

***The following are American Red Cross Swimming and Water Safety Courses  
a WSI (Water Safety Instructor) is certified to teach:***

<p><b>General Water Safety:</b> a 30-minute presentation that provides individuals with an awareness of the importance of water safety training and key information on being safe in, on, and around the water. (<i>Target audience:</i> individuals who want to learn about the importance of water safety and how to be safe in, on, and around the water.)</p>	<p><b>Home Pool Safety:</b> a 30-minute presentation providing information for home pool owners and apartment pool users on how to keep their family and guests safe in an aquatic environment. (<i>Target audience:</i> home pool owners and apartment pool users.)</p>	<p><b>Sun Safety:</b> a 30-minute presentation teaching participants the dangers of too much exposure to direct sunlight. Participants learn how to protect themselves and others when enjoying activities in the sun. (<i>Target audience:</i> any general audience who enjoys outdoor activities.)</p>
<p><b>Parent Orientation to Swim Lessons:</b> a 30-minute presentation providing an orientation for parents to American Red Cross swim lessons offered at local aquatic facilities. (<i>Target audience:</i> parents of young children enrolled in American Red Cross swim lessons for the first time.)</p>	<p><b>Water Safety Today:</b> a 2-hour presentation that teaches participants how to recognize, prevent, and respond to emergencies in, on, and around the water. (<i>Target audience:</i> anyone with an interest in learning water safety knowledge and skills.)</p>	<p><b>Rip Current Safety:</b> a 30-minute presentation providing individuals 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. (<i>Target audience:</i> families and individuals interested in learning about or who spend time at surf beaches.)</p>
<p><b>Longfellow’s WHALE Tales:</b> a dry land water safety program that includes information on the following topics via video and posters:</p> <ul style="list-style-type: none"> <li>• Be cool, follow the rule.</li> <li>• Don’t just pack it; wear your jacket.</li> <li>• Swim with a buddy in a supervised area.</li> <li>• Look before you leap.</li> <li>• Think so you don’t sink.</li> <li>• Reach or throw; don’t go.</li> <li>• Think twice before going near cold water or ice.</li> <li>• Know about boating before you go floating.</li> <li>• Too much sun is no fun.</li> <li>• In your house and in your yard, watch for water; be on guard.</li> <li>• Wave, tide, or ride – follow the guide.</li> </ul> <p>(<i>Target audience:</i> kids ages 3-12)</p>	<p><b>Learn-to-Swim:</b> teaches aquatic and personal water safety skills in a logical progression. It consists of 6 levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back, and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level. (<i>Target audience:</i> age 3 years to adult.)</p> <p><b>Pre-school Aquatics:</b> promotes the developmentally appropriate learning of fundamental water safety and aquatic skills. It consists of 3 levels. It prepares participants for the Learn-to-Swim.</p>	<p><b>Basic Water Rescue:</b> a 4-hour certification course that provides participants with the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. Basic Water Rescue does not provide participants with all the knowledge and skills needed to be certified as a lifeguard. (<i>Target audience:</i> public safety personnel and day trip leaders, daycare workers, school teachers, aquatic fitness instructors, aquatic therapists, anyone involved in aquatic activities and others who work around water.)</p>
<p><b>Parent and Child Aquatics:</b> familiarizes young children (ages 6 months to 3 years) to the water and prepares them to learn to swim in the American Red Cross Pre-school Aquatics or Learn-to-Swim courses. It gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. (<i>Target audience:</i> kids ages 6 mo.-3 yrs with their parents.)</p>	<p><b>Personal Water Safety:</b> a 2-hour presentation that teaches participants how to prevent personal injuries and emergencies in, on, and around the water. Participants will also learn survival and self-rescue techniques. It provides basic information on ocean safety (rip currents), safety at waterparks and boating. (<i>Target audience:</i> anyone who wants to learn about how to be safe in, on, and around the water.)</p>	<p><b>Safety Training for Swim Coaches:</b> provides participants training in aquatic safety and focuses on basic knowledge and skills to prevent and respond appropriately to many of the emergencies that can occur in a competitive swimming environment. (<i>Target audience:</i> aquatic professionals such as competitive swim coaches, officials, athletic trainers, and other individuals involved in aquatic competition or exercise programs.)</p>