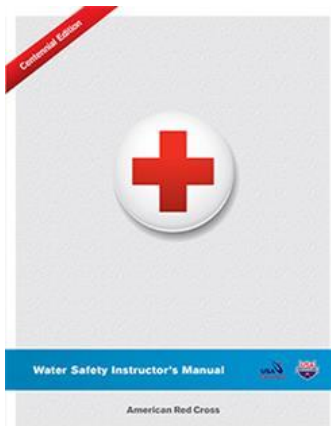


Swimming and Water Safety Program DVD Set

The [Swimming and Water Safety Program DVD set](#) includes:

- *Swimming and Diving Skills* is designed to complement the updated Swimming and Water Safety program, this DVD shows all the skills and techniques that swim instructors and swim coaches need, and helps ensure standardization in instruction. Demonstrations include six strokes (front crawl, elementary backstroke, breaststroke, back crawl, sidestroke and butterfly), starts and turns for leisure and competitive swimming and basic diving skills (learning progressions, approach, takeoff, body position, entry). Includes new footage on front crawl, breaststroke, butterfly, elementary backstroke, entries for swimming, and starts. Also available as a stand-alone DVD.
- *Teaching Swimming and Water Safety* helps Water Safety instructor candidates develop their photographic eye to provide corrective feedback to swimmers and confidently teach all program levels. New footage
- Longfellow's WHALE Tales stars Longfellow, the animated whale, and features 3-D animation and narration and a WHALE Tales theme song. It is designed to support the Longfellow's WHALE Tales K-6 Educational Packet, including lessons on sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers. Also available as a stand-alone DVD.

INSTRUCTOR MATERIALS



Water Safety Instructor's Manual

The *Water Safety Instructor's Manual* provides detailed information about the courses and presentations that comprise the American Red Cross Swimming and Water Safety program. With an easy-to-use tabbed format, the manual defines learning objectives, readiness criteria, skill outlines and steps and progressions for each level within the Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim and Adult Swim courses. There is also expanded coverage on meeting the needs of participants of different ages and abilities, including those of participants who move, learn, communicate or behave differently. Additional teaching tools and resources (such as sample lesson and block plans, lesson and block plan templates, skills checklists and stroke performance charts) can be found on Instructor's Corner. A sample Swim Lessons Achievement Booklet and Swim Lessons Completion Card is included with the *Water Safety Instructor's Manual*.



Longfellow's WHALE Tales K-6 Educational Packet

Designed for school-age children, this packet includes exciting activities covering a range of water safety topics, such as sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers. Helpful resources such as posters, lesson plans, activity sheets and fact sheets are included to support each of Longfellow's water safety lessons. The packet is also packaged with a starter set of Longfellow's WHALE Tales stickers. Participant stickers provided are based on key safety messages related to each lesson from the program to encourage discussion between children and their parents.



Swimming and Water Safety

Swimming and Water Safety provides information about water safety and drowning prevention; emergency response; hydrodynamic principles; aquatic skills and stroke mechanics; entries, starts and turns; and specialized aquatic interests and activities, such as diving, fitness swimming and competitive swimming. Thoroughly updated and revised in consultation with USA Swimming and USA Diving, the manual features updated biomechanics for front crawl, breaststroke, track start and backstroke start. In addition to serving as a resource for Water Safety Instructors, *Swimming and Water Safety* can also be a valuable resource for participants in American Red Cross Swimming and Water Safety classes.

PARTICIPANT MATERIALS



Swimming and Water Safety

Swimming and Water Safety provides information about water Safety and drowning prevention; emergency response; hydrodynamic principles; aquatic skills and stroke mechanics; entries, starts and turns; and specialized aquatic interests and activities, such as diving, fitness swimming and competitive swimming. Thoroughly updated and revised in consultation with USA Swimming and USA Diving, the manual features updated biomechanics for front crawl, breaststroke, track start and backstroke start. In addition to serving as a resource for Water Safety Instructors, *Swimming and Water Safety* can also be a valuable resource for participants in American Red Cross Swimming and Water Safety classes.



