

# Swim Training Standards and Procedures



**22 | November | 2023**

English-Metric  
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STANDARDS-SWIM

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# Swim General Training Standards Overview

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## I. Governing Standard and Standards Waiver

Statements, written or oral, that are not processed in accordance with SSI Training Standards will not be considered the official position of SSI. The online English-metric version of the SSI Training and Training Center Standards are the default global standards.

### a. Waivers from Standards

All waivers for deviations to the SSI Training Standards must be requested and approved in writing by the responsible SSI Service Center. The request must explain why the waiver is needed, and what will be done to ensure the quality of SSI training.

SSI Training Standards are updated annually; if a waiver for deviation is approved, it expires with the new Standards year.

## Overview

# How To Use These Standards

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All SSI Training Centers and SSI Professionals, are accountable for following all general and program-specific training standards when conducting SSI approved programs.

For the purpose of these standards, an SSI Professional is defined as a person holding any professional-level rating with SSI, or any staff member of an SSI Training Center.

For the purpose of these standards, an SSI Training Center is defined as any business that conducts SSI training, including but not limited to: Dive Centers, Dive Resorts, Dive Schools, Swim Centers, etc.

## I. General Training Standards

These standards apply to all SSI programs unless otherwise specified in program-specific training standards.

## II. Minimum Instructor Rating

Any active status SSI Professional with the minimum applicable instructor rating or higher may conduct training as specified in the program-specific standard.

## III. Recommendations, Notes and Examples

These Training Standards include recommendations, notes and examples.

- RECOMMENDATIONS provide additional suggestions whenever student needs and abilities, environmental conditions or equipment make it possible to enhance the experience of the training activity.
- NOTES and EXAMPLES help clarify a specific standard or recommendation.

## IV. Government Laws

If applicable, local, state and federal laws, bylaws and codes of practice supersede SSI Standards. SSI Training Centers and SSI Professionals are required to be familiar with these laws, and inform the responsible SSI Service Center, in writing, in the event of a conflict.

## V. SSI Flexibility Rule

Students participating in SSI programs must complete all training requirements as set forth in the current SSI Training Standards and the applicable instructor manual. SSI Professionals must follow 100% of the SSI Total Teaching System; including all academic, pool/confined water, and open water requirements as outlined in the program-specific instructor manual.

The SSI Flexibility Rule also means that SSI Professionals can develop their own teaching style and program schedules including; the order and number of classroom and pool/confined water sessions, and the order of skills in the pool/confined water sessions and open water training dives.

SSI Professionals are NOT allowed to add skills that SSI does not endorse. Teaching additional skills or skills that “challenge” your students violates SSI Training Standards and can make you liable in the case of an incident. If you have any questions about the SSI Flexibility Rule and what skills are or are not allowed, please contact the responsible SSI Service Center for guidance or interpretation.

*Example | Skills like dropping/throwing non-swimmers into a pool, negative reinforcement, or jumping blindfolded from an elevated position or platform are not endorsed by SSI and must not be taught during SSI training programs.*

*Example | If environmental conditions and student ability permit, SSI Professionals may evaluate any and all required skills during any training session. All required training sessions must still be completed for all SSI programs.*

## VI. Exceeding Standards

SSI Professionals may exceed standards, may provide more detailed coverage of the materials, and may provide additional in-water training sessions. Incorporating newer techniques and equipment is encouraged. Any specific knowledge and skills changes must be approved by the responsible SSI Service Center prior to incorporating the changes.

## Overview

# Program Definitions

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### **I. Entry-Level Program**

Any SSI program where no prerequisite certifications or experience are needed to participate.

### **II. Certification Program**

A digital certification card must be issued once a student completes all requirements of a specific SSI certification program.

SSI issues this verification upon receipt of the SSI Professional's and SSI Training Center's confirmation of satisfactory completion of all program requirements by the student, as documented in the student's training record and logbook.

### **III. Recognition Program**

A digital recognition card must be issued once a student has completed a SSI recognition program.

SSI issues this recognition upon receipt of the SSI Professional's and SSI Training Center's confirmation of satisfactory completion of all program requirements by the student, as documented in the student's training record and logbook.

Recognition cards are a proof of experience, but do not qualify the student to dive autonomously without additional training.

# Participation Criteria

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### I. Age

The minimum age to begin any SSI program is listed in the individual program's training standards.

The student or candidate may register for a program at any point, but they may not begin any SSI training prior to reaching the minimum age requirement.

#### a. Minors

For the purpose of these standards, a minor is anyone younger than 18 years old who participates in an SSI training program unless local laws or regulations dictate a more-restrictive age (e.g. 15 years old).

### II. Experience Prerequisites

The minimum experience prerequisites are listed in the individual program's training standards.

### III. Water Fitness Evaluation

Some SSI programs have required water skills and stamina evaluations. The specific program training standards will specify whether these evaluations must be successfully completed prior to any in-water training, prior to any open water training or prior to certification.



# Privacy Forms and Training Records

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## I. Completion Requirements

### a. Training with an SSI Training Center

Training Records and required documentation are only valid for training conducted with the initiating SSI Training Center. If the student or candidate affiliates with another SSI Training Center, they must complete the required documentation for the new training center as well.

#### **Duration of Validity**

Some documentation is valid for the duration of the student/candidate's training with a single SSI Training Center. Other forms must be completed for individual training programs as outlined below.

## II. Training Record Components

Each student or candidate must complete the required components of the SSI Training Record prior to participating in any SSI training program.

The forms of minors must be reviewed and signed by a parent or guardian.

### a. Prior to Training

Prior to beginning training, they must complete the:

#### **Registration Form**

- Permanently valid

#### **Privacy Policy Form**

- Permanently valid unless the student requests to withdraw their consent
- SSI recommends that all SSI Training Centers have individuals complete the SSI Privacy Policy form when they register for a MySSI account or affiliate their existing MySSI account to the training center

### b. Prior to Certification

Prior to receiving their certification or recognition card, they must complete the:

#### **Program-specific Completion Record**

- Must be completed for each training program

#### **Online Final Exam Record**

- Must be completed if the program's final exam is completed online

### c. Professional Program Candidates

Prior to beginning training, candidates participating in SSI professional training programs must also complete the:

#### **SSI Professional Agreement**

- Permanently valid

**All candidates participating in professional level training must have digital copies of the following documents uploaded into MySSI before the final certification(s) can be issued:**

- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years

**SSI also recommends uploading:**

- Proof of Oxygen First Aid training within (2) years

## Administration

# Medical History

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### I. Medical Participant Questionnaire

Each student must complete the SSI Swim/Lifeguard Medical Participant Questionnaire, or submit a valid medical statement, prior to any in-water activity.

