



Red Cross Water Safety Instructor (WSI) Course Prerequisites:

- Minimum age of 16.
- Fundamentals of Instructor Training Course (FIT) will be provided with the course.
- Demonstrate swimming skills by swimming the following strokes:
 - 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.