Red Cross Swim Mobile Application

The Red Cross Swim Mobile App supports and promotes the American Red Cross Swimming and Water Safety program. It provides adults with information about water safety as well as water safety in specific environments while allowing them to track and share the progress of their children through the Preschool Aquatics and Learn-to-Swim Levels. Children learn about water safety through video segments from Longfellow's WHALE Tales, age-appropriate water safety messaging and quizzes for the parent and child to complete together. The app can be found at www.redcross.org/prepare/mobile-apps and downloaded directly from the iTunes, Google Play or Amazon Marketplace app stores.

INSTRUCTOR INFORMATION

Basic Swim Instructors

To maintain certification, Basic Swim Instructors must:

- Teach at least one eligible course of record in the Swimming and Water Safety program during their certification period.
 - Eligible courses include the following:
 - Parent and Child Aquatics
 - Preschool Aquatics
 - Learn-to-Swim Levels 1-3
- Successfully complete the online Basic Swim Instructor Recertification Assessment within the 90 days prior to the expiration of their certification. The recertification assessment is available in the Learning Center.
- Complete all Basic Swim Instructor program updates by the program update deadline.

INSTRUCTOR COURSES

Basic Swim Instructor Course Prerequisites

To be eligible for the Basic Swim Instructor course, instructor candidates must:

- Be at least 16 years of age on or before the last scheduled day of the instructor course.
- Successfully complete the precourse session, including demonstrating competency in the precourse swim skills evaluation.

Basic Swim Instructor Certification Requirements

To be certified as a Water Safety Instructor, instructor candidates must:

- Successfully complete the precourse session.
- Complete the online Orientation to the Swimming and Water Safety Program,
- Attend and actively participate in all course sessions
- Successfully complete class activities, including all assigned online content (as appropriate based on course and delivery method) and the required practice-teaching assignments.
- Achieve a minimum score of 80 percent on the final written exam.

Upon successful completion of the instructor course, instructors will be able to print their transcripts that show completion of the instructor course from the American Red Cross Learning Center.

Important Note: *When setting up a Water Safety Instructor or Basic Swim Instructor course, the Water Safety instructor trainer must be very clear which course and delivery method will be offered. All instructor-level courses must be set up in advance in the Learning Center.*

1. *Water Safety Instructor 2014 Version – Blended Learning*
2. *Water Safety Instructor 2014 Version – Instructor-led*
3. *Basic Swim Instructor 2016 Version – Instructor-led*

When requesting the course to be set up, the instructor trainer must clearly indicate which option is desired. If teaching a “combined” course for Water Safety Instructor and Basic Swim Instructor candidates, Instructor Trainers must request two separate course offerings and ensure that course participants register for the appropriate offering.

ADDITIONAL RESOURCES

Instructor's Corner

Program pages: [*Learn-to-Swim*](#) and [*Water Safety*](#)

Redcross.org

Program page: [*Swimming and Water Safety*](#)

This public page for end-users is designed to explain what each of the courses and presentations cover and how to register for training.

Continuing Education Units

The American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET). As a result, Red Cross is authorized to offer IACET Continuing Education Units (CEUs) for qualified programs. Additional information about CEUs is available at www.redcrossstore.org.

American Red Cross Learning Center

The Learning Center can be accessed at <https://classes.redcross.org>. A user name and password are needed. A job aid and demonstration are available on Instructor's Corner.

Training Support Center

The Training Support Center (TSC) assists instructors with course registration, setting up blended learning and instructor-level courses, course records entry, ordering training supplies, purchasing equipment, and answering questions and addressing concerns.

If you need assistance, call the Red Cross Training Support Center at 1-800-RED-CROSS (1-800-733-2767) And select the Health and Safety prompt or email support@redcross.org.