

PDP AQ 330 Water Safety Instructor

Instructor: TBD

Email: swimming@bu.edu

Phone: (617) 358-SWIM

Meets on set schedule: 1.0 Credit

Course Description:

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 (swim lesson) program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful completion of all certification requirements will result in a two year certification as an American Red Cross's Water Safety Instructor

Prerequisites:

To participate in the Water Safety Instructor course, individuals must:

- Be at least 16 years of age on or before the final scheduled lesson of this course.
- Demonstrate the ability to perform the following swimming skills:
 - Swim the following strokes consistent with the Stroke Performance Charts, Level 4 of the Red Cross Swimming Lesson program:
 - 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.

Learning Outcomes:

Upon successful completion of the Water Safety Instructor course, instructor candidates should be able to:

- Identify key elements and strategies for planning and preparing effective and safe swim lessons.
- Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons.
- Describe the importance of effective observation for teaching and how to develop it.
- Observe swimming, headfirst entry and diving skills, and accurately classify them and suggest appropriate interventions to improve them.
- Develop the ability to effectively communicate about participants' progress in swim lessons.
- Modify teaching to meet unexpected challenges, including dealing with participants who misbehave.
- Demonstrate the ability to accommodate participants who move, learn, communicate and behave differently.

American Red Cross Water Safety instructors are authorized to teach the following Red Cross basic-level courses and presentations:

- Parent and Child Aquatics (2 levels)
- Preschool Aquatics (3 levels)
- Learn-to-Swim (6 levels)

- Adult Swim (3 levels)
- Water Safety courses, which include the following:
 - Basic Water Rescue
 - Personal Water Safety
 - Safety Training for Swim Coaches
 - Water Safety Today
- Water Safety presentations, which include the following:
 - General Water Safety
 - Home Pool Safety
 - Parent Orientation to Swim Lessons
 - Sun Safety
 - Rip Current Safety
 - Longfellow’s WHALE Tales

Safety/Sanitation Policies:

- Everyone **MUST** take a shower before entering the pool. If the instructor believes a participant did not rinse, they will be asked to revisit the shower.
- Swim suits are required for all swimmers. Swim caps are required for anyone with hair longer than a buzz cut. Suits, caps and goggles are for sale at the ProShop. Goggles can only be used during some of the course.
- No one should enter the water until the instructor is on duty and gives permission.
- **NO DIVING IN THE RECREATION POOL.**
- No chewing gum, food or glass allowed in pool area. Water must be in an enclosed non-breakable container.
- Please notify your instructor in case of an emergency.
- For a full list of pool rules, please visit: <http://www.bu.edu/fitrec/recreation/aquatics/>

Required Equipment:

Students should bring a method to easily take notes, swimsuit, towel, and goggles to every class.

Lockers:

Students may use a day locker in the hallway by the pool. Locks are available from the Pro Shop in the Fitness and Recreation Center or you may bring your own lock. Please be careful of personal belongings and keep them locked up even when taking a shower. Bags, shoes, clothes and other personal items are not allowed on the pool deck. Deck shoes like flip flops are allowed. Boston University and the Department of Physical Education, Recreation, and Dance are not responsible for lost or stolen items.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar’s website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you may receive an “I” until you have made up all missed classes with your instructors permission. Please make arrangements with your instructor to do so within the semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

You are expected to attend every session scheduled in the semester. The class is graded Pass/No Pass, therefore all University policies apply for receiving credit. You are allowed up to 5 absences to receive University credit and a passing grade. **In order to earn your Red Cross Certification you must attend all class sessions.** We highly encourage you to not only attend every session, but to practice on your own. You will get the most out of the course if you attend class and practice on your own regularly. If you miss more than 5 classes, you may make them up by doing either of the following:

- Participate in Recreational Swim for 45 minutes (obtain a makeup form from the lifeguard office and please bring your BUID).
- No make ups to allow you to become certified as a Water Safety Instructor, you must attend all classes.

There is no participation requirement for non-credit or auditing students. However, it is to your benefit to attend all sessions. Missing many sessions will also make it difficult to catch up on skills and may slow your progress in the course.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website:
<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Course Outline: Subject to change based on pool availability and class time.

Class 1	
	Welcome and Introduction to Pre-Course Session
	Preparation for Skills Session
	Prerequisite Swimming Skills Evaluation
Class 2	
	Orienting to the American Red Cross Swimming and Water Safety Materials
	Orienting to the American Red Cross Swimming and Water Safety Program
	Teaching Water Safety
Class 3	
	Making Good Safety Decisions
	Planning and Preparing to Teach
Class 4	
	Preparation for Skills Session and Assignment
	Water Safety Skills
Class 5	
	Development and Learning
	Teaching Strategies
Class 6	
	Planning Lessons
	Practice-Teaching Overview and Assignments
	Refining the Front Crawl
	Model Practice Teaching Demonstration
	Stroke Practice - Front Crawl
Class 7	
	Common Teaching Progressions - Front Crawl and Back Crawl
	Holding and Support Techniques
	Refining the Back Crawl
	Stroke Practice - Back Crawl
Class 8	
	Overview Parent and Child Aquatics
	Observation for Assessment
Class 9	
	Parent and Child Aquatics Skills
	Teaching parent and Child Aquatics Skills
	Reciprocal Practice - Front Crawl and Back Crawl
Class 10	
	Evaluation
	Overview of Preschool Aquatics
Class 11	
	Recording and Tracking Progress
	Refining Breaststroke

	Stroke Practice - Breaststroke
Class 12	
	Experimenting with Hydrodynamic Principles
	Holding and Support Positions and Basic Aquatic Skills
Class 13	
	Overview of Learn-to-Swim Levels 1-4
	Managing Participants at Different Levels
Class 14	
	Learn-to-Swim Levels 5 and 6
	Refining the Butterfly
	Stroke Practice - Butterfly
	Reciprocal Practice - Front Crawl, Back Crawl, and Breaststroke
Class 15	
	Teaching People Who Move, Learn, Communicate or Behave Differently
	Refining the Elementary Backstroke
	Making Accommodations for Inclusion Exercise
	Stroke Practice - Elementary Backstroke
Class 16	
	Practice Teaching 1
Class 17	
	Practice Teaching 2
Class 18	
	Teaching Starts
	Teaching Turns
	Refining the Sidestroke
Class 19	
	Progressions for Starts
	Progressions for Turns
Class 20	
	Practice Teaching 3
Class 21	
	Longfellow's WHALE Tales
	Overview of Adult Swim
	Working with Adults
	Managing Behavior
Class 22	
	Teaching Diving from a Diving Board
	Diving Progressions
Class 23	
	Teaching Techniques - Front Crawl, Back Crawl and Breaststroke
	Teaching Private Lessons
	Teaching Techniques - Butterfly, Elementary Backstroke and Sidestroke



Class 24	
	Practice Teaching 4
Class 25	
	American Red Cross Administrative Policies and Procedures
	American Red Cross Awards
	Staying Informed
	Course Review
Class 26	
	Final Written Exam
	Closing