



Dear Instructor Candidate:

February 1, 2023

The Fairbanks North Star Borough Aquatics Division will be conducting a Water Safety Instructor course. **This is a blended learning course which combines eLearning lessons completed independently and attending class sessions.** There must be a minimum of 6 students enrolled to run the class. A maximum of 10 students will be accepted in this training. **You must email Linda Handeland at linda.handeland@fnsb.gov to pre-register by February 21, 2023.**

Prescreening

Mary Siah Recreation Center

Wednesday, February 22, 2023, at 5:30p.

Class times/locations

Mary Siah Recreation Center

Saturday, March 4, 11, 18 from 8:30a-4:00p and

Tuesday/Thursday, March 14, 16 from 5:30-8:30p.

This course is not designed to teach you basic-level swimming skills. It is dedicated to developing the knowledge and skills you will need to plan and teach courses in the American Red Cross Swimming and Water Safety program. To participate in the Water Safety Instructor course, you must be at least 16 years old and be able to demonstrate the following skills:

1. Swim the following strokes consistent with the American Red Cross Learn to Swim Level 4 Stroke Performance Criteria:
 - a. Front Crawl – 25 yards
 - b. Back Crawl – 25 yards
 - c. Breaststroke – 25 yards
 - d. Elementary backstroke – 25 yards
 - e. Sidestroke – 25 yards
 - f. Butterfly – 15 yards
2. Maintain position on your back for 1 minute in deep water (floating or sculling).
3. Tread water for 1 minute.

Please bring documentation (driver's license, state ID card, birth certificate, or passport or other government-issued photo identification) to the precourse session as proof that you will be at least 16 years old by the end of this course.

To be an effective Water Safety Instructor, you must become completely familiar with The American Red Cross Swimming and Water Safety requirements, the American Red Cross Water Safety Instructor's Manual, and other course materials and video segments that are viewed as part of the online simulation training. You will be given practice teaching assignments, which will give you experience in presenting information and teaching skills to course candidates, conducting classes and evaluating skills.

Course completion certificates will be awarded to instructor candidates who successfully complete the precourse session, complete the online Orientation to the Swimming and Water Safety Program, attend every class, successfully perform all practice-teaching assignments and pass the final written exam with a score of 80 percent or higher (correctly answer at least 40 of 50 questions). You must also demonstrate maturity and responsibility throughout the course. At a minimum, these qualities are demonstrated by:

1. Arriving at class on time and prepared.
2. Paying attention to the instructor trainer and staying engaged in class activities.
3. Returning from breaks on time.
4. Being prepared for class activities, such as dressed in swimwear when required.
5. Completing homework assignments, including preparing written lesson plans.
6. Demonstrating that effort was put forth toward homework assignments.
7. Behaving appropriately during activities.
8. Providing appropriate feedback, as requested, especially to peers after practice-teaching assignments.
9. Receiving feedback from the instructor trainer as well as peers in a professional manner.
10. Making an effort to improve your skills.
11. Treating others with respect.

Course work will include physical exercise. If you have a medical condition or disability, or if you have any questions about your ability to participate fully in this course, discuss them with your physician or health care provider and me before you start the course.

The course fee of \$150.00 will be due upon acceptance into the course.

I look forward to having you as an instructor candidate in my class.

Sincerely,

Linda Handeland

Water Safety Instructor Trainer