If the Medical Participant Questionnaire or the appearance/behavior of the student indicate any condition contrary to participation in any in-water activities, the student is required to provide the Physician's Approval to Dive form, signed by a licensed medical practitioner and based on a medical examination, prior to any in-water activity.

The Medical Participant Questionnaires of minors must be reviewed and signed by a parent or guardian prior to any in-water activity.

Medical Participant Questionnaires and the Physician's Approval to Dive form, or valid medical statements, are valid for 12 months from the date they are signed. Students may participate in multiple SSI training programs within the 12 months without completing another form.

If the student becomes ill or injured within the 12 months, they must complete a new Medical Participant Questionnaire prior to any in-water activities, following the protocol outlined above.

### II. Professional Program Candidates

Each candidate participating in professional-level training must provide to the responsible SSI Service Center a Medical Participant Questionnaire and Physician's Approval to Dive form—or valid medical statement approved and signed by a licensed medical practitioner—based on a diving medical examination dated within one (1) year of the training completion date. These documents must be uploaded by the candidate via MySSI for approval.

Active status SSI Professionals are required to notify SSI if they develop a medical condition that interferes with their teaching ability. They must submit a new Medical Participant Questionnaire to the responsible SSI Service Center (by uploading the form into their MySSI account) to maintain their active status.

# Administration

# SSI Materials

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## **I. Student Materials**

Each student must be issued the appropriate Digital Training Kit (if available) for every program they are participating in.

## **II. Professional Materials**

The SSI Training Standards, SSI Professional Training Materials and SSI Student Materials (digital learning and printable workbooks) form the basis of the SSI Teaching System and must be used for all SSI training programs. Whenever there is a discrepancy between these materials, the SSI Training Standards take precedence. If in doubt, contact the responsible SSI Service Center for guidance or interpretation.

Each SSI Professional has access to the most current Instructor Manual and Student Manual for the program they are conducting, as well as any additional training materials required by SSI or their affiliated Training Center.

# Administration

# Certification Procedures

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## I. Certifying Instructor

The certifying instructor is the instructor-of-record on the student's certification. They are responsible for ensuring that the training record is properly completed, including all required verification signatures and dates.

- For programs requiring in-water training, the certifying instructor is the SSI Professional who completes the final skill assessment with the student.

## II. Student Data Entry

Training Centers and SSI Professionals must confirm that the student or candidate's first and last name, contact data, birthdate, an acceptable photo that clearly shows the student's face, and email address are correctly entered into MySSI.

## III. Processing Student Certifications and Recognitions

SSI certifications and recognitions must be issued to all students that successfully complete all SSI training requirements at all levels of training. Digital cards will be produced immediately after the certification or recognition is processed in MySSI. All certifications and recognitions must be processed within seven (7) days of the program's completion.

*Note | Students are not required to achieve any program progress in the digital learning prior to receiving their certification or recognition card, as long as all requirements from the individual program standard are met.*

Some recognition programs do not require a final knowledge evaluation. If there is no final exam for the program (see "Certification Requirements" in the individual program standard), then the SSI Professional issuing the certification or recognition card must verify that the student has the appropriate level of knowledge by either completing an academic session or by asking questions.

*Note | After a certification or recognition is processed in MySSI, the student will be sent an email including a copy of their certification or recognition card. The student can also access all their certification and recognition cards by logging into their MySSI account, or on the MySSI app.*

## IV. Processing Professional Certifications

Upon completion of all SSI training requirements for all professional programs, the candidate's training records or application form must be completed in full and uploaded in PDF format into the MySSI System or sent to the responsible SSI Service Center within seven (7) days of the program's completion.

For Specialty Instructor programs without digital materials, the certification is completed by the responsible Training Center, the Training Center QMS Manager authorizes the certification, and all required paperwork is maintained by the Training Center.

## V. Issuing a Referral

If a student only completes a portion of an SSI program and chooses to complete the program with another Training Center, you must provide copies of all appropriate training documentation, as well as a copy of the student's Medical Participant Questionnaire (or other valid medical document), to the student and/or the receiving Training Center.

All original training documentation and medical forms must stay with the referring Training Center.

## VI. Replacing Lost Cards

If a student has lost their printed card, do a diver search in MySSI to see if they have a digital card in their MySSI profile. If a digital card is found, have the student log in to access all their digital cards. They can order and purchase a printed card from their Training Center.

If there is no record of a digital card, contact the responsible SSI Service Center.

## VII. Training Records

### a. Professional Programs

Training records must be used for monitoring and evaluating each candidate's progress.

The instructor and candidate must initial and sign the training completion record upon completion of each session. Training records must be maintained and retained for a minimum of ten (10) years by the Training Center.

Digital training record components that are uploaded into MySSI are held securely on SSI's servers. This meets the training center's requirements for record retention.

If necessary for quality management or grievance resolution, SSI Training Centers are required to send the training records or legible copies to the responsible SSI Service Center—or upload them using the QMS System—within the given time limit.

*Recommendation / If possible, the appropriate parts of the training completion record should be completed by the candidate and the responsible SSI Professional at the end of each session or training day.*

*Note / Local laws may require that training records must be retained for more than ten (10) years.*

# Professional Liability Requirements

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### I. Professional Liability Insurance

Where required (e.g. the United States), the SSI Professional must maintain professional liability insurance.

The SSI Professional must:

- Verify SSI is listed as an Additional Insured on the professional liability policy
- Verify the professional liability insurance covers all SSI programs the SSI Professional is authorized to conduct (e.g. XR Instructors are required to have a Technical Diving insurance endorsement)
- Verify current proof of professional liability insurance is uploaded to the SSI Professional's MySSI profile
- Not provide any professional services in the absence of professional liability insurance
- Comply with all insurance policy terms, conditions, warranties and exclusions

SSI and SSI Service Centers are not responsible for verifying that an SSI Professional complies with professional liability insurance requirements. However, certifications may not be processed in the absence of proof of insurance where required.

## SSI Professional Duties

# SSI Professional Status

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### I. Active Status

SSI Professionals must fulfill the following prerequisites to maintain active status:

- Affiliate with an active status Training Center.
- Read and sign (online) the SSI Professional's Agreement and pay the annual membership dues.
- Maintain professional liability insurance (if required legally in the country). The SSI Professional must list SSI as an additional insured in the policy and must provide current proof-of-insurance to the responsible SSI Service Center.

**SSI also recommends uploading:**

- Proof of certification in emergency administration of oxygen. Training must include knowledge of the medical principles involved, and practical use of, an emergency oxygen unit.

### II. Inactive Status

An SSI Professional who has met all the active status requirements but is not affiliated with an active status Training Center, and/or lacks current proof of professional liability insurance (where required).

