



Dear WSI participant:

Thank you for joining us at Moose Pond and Camp Wyonegonic for The Water Safety Instructor Course.

Start Time: Saturday June 6th 9:00AM - Finish Time: Wednesday June 10th 5:00PM

Water Safety Instructor is an American Red Cross certification aimed at making us better swimming and water safety instructors. Prerequisites for the course mandate that you are at least 16 years of age, complete the **online pre-course session**, and are a competent swimmer and can demonstrate the appropriate strokes (front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly) and skills (treading water, back float) at a proficient level. We will have a swim test at our first meeting; your continuation in the course is contingent on your successful completion of the swim test. ***It is recommended that you practice your strokes prior to camp.*** In order to successfully complete the course you will be required to pass a written exam (with a score of 80% or higher), provide written lesson plans as well as **successfully complete** practical teaching requirements.

The WSI course covers all facets of teaching water safety from infant to adult. We will put a large emphasis on teaching in a camp setting and to youth. Because course content is so extensive, the WSI course is extremely INTENSE; know that we will be active from 9am-10pm each day. Because you have chosen to take this course in the shortest format available there is no opportunity to make up skills or attendance. If you have questions about participating fully or have medical conditions that may prevent participation please contact us prior to the start of the course.

The surroundings at Wyonegonic are scenic. The cabins are rustic (no electricity) and showering facilities are located separate from the living quarters. I remind you that you will be out and about in the natural surroundings and swimming in a lake during the training, this can be potentially VERY COLD.

Packing List: In addition to the items recommended for training courses, please make sure you have the following for WSI:

- **LAPTOP COMPUTER REQUIRED** for mandatory online coursework with the Red Cross.
- Photo ID or passport showing proof of age is over 16
- Several bathing suits & towels; ***we will be in the lake multiple times each day***
- The water is cold. – We require that you bring a **WET SUIT**.
- Swim goggles & bathing cap (to help slow heat loss)
- A fleece or woolen hat and gloves for when you exit the lake, to return to the classroom
- Notebook or note paper and writing instruments.
- **1.5-2 inch three ring binder** for your WSI Manual as it is loose leaf paper already punched.
- Waterfront layout, sample swim class schedules, class size or other details regarding the summer camp program where you will work will be helpful when making lesson plans.

The Water Safety Instructor course includes books, DVD's and a significant amount of online course work. As an Instructor level course, we will be submitting WSI candidate names and email addresses to the Red Cross 2 weeks prior to our first meeting so they can set up the instructor profile for each WSI candidate. You will be sent further instructions on what to do to complete the online portion of the pre-course and how to login to your instructor profile shortly. Prior to the training we ask that you:

- 1) Check emails for the instructions from the Red Cross to set up your Instructor profile and complete the online pre-course sessions prior to arrival. Additional instructions will follow.
- 2) Fill out the "Letter to my Instructor" form from the Wyonegonic confirmations page to inform instructor of your background and any concerns. Please note in the COMMENTS section if you have a laptop computer to bring and if you will be able to finish the online pre-course session prior to arrival on June 6th.
- 3) Follow the packing list above
- 4) Practice your swimming strokes
- 5) Arrive well rested and ready to go!

Feel free to contact me at any time with any course related questions. I am happy to send you a copy of the swim stroke requirements if you think it would be helpful.

I look forward to working together in June!

Abby Burbank

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