

Tuttle Training Solutions

Quality Training, Efficient Operation

Water Safety Instructor Course Prerequisites

To enroll in the Lifeguarding Instructor course you must:

- Be at least 16 years old by the last day of class,
- Successfully complete the Fundamentals of Instructor Training (included with the WSI class),
- Successfully complete the Pre-course session on the first day of class.

The pre-course session includes swimming. The skills consist of the following:

Swimming Skills

- Swim the following strokes consistent with Stroke Performance Charts, Level Four
 - Front crawl (freestyle) – 25 yards
 - Back crawl (competitive backstroke) – 25 yards
 - Breaststroke – 25 yards
 - Elementary Backstroke – 25 yards
 - Sidestroke – 25 yards
 - Butterfly – 15 yards
- Maintain position on back for one minute (60 seconds) in deep water (floating or sculling).
- Tread water for one minute (60 seconds).