The SSI Professional in inactive status will pay a reduced renewal fee and will still have access to training materials, but they cannot conduct any SSI programs until they return to active status.

### III. Canceled Status

An individual who has been certified as an SSI Professional, but has not paid any annual fees to SSI.

### IV. Administrative Hold Status

A temporary status assigned to an SSI Professional as the result of a Verified QMS Complaint, Alert, or Incident Report. The SSI Professional must not conduct SSI programs while in Administrative Hold status. This status is generally communicated to the professional by the International QMS Manager.

An SSI Professional involved in the death of a participant/student/candidate for which they were providing direct supervision is automatically placed on Administrative Hold at the time of the fatal incident.

The individual's certification data cannot be verified any longer by the SSI Diver Verification system.

### V. Expelled Status

An individual who has been certified as an SSI Professional, but has been expelled from SSI due to severe breaches of SSI Ethical or Training Standards. A member in expelled status cannot obtain active teaching status again with SSI globally, and the individual's certification data cannot be verified any longer by the SSI Diver Verification system.

#### a. Individuals Expelled From Other Agencies

If a professional is expelled from another agency for any reason, they may be eligible to earn SSI active status. This decision is at the discretion of SSI International, and will be considered on an individual basis. See the SSI Quality Management System Manual for more information.



## VI. Retired Status

Some SSI Professionals are placed in "Retired Status" if they do not meet the minimum active status requirements for their highest professional rating. SSI Professionals in retired status remain in active status for the highest professional certification that they meet the minimum active status requirements for. They may also continue to conduct all student-level programs that they are qualified to teach.

### **Affected certifications**

- Swim Teacher Instructor Trainer
- Lifeguard Instructor Trainer

### **Attend and successfully complete an SSI Professional Update, including:**

- A review of all SSI General Training Standards, and the standards related to the programs the candidate is earning a certification for.
- A review of the program-specific student and instructor materials for the highest applicable professional certification.
- The applicable final exams with a passing score of at least 90%.
- An academic presentation on a topic from the highest applicable professional certification.
- The Candidate Water Fitness Evaluation.
- A pool/confined water session that includes the presentation and evaluation of all required program skills from the highest applicable professional certification.
- All skills must be done with demonstration quality.
- An in-water teaching presentation on a topic from the highest applicable professional certification.

### **Instructor Trainer Update**

- The Instructor Trainer Update must be directly supervised by an active status International Training Director, and approved by the responsible SSI Service Center.
- The candidate must also complete an evaluation of at least one academic teaching presentation and one in-water teaching presentation from the highest applicable professional certification.

# Returning to Active Status

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SSI Professionals in canceled status may return to active status by completing the following requirements, which are determined by the length of time the professional has been out of active status.

### I. Duration of Inactivity

#### **Any duration:**

- If an SSI Professional is in canceled status with SSI for any period of time, but has maintained active status with a recognized training agency, the responsible SSI Service Center may—at their discretion—permit the SSI Professional to complete an SSI Crossover program to return to active status.

#### **Less than two (2) years:**

- Complete all components of the online renewal process.

#### **Greater than two (2) years, but less than ten (10) years:**

- Successfully complete a Professional Update for the applicable certification level as defined below.

#### **Greater than ten (10) years:**

- Complete all program requirements, including any water fitness evaluations, digital learning materials, academic assessments, final exams, and in-water training requirements as outlined in the program-specific instructor manual.

## SSI Professional Duties

# SSI Professional Update

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### I. Intent

The intent of the SSI Professional Update program is to update and reactivate SSI Professionals that have been in canceled status for at least two (2) years.

### II. Purpose

The SSI Professional Update evaluates a candidate's knowledge of general theory, program-specific information, SSI training and teaching philosophies, in-water abilities, and any required teaching and evaluation requirements.

If there is any doubt or concern about a candidate's abilities, the Professional Update should be used to evaluate the candidate before issuing any SSI professional-level certification.

### III. Requirements For Completion

- Purchase and complete the Crossover/Update Kit

**Attend and successfully complete an SSI Professional Update, including:**

- A review of all SSI General Training Standards, and the standards related to the programs the candidate is earning a certification for.
- A review of the program-specific student and instructor materials for the highest applicable professional certification.
- The applicable final exams with a passing score of at least 90%.
- An academic presentation on a topic from the highest applicable professional certification.
- The Candidate Water Fitness Evaluation.
- A pool/confined water session that includes the presentation and evaluation of all required program skills from the highest applicable professional certification.
- All skills must be done with demonstration quality.
- An in-water teaching presentation on a topic from the highest applicable professional certification.

#### a. Instructor Trainer Update

- The Instructor Trainer Update must be directly supervised by an active status International Training Director, and approved by the responsible SSI Service Center.
- The candidate must also complete an evaluation of at least one academic teaching presentation and one in-water teaching presentation from the highest applicable professional certification.

### IV. Certification

- Upon completion of the Professional Crossover or Update, send the candidate's professional application form with all required documentation to the responsible SSI Service Center.

# SSI Professional Duties

# Ethical Standards

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As an SSI Professional, you are accountable for your decisions and actions when representing SSI and conducting SSI programs. SSI expects you to display appropriate professional behavior at all times while conducting SSI training or other related activities. The guidelines listed below are expected and required of each SSI Professional:

- Be a professional role model at all times during training and other business-related activities.
- Be a role model to the public, practicing and promoting safe diving, environmental awareness, and minimal ecological impact.
- Advocate and promote adherence to the appropriate SSI Responsible Diver Code during all diving activities.
- Conduct all SSI programs with integrity and honesty and with the goal of providing the best possible customer experience.
- Adhere to SSI Training Standards and Procedures. Attend SSI Professional updates when required and on a regular basis.
- Do not disparage or otherwise make negative statements about SSI International, SSI Training Centers, SSI Professionals, or any other member of the diving industry.
- You are required to notify SSI immediately—or prior to any professional-level training—if you have been convicted of a felony or any form of sexual offense.
- Notify SSI if an SSI Training Center or SSI Professional is the subject of an ethical or standards violation, investigation, action, or proceeding brought by any other recognized training agency or governmental agency.
- Indemnify and hold harmless SSI, its officers, directors, and assignees for any loss, claim, or damage resulting from action of an SSI Training Center, SSI Professional or their agents, students, or assignees.
- Comply with all quality management and compliance procedures outlined in the SSI Quality Management System Manual.

