

# Water Safety Instructor Course

- **Minimum age 15 years and ability to perform Red Cross Swim Kids 10 strokes and skills**
- Prerequisite: Bronze Cross or Red Cross Assistant Lifeguard

## Water Safety Skills and Strokes Evaluation

- **September 23rd – Skills and Stroke Evaluation – 0900 to 1300** (candidate must pass this portion in order to continue. It is recommended that you practice all the strokes and skills to be evaluated before attending the session)
- **Strokes** – Front crawl, back crawl, breast stroke, elementary back stroke & side stroke
- **Skills** – Stride entry; disorienting entries; shallow dive; eggbeater surface support; feet & head first surface dives; throwing assists with and without line; reaching assist with rescue equipment; suspected spinal injury; drowning swimmer recognition; assistive carry deep water; rescue of a submerged person; assistive removal of conscious person from deep water; walking assist
- **First Aid Skills** will be evaluated and tested during the classroom & pool component
- \$40 (HST incl.)

## WSI Online Learning and Classroom & Pool Component (upon successful completing of evaluation)

- **Online Learning Component** – September 23<sup>rd</sup> – September 30<sup>th</sup>
- **Co-teach** – October 1<sup>st</sup> – December 8<sup>th</sup>. Must complete an entire 10 week session.
- **Classroom and Pool Sessions – 0900 to 1700** – Two weekends required. Dates to be determined.
- \$325 (HST incl.) includes manuals with online password, classroom and pool times

**100% ATTENDANCE IS MANDATORY**

Register online  
[www.bk.cfpsa.com/greenwoodpub/courses/index.asp](http://www.bk.cfpsa.com/greenwoodpub/courses/index.asp)  
or Contact the Aquatic Coordinator  
(902) 765-1494 ext. 5564 for more information