**The SSI Professional understands that any breach of these Ethical Standards may result in an SSI QMS review and compliance action, which may have an effect on their SSI Professional status.**

## SSI Professional Duties

# SSI Quality Management

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*Note | SSI has implemented a completely new Quality Management System (QMS). The new Quality Management System (QMS) replaces previous versions of the Monitor Assessment Program (MAP), SSI Grievance Procedure and associated components with immediate effect. For definitions of terminology and a detailed description of SSI Quality Management procedures, please see the SSI Quality Management System Manual.*

# Conducting SSI Programs

## Equipment Definitions

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### I. Swim

During all in-water training sessions, each student must be equipped with a properly fitted Total Swim System that includes:

- Swim Suit
- Skin and sun exposure protection appropriate to the environment

*Note / Swim goggles that do not enclose the nose are strongly recommended for Level 1 swim programs and above.*

### II. Lifeguard

**During all in-water training sessions, each student must be equipped with a properly fitted Total Lifeguard System that includes:**

- Rescue tube or equivalent
- Whistle
- Pocket mask
- Skin and sun exposure protection appropriate to the environment

### III. Minimum Professional Equipment

**During all in-water training, each SSI Professional must be equipped with at least all student equipment.**

## Conducting SSI Programs

# Assessing Knowledge and Skill

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SSI Training Centers and SSI Professionals must ensure that each student receives the required knowledge, skills and experience to comfortably and confidently perform at the specified level of training before conducting open water training sessions.

It is the SSI Professional's duty to ensure that all students achieve mastery of all required skills before issuing a certification. To achieve mastery the student must be able to comfortably repeat the skill in diverse and adverse conditions.

## I. Skill Mastery Definitions

### Expert-Level Quality

- The skill is completed without pauses or mistakes, and can be repeated without noticeable effort.

### Demonstration-Level Quality

- The skill is completed without hesitation or mistakes, and can be repeated without noticeable effort.
- Each key point of the skill is clearly identified and demonstrated during the exercise with pauses for emphasis.

## II. Final Exam

**If a final exam is required for certification, the following requirements must be met:**

- The student must complete the exam without outside assistance or personal notes
- The professional administering the exam may only provide clarification to help explain the question
- Minimum passing score for student-level programs: 80%
- Minimum passing score for professional-level programs: 90%

### a. Approved Materials

**Students and candidates may use the following materials to complete the final exam:**

- SSI Training Standards
- Calculator

### b. Instructor Assistance

If the final exam is not available in the student's native language, or the student has a documented learning disability, the SSI Professional conducting training may administer the exam orally. The answer sheet must still be completed by the student and signed by both the student and SSI Professional.

If the student is younger than 15 years old, the SSI Professionals may rephrase or explain a question or answer on the final exam to help clarify a concept, but they may not answer, or help the student answer, the question.

## Conducting SSI Programs

# Program Duration and Time Limits

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### **I. Program Duration**

There is no maximum time limit for the duration of any SSI program. Some SSI programs may have minimum program hours listed in their standards.

#### **a. Professional Training Programs**

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and local water conditions.

### **II. Time Limit to Complete a Program**

Training for all SSI programs must be completed within six (6) months of the last academic or in-water training session. If it has been more than six (6) months, an SSI Professional must conduct a reevaluation (both knowledge and skill review) to determine if the student or candidate is sufficiently proficient to continue training.



# Conducting SSI Programs

# Specialized Equipment

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## **I. Guidelines for Specialized Equipment**

If specialized equipment or additional equipment is incorporated into SSI training programs, you must conduct an equipment orientation prior to taking students into the open water. Additional training is intended to provide practice and basic proficiency with the equipment, and should include a review of specialty materials, academic sessions, and pool/confined water training sessions.

# Conducting SSI Programs

## Using Certified Assistants

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### **I. Swim Programs**

An active status SSI Assistant Swim Teacher may act as a certified assistant for any programs that they have completed the professional-level training for. They may assist with in-water training and may increase ratios if specified by the program standard.

If an SSI Professional with the equivalent teacher certification is used as a certified assistant, they are considered as another instructor, and may double ratios for pool/confined water training sessions.

### **II. Lifeguard Programs**

An active status SSI Pool Lifeguard Supervisor or higher may act as a certified assistant for all lifeguard programs. They may assist with in-water training and may increase ratios if specified by the program standard.

If an SSI Professional with the equivalent instructor certification is used as a certified assistant, they are considered as another instructor, and may double ratios for pool/confined water training sessions.

# Conducting SSI Programs

## Supervision

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**SSI Professionals must not engage in any activities other than supervision during in-water training for all entry-level programs.**

Activities that do not affect the SSI Professional's ability to supervise and assist their students (e.g. taking a class photo with a pocket-sized camera) are permitted.

### I. Direct Supervision

An active status SSI Professional certified to conduct the applicable SSI program must personally supervise and evaluate all students during any training. They may not delegate the supervision to a certified assistant.

#### a. Swim Programs

An active status SSI Swim Teacher, qualified to conduct the applicable program, must be in the water and personally supervising all students.

For programs that require a parent in the water, the parent/guardian of the student must be in the water personally supervising their child.

### II. Indirect Supervision

An active status SSI Professional certified to conduct the applicable SSI program is not required to personally observe all student knowledge and skills, but they must manage all program activities and be present at the training location.

In some SSI programs, an active status SSI Professional may delegate some supervision to a certified assistant, but the instructor must still be present at the location, and managing all program activities.

#### a. Swim Programs

An active status SSI Swim Teacher, qualified to conduct the applicable program, must be on the pool deck personally supervising all students.

### III. Proximity

Some program-specific standards require a minimum proximity (physical distance) between the SSI Professional and their students during in-water training.

### IV. Student-To-Instructor Ratios

The student-to-instructor ratio for academic sessions is set by the individual instructor, based on the ability of the instructor to deal effectively with all student needs.

The maximum student-to-instructor ratio for in-water training is provided in each specific program standard. Any certified divers that dive with a class during open water training dives must be counted towards the student-to-instructor ratios.

If conditions dictate, decrease the student-to-instructor ratio.

*Recommendation / Whenever possible, additional certified assistants should be used during training.*

# Conducting SSI Programs

## Duty of Care

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### I. Obligation of Care

All SSI Professionals must inform students that if they become excessively cold or tired, are under undue stress, injured, not feeling well, or have recently been sick, they must not continue the session, as is appropriate.

### II. Environmental Conditions

Instructors have an obligation to cancel or modify training sessions when environmental conditions, a student's physical or mental condition or equipment difficulties make it advisable.

*Note | This judgment can only be made by the SSI Professional at the time and place of the session. Students who do not successfully complete the required skills during a session may complete those skills during a later session.*

### III. Skill Level

Only realistic skills may be presented when students reach a level of SSI training where they are capable of dealing with underwater problems. The students should solve these problems as they would in real-world diving situations.

### IV. Forcing Students

SSI Professionals must never force students to perform skills if the student indicates (verbally or physically) that they do not want to perform the skill.

### V. Emergency Plan

Any SSI Professional conducting in-water training must have a written emergency plan for incidents for each location where training is conducted.

### VI. First Aid Equipment

Emergency equipment must be available in the vicinity of the dive site, including a first aid kit, oxygen unit and communications equipment. This equipment must be accessible at all times while training is being conducted.

### VII. Reporting Procedures

In the event that an SSI Professional is involved in, or is witness to an incident, or if a claim or suit is filed against them or their Training Center, they must immediately notify the responsible SSI Service Center, their Insurance Agent and their affiliated Training Center's Insurance Agent.

*Recommendation | Use the SSI Incident Report form found in the MySSI download section.*

## Conducting SSI Programs

# Environmental Definitions

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### **I. Shallow Water**

Water shallow enough to stand with the head out of the water.

### **II. Deep Water**

Water too deep to stand in with the head out of the water.

### **III. Cold Water**

SSI Professionals must ensure that proper exposure protection is available to all students before conducting training in cold water.

## Conducting SSI Programs

# Training Environments and Depth Limits

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### I. Pool

An enclosed artificial structure filled with water that is used for swimming and dive skills development. It must have adequate visibility to ensure an instructor can observe their students at all times.

- The maximum depth for all pool/confined water training is 5 meters unless specified in the program-specific standard.

### II. Confined Water

Any body of water with a depth appropriate to the activity that offers conditions similar to those of a pool including visibility, depth, water movement, and access.

For all entry-level programs, pool/confined water should have depths both shallow enough for all students to stand up in and deep enough to adequately perform the program required skills.

- The maximum depth for all pool/confined water training is 5 meters unless specified in the program-specific standard.

### III. Open Water

An outdoor body of water suitable for swimming or diving activities with depths greater than five (5) meters. Environmental conditions must be consistent with the requirements for the training program.

## Water Fitness Evaluations

# Lifeguard Water Fitness Evaluation

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### I. Instructor Objectives

The purpose of this evaluation is to ensure that students have an adequate level of fitness and comfort in the water prior to conducting any SSI training.

Each student must successfully complete the water fitness evaluation prior to any in-water training. You should use this test as an early evaluation of each student's abilities to complete the final fitness evaluation prior to their certification.

If a student struggles to finish this evaluation, you can recommend remedial fitness tests, additional swim lessons, or suggest that they reschedule their lifeguard training for a future date.

### II. Water Safety Attendant Students

- Complete a 100-meter surface swim without stopping or standing.
- There is no time limit.

### III. Underwater Swim

- Swim underwater for 15 meters without the use of mask, fins, snorkel, or any other swim aids.
- Goggles that do not cover the nose are permitted.

### IV. Rescue Approach

- Use a crawl or breast stroke to swim 50 meters to a simulated victim while maintaining eye contact.
- Head must remain out of the water during the entire swim.
- Time limit: 60 seconds

### V. Surface Swim

- Swim 400 meters without stopping, and without the use of mask, fins, snorkel or other swim aids.
- Goggles that do not cover the nose are permitted.
- Time limit: 9:30 minutes.

### VI. Tread Water

- Tread water for 15 minutes without using any aids or flotation of any kind.
- The elbows and hands must be elevated above the surface for the final five (5) minutes of the evaluation.

## Water Fitness Evaluations

# Swim Candidate Water Fitness Evaluation

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The purpose of this evaluation is to ensure that SSI Swim Professional candidates have an adequate level of fitness and comfort in the water prior to conducting any SSI training.

### **I. Tread Water**

- Tread water for 10 minutes without using any aids or flotation of any kind.

### **II. Surface Swim**

- Complete a 100-meter surface swim without stopping or standing. There is no time limit.
- Swim goggles are permitted.
- If a wetsuit is used, weights must be added to ensure the candidate is neutrally buoyant.



## Water Fitness Evaluations

# Lifeguard Candidate Water Fitness Evaluation

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### I. Intent

This water fitness evaluation ensures that Lifeguard Instructor candidates have an adequate level of fitness and comfort in the water prior to certification.

### II. Rescue Approach

- Use a crawl or breast stroke to swim 25 meters to a simulated victim while maintaining eye contact
- Head must remain out of the water during the entire swim

### III. Surface Swim

- Swim 400 meters without stopping, and without the use of mask, fins, snorkel or other swim aids

### IV. Water Entry Techniques

Demonstrate proper entry and approach technique for:

- Slide Entry
- Stride Jump Entry

### V. Deep Dive Circuits

- Dive to a depth between 3 and 5 meters
- Candidate must complete one (1) head-first circuit and one (1) feet-first circuit

### VI. Distance Dive Circuit

- Swim underwater for 15 meters without the use of mask, fins, snorkel, or any other swim aids
- Recover three (3) objects placed at least five (5) meters apart
- Goggles that do not cover the nose are permitted

### VII. Tow and Carry

- Demonstrate an appropriate in-water tow for ten (10) meters
- Demonstrate an appropriate lifting technique

# Recreational Programs

## Recreational Swim Programs

# Baby Swim I

---

### I. Intent

This program teaches very young students to be comfortable in and around the water while under direct supervision of a parent or guardian.

It also teaches the parent or guardian how to appropriately interact with their children in an aquatic environment.

### II. Required Teacher Rating

An active status Baby Swim Teacher may conduct the Baby Swim I program.

### III. Student Prerequisites

- Age: 2-35 months old.

### IV. In-Water Ratios

- The student-to-Instructor ratio is 6:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

*Note / A parent or guardian must be in the water with each student.*

### V. Minimum Supervision

- An active status Baby Swim Teacher must indirectly supervise all activities.
- A parent or guardian must directly supervise the student at all times.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Baby Swim Teacher Instructor Manual, the student may advance to:**

- Baby Swim II, once they turn two (2) years old.
- Aquatike I or II, once they turn three (3) years old.

# Recreational Swim Programs

## Baby Swim II

---

### I. Intent

This program teaches very young students to be comfortable in and around the water while developing their ability to independently float and move through the water under the direct supervision of a parent or guardian.

It also teaches the parent or guardian how to appropriately interact with their children in an aquatic environment.

### II. Required Teacher Rating

An active status Baby Swim Teacher may conduct the Baby Swim II program.

### III. Student Prerequisites

- Age: 12-35 months old.

### IV. In-Water Ratios

- The student-to-Instructor ratio is 6:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

*Note / A parent or guardian must be in the water with each student.*

### V. Minimum Supervision

- An active status Baby Swim Teacher must indirectly supervise all activities.
- A parent or guardian must directly supervise the student at all times.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Baby Swim Teacher Instructor Manual, the student may advance to:**

- Baby Swim III if they are less than three (3) years old.
- Aquatike III, once they turn three (3) years old.

*Note / If the student has not met the requirements for advancement by the time they turn three (3) years old, they should be placed in the Aquatike I class.*

# Recreational Swim Programs

## Baby Swim III

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### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs, while under the indirect supervision of a parent or guardian.

### II. Required Teacher Rating

An active status Baby Swim Teacher may conduct the Baby Swim III program.

### III. Student Prerequisites

- Age: 18-35 months old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.

### V. Minimum Supervision

- An active status Baby Swim Teacher must directly supervise all activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Baby Swim Teacher Instructor Manual, the student may advance to:**

- Aquatike II, once they turn three (3) years old.

*Note / If the student has not met the requirements for advancement by the time they turn three (3) years old, they should be placed in the Aquatike I class.*

# Recreational Swim Programs

## Aquatike I

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### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Aquatike I program.

### III. Student Prerequisites

- Age: 36-47 months old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Aquatike II, if they are still three (3) years old.
- Preschool I, if they turn four (4) years old before advancing.

# Recreational Swim Programs

## Aquatike II

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Aquatike II program.

### III. Student Prerequisites

- Age: 36-47 months old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Aquatike III, if they are still three (3) years old.
- Preschool I, if they turn four (4) years old before advancing.

# Recreational Swim Programs

## Aquatike III

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Aquatike III program.

### III. Student Prerequisites

- Age: 36-47 months old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Preschool II

# Recreational Swim Programs

## Preschool I

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Preschool I program.

### III. Student Prerequisites

- Age: 4-5 years old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Preschool II, if they are still 4–5 years old.
- Beginner I, if they turn six (6) years old before advancing.



# Recreational Swim Programs

## Preschool II

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Preschool II program.

### III. Student Prerequisites

- Age: 4-5 years old.
- Demonstrated mastery of the skills for Preschool I.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Beginner I, if they turn six (6) years old before advancing.
- Beginner II

# Recreational Swim Programs

## Preschool III

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Preschool III program.

### III. Student Prerequisites

- Age: 4-5 years old.
- Demonstrated mastery of the skills for Preschool II.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Beginner II

# Recreational Swim Programs

## Beginner I

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Beginner I program.

### III. Student Prerequisites

- Age: 6-15 years old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Beginner II

# Recreational Swim Programs

## Beginner II

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Beginner II program.

### III. Student Prerequisites

- Age: 5-15 years old.
- Demonstrated mastery of the skills for Beginner I.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Beginner III

# Recreational Swim Programs

## Beginner III

---

### I. Intent

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

### II. Required Teacher Rating

An active status Level 1 Swim Teacher or higher may conduct the Beginner III program.

### III. Student Prerequisites

- Age: 5-15 years old.
- Demonstrated mastery of the skills for Beginner II.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual, the student may advance to:**

- Intermediate I

# Recreational Swim Programs

## Intermediate I

---

### I. Intent

This program teaches students basic swimming skills and develops competitive swimming strokes.

### II. Required Teacher Rating

An active status Level 2 Swim Teacher or higher may conduct the Intermediate I program.

### III. Student Prerequisites

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Beginner III.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual, the student may advance to:**

- Intermediate II

# Recreational Swim Programs

## Intermediate II

---

### I. Intent

This program teaches students basic swimming skills and develops competitive swimming strokes.

### II. Required Teacher Rating

An active status Level 2 Swim Teacher or higher may conduct the Intermediate II program.

### III. Student Prerequisites

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Intermediate I.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual, the student may advance to:**

- Advanced I

# Recreational Swim Programs

## Advanced I

---

### I. Intent

This program further refines the student's advanced swimming skills and competitive swimming strokes.

### II. Required Teacher Rating

An active status Level 2 Swim Teacher or higher may conduct the Advanced I program.

### III. Student Prerequisites

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Intermediate II.

### IV. In-Water Ratios

- The student-to-Instructor ratio is 6:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

### V. Minimum Supervision

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual, the student may advance to:**

- Advanced II



# Recreational Swim Programs

## Advanced II

---

### I. Intent

This program further refines the student's advanced swimming skills and competitive swimming strokes.

### II. Required Teacher Rating

An active status Level 2 Swim Teacher or higher may conduct the Advanced II program.

### III. Student Prerequisites

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Advanced I.

### IV. In-Water Ratios

- The student-to-Instructor ratio is 6:1.
- The ratio may increase to 12:2 with one (1) certified assistant

### V. Minimum Supervision

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual, the student may advance to:**

- Swim Team Prep

# Recreational Swim Programs

## Swim Team Prep

---

### **I. Intent**

This program further refines the student's advanced swimming skills and competitive swimming strokes, and develops strength and endurance.

### **II. Required Teacher Rating**

An active status Level 2 Swim Teacher or higher may conduct the Swim Team Prep program.

### **III. Student Prerequisites**

- Age: 6-17 years old.
- Demonstrated mastery of the skills for Advanced II.

### **IV. In-Water Ratios**

- The student-to-teacher ratio is 10:1.

### **V. Minimum Supervision**

- An active status Level 2 Swim Teacher or higher must indirectly supervise all in-water activities.

# Recreational Swim Programs

## Adult I

---

### I. Intent

This program teaches students to be comfortable in and around the water.

### II. Required Teacher Rating

An active status Adult Swim Teacher or higher may conduct the Adult I program.

### III. Student Prerequisites

- Minimum age: 16 years old.

### IV. In-Water Ratios

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 8:2 with one (1) certified assistant, or 12:3 with two (2) certified assistants.

### V. Minimum Supervision

- An active status Adult Swim Teacher or higher must directly supervise all in-water activities.

### VI. Advancement

**After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual, the student may advance to:**

- Adult II

# Recreational Swim Programs

## Adult II

---

### **I. Intent**

This program teaches students basic and advanced swim strokes.

### **II. Required Teacher Rating**

An active status Adult Swim Teacher or higher may conduct the Adult II program.

### **III. Student Prerequisites**

- Minimum age: 16 years old.
- Demonstrated mastery of the skills for Adult I.

### **IV. In-Water Ratios**

- The student-to-teacher ratio is 8:1.

### **V. Minimum Supervision**

- An active status Adult Swim Teacher or higher must indirectly supervise all in-water activities.

# Lifeguard Programs

# Water Safety Attendant

---

## I. Intent

The SSI Water Safety Attendant program provides students with the knowledge and training to assist certified lifeguards in the performance of their regular duties.

## II. Minimum Instructor Rating

An active status Level 1 Lifeguard Instructor or higher may conduct the Water Safety Attendant program.

## III. Administrative Requirements

**All lifeguard students must have digital copies of the following documents uploaded into MySSI before the final certification(s) can be issued:**

- Proof of First Aid and CPR training for children, infants and adults within two (2) years
- Proof of Automated External Defibrillator (AED) training within two (2) years
- Proof of Oxygen First Aid training within two (2) years (recommended)

## IV. Student Prerequisites

- Minimum age: 14 years old.

## V. Duration

- Recommended hours for completion: 16–20.

## VI. In-Water Ratios

- The student-to-instructor ratio is 8:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

## VII. Minimum Supervision

- An active status Level 1 Lifeguard Instructor or higher must directly supervise the entire program.

## VIII. Requirements For Completion

- Complete the digital learning and Academic Sessions 1-3 of the Lifeguard Instructor Manual.
- Complete the program's final exam.
- Complete the Lifeguard Water Fitness Evaluation as outlined in the SSI Training Standards.
- Complete Training Sessions 1 and 2 of the Lifeguard Instructor Manual.
- Complete the Water Safety Attendant Final Evaluation as outlined in the Lifeguard Instructor Manual

## IX. Certification

- Upon completion of all academic and training session requirements, an SSI Level 1 Lifeguard Instructor or higher may issue the SSI Water Safety Attendant digital certification card.
- Certification expires two (2) years after the issuing date and must be renewed by participating in a Lifeguard Update program.
- Water Safety Attendants must be directly supervised by an active status Pool Lifeguard or higher.

## X. Update

**The Lifeguard Update must be at least two (2) hours long and include the following evaluations:**

- A Final Evaluation for the Water Safety Attendant level.
- A review of all skills from Training Sessions 1 and 2 of the Lifeguard Instructor Manual.
- At least one (1) complete rescue scenario from Training Session 2 of the Lifeguard Instructor Manual.

## XI. Upgrade

**A Lifeguard Instructor (Instructor Level 1 for Pool Lifeguard, Instructor Level 2 for all other levels) may upgrade a Water Safety Attendant certification for an eligible student once the student completes:**

- The remaining digital learning and academic sessions for the new certification level as outlined in the Lifeguard Instructor Manual.
- A final exam for the highest certification level with a passing score of at least 80%.
- A Lifeguard Water Fitness Evaluation.
- All remaining skills and evaluations for the new certification level as outlined in the Lifeguard Instructor Manual.

*Note | Prior to issuing the upgrade certification, the Lifeguard Instructor may complete a review of Lifeguard program academic and Training Session sessions if there is any concern or doubt about the student's abilities.*

# Lifeguard Programs

## Pool Lifeguard

---

### I. Intent

The SSI Pool Lifeguard program provides students with the knowledge and training to supervise, assist, and rescue victims in pool environments equivalent to their training.

### II. Minimum Instructor Rating

An active status Level 1 Lifeguard Instructor may conduct the Pool Lifeguard program.

### III. Administrative Requirements

**All lifeguard students must have digital copies of the following documents uploaded into MySSI before the final certification(s) can be issued:**

- Proof of First Aid and CPR training for children, infants and adults within two (2) years
- Proof of Automated External Defibrillator (AED) training within two (2) years
- Proof of Oxygen First Aid training within two (2) years (recommended)

### IV. Student Prerequisites

- Minimum age: 16 years old.

### V. Duration

- Recommended hours for completion: 16-32.

### VI. In-Water Ratios

- The student-to-instructor ratio is 8:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

### VII. Minimum Supervision

- An active status Level 1 Lifeguard Instructor or higher must directly supervise the entire program.

### VIII. Requirements For Completion

- Complete the digital learning and Academic Sessions 1-4 of the Lifeguard Instructor Manual.
- Complete the program's final exam.
- Complete the Pool Lifeguard Water Fitness Evaluation as outlined in the SSI Training Standards.
- Complete Training Sessions 1-4 of the Lifeguard Instructor Manual.
- Complete the Pool Lifeguard Final Evaluation as outlined in the Lifeguard Instructor Manual.

### IX. Certification

- Upon completion of all academic and training session requirements, an SSI Level 1 Lifeguard Instructor or higher may issue the SSI Pool Lifeguard digital certification card.
- Certification expires two (2) years after the issuing date and must be renewed by participating in a Lifeguard Update program.

## X. Update

**The Lifeguard Update must be at least two (2) hours long and include the following evaluations:**

- A Final Evaluation for the Pool Lifeguard level.
- A review of all skills from Training Sessions 1-4 of the Lifeguard Instructor Manual.
- At least one (1) complete rescue scenario from Training Session 4 of the Lifeguard Instructor Manual.

## XI. Upgrade

- Recommended hours for completion: 12-16.

**A Level 2 Lifeguard Instructor may upgrade a Pool, Inland Open Water, or Beach Lifeguard certification for an eligible student once the student completes:**

- The remaining digital learning and academic sessions for the new certification level as outlined in the Lifeguard Instructor Manual.
- A final exam for the highest certification level with a passing score of at least 80%.
- A Lifeguard Water Fitness Evaluation.
- All remaining skills and evaluations for the new certification level as outlined in the Lifeguard Instructor Manual.

*Note | Prior to issuing the upgrade certification, the Lifeguard Instructor may complete a review of Lifeguard program academic and Training Session sessions if there is any concern or doubt about the student's abilities.*



## Lifeguard Programs

# Inland Open Water Lifeguard

---

### I. Intent

The SSI Inland Open Water Lifeguard program provides students with the knowledge and training to supervise, assist, and rescue victims in inland aquatic environments without tides or surf (like a still-water beach, lake, or river) equivalent to their training.

### II. Minimum Instructor Rating

An active status Level 1 Lifeguard Instructor may conduct the Inland Open Water Lifeguard program.

### III. Administrative Requirements

**All lifeguard students must have digital copies of the following documents uploaded into MySSI before the final certification(s) can be issued:**

- Proof of First Aid and CPR training for children, infants and adults within two (2) years
- Proof of Automated External Defibrillator (AED) training within two (2) years
- Proof of Oxygen First Aid training within two (2) years (recommended)

### IV. Student Prerequisites

- Minimum age: 16 years old.

### V. Duration

- Recommended hours for completion: 24-68.

### VI. In-Water Ratios

- The student-to-instructor ratio is 8:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

### VII. Minimum Supervision

- An active status Lifeguard Level 1 Instructor or higher must directly supervise the entire program.

### VIII. Requirements For Completion

- Complete the digital learning and Academic Sessions 1-5 of the Lifeguard Instructor Manual.
- Complete the program's final exam.
- Complete the Inland Open Water Lifeguard Water Fitness Evaluation as outlined in the SSI Training Standards.
- Complete Training Sessions 1-5 of the Lifeguard Instructor Manual.
- Complete the Inland Open Water Lifeguard Final Evaluation as outlined in the Lifeguard Instructor Manual.

### IX. Certification

- Upon completion of all academic and Training Session requirements, an SSI Level 1 Lifeguard Instructor or higher may issue the SSI Inland Open Water Lifeguard digital certification card.
- Certification expires two (2) years after the issuing date and must be renewed by participating in a Lifeguard Update program.

## X. Update

**The Lifeguard Update must be at least two (2) hours long and include the following evaluations:**

- A Final Evaluation for the Inland Open Water Lifeguard level.
- A review of all skills from Training Sessions 1-5 of the Lifeguard Instructor Manual.
- At least one (1) complete rescue scenario from Training Session 5 of the Lifeguard Instructor Manual.

## XI. Upgrade

- Recommended hours for completion: 12-16.

**A Level 2 Lifeguard Instructor may issue the Beach Lifeguard certification for an eligible student that completes:**

- The remaining digital learning and academic sessions for the new certification level as outlined in the Lifeguard Instructor Manual.
- A final exam for the highest certification level with a passing score of at least 80%.
- A Lifeguard Water Fitness Evaluation.
- All remaining skills and evaluations for the new certification level as outlined in the Lifeguard Instructor Manual.

*Note | Prior to issuing the upgrade certification, the Lifeguard Instructor may complete a review of Lifeguard program academic and Training Session sessions if there is any concern or doubt about the student's abilities.*

# Lifeguard Programs

## Beach Lifeguard

---

### I. Intent

The SSI Beach Lifeguard program provides students with the knowledge and training to supervise, assist, and rescue victims in ocean environments equivalent to their training.

### II. Minimum Instructor Rating

An active status Level 2 Lifeguard Instructor may conduct the Beach Lifeguard program.

### III. Administrative Requirements

**All lifeguard students must have digital copies of the following documents uploaded into MySSI before the final certification(s) can be issued:**

- Proof of First Aid and CPR training for children, infants and adults within two (2) years
- Proof of Automated External Defibrillator (AED) training within two (2) years
- Proof of Oxygen First Aid training within two (2) years (recommended)

### IV. Student Prerequisites

- Minimum age: 16 years old.

### V. Duration

- Recommended hours for completion: 24-68.

### VI. In-Water Ratios

- The student-to-instructor ratio is 8:1.
- The ratio may increase to 12:2 with one (1) certified assistant.

### VII. Minimum Supervision

- An active status Lifeguard Level 2 Instructor or higher must directly supervise the entire program.

### VIII. Requirements For Completion

- Complete the digital learning and all Academic Sessions of the Lifeguard Instructor Manual.
- Complete the program's final exam.
- Complete the Beach Lifeguard Water Fitness Evaluation as outlined in the SSI Training Standards.
- Complete Training Sessions 1-6 of the Lifeguard Instructor Manual.
- Complete the Beach Final Evaluation as outlined in the Lifeguard Instructor Manual.

### IX. Certification

- Upon completion of all academic and Training Session requirements, an SSI Level 2 Lifeguard Instructor or higher may issue the SSI Beach Lifeguard digital certification card.
- Certification expires two (2) years after the issuing date and must be renewed by participating in a Lifeguard Update program.

## **X. Update**

**The Lifeguard Update must be at least two (2) hours long and include the following evaluations:**

- A Lifeguard Water Fitness Evaluation for the Beach Lifeguard level.
- A review of all skills from Training Sessions 1-6 of the Lifeguard Instructor Manual.
- At least one (1) complete rescue scenario from Training Session 6 of the Lifeguard Instructor Manual.

## Lifeguard Programs

# Lifeguard Recognition Ratings

---

### I. Intent

SSI recognizes its lifeguards when they meet certain levels of training and experience.

#### a. Issuing a Recognition Card

The Training Center QMS Manager of the SSI Training Center processes the recognition rating in MySSI, and the digital recognition card is automatically issued at no charge.

### II. Pool Lifeguard Supervisor

Pool Lifeguard Supervisors are responsible for swimmers, Water Safety Attendants, Pool Lifeguards, and the resort or swimming facility.

#### a. Candidate Prerequisites

- Have an SSI Pool Lifeguard certification for at least two (2) years.
- Have successfully completed a Pool Lifeguard Final Evaluation within the past year.
- Have a current SSI React Right certification including First Aid, AED, and O2 Provider, or an equivalent certification from a recognized training agency.
- Be selected by the Training Center QMS Manager.

### III. Senior Lifeguard Supervisor

Senior Lifeguard Supervisors are responsible for swimmers, Water Safety Attendants, all Lifeguards, and the resort or swimming facility.

#### a. Candidate Prerequisites

- Have an SSI Inland Open Water Lifeguard certification for at least two (2) years.
- Have successfully completed an Inland Open Water Lifeguard Final Evaluation within the past year.
- Have a current SSI React Right certification including First Aid, AED, and O2 Provider, or an equivalent certification from a recognized training agency.
- Be selected by the Training Center QMS Manager.

# Professional Programs

## Swim Professional Programs

# Assistant Swim Teacher

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### I. Intent

This program provides candidates with the knowledge and training necessary to assist with SSI swim training programs under the direct supervision of a qualified active status SSI Professional.

Candidates earning the Assistant Swim Teacher certification complete the applicable Swim Teacher program, including any required apprenticeship hours.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor or higher may conduct the Assistant Swim Teacher program.

### III. Candidate Prerequisites

- Minimum age: 16 years old.

### IV. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status SSI Swim Professional with the applicable Mentor certification may directly supervise candidates during the apprenticeship session.

### V. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the instructor manual for the applicable program.
- Complete the program's final exam.
- Complete the apprenticeship training as outlined in the applicable program training standard.

### VI. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Assistant Swim Teacher digital certification card for the applicable level.

### VII. Active Status Qualifications

Active status Assistant Swim Teachers may be used to increase ratios for programs that they are qualified to teach under the indirect supervision of a qualified active status SSI Swim Professional.

They may not independently conduct any SSI training, including swim programs and mentorship programs.

### VIII. Upgrades

Active status Assistant Swim Teacher certifications will be automatically upgraded to the applicable Swim Teacher certification when the candidate turns 18 years old.

# Swim Professional Programs

## Baby Swim Teacher

---

### I. Intent

This program provides candidates with the knowledge and training necessary to conduct the Baby and Me and Aquababy swim programs.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor or higher may conduct the Baby Swim Teacher program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

### IV. Duration

- Recommended hours for completion: 6-8.
- Apprenticeship training: at least 4 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

### V. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Baby Teacher Mentor may directly supervise candidates during the apprenticeship session.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Baby Swim Teacher Instructor Manual.
- Complete the program's final exam.
- Complete at least four (4) hours of apprenticeship training.

### VII. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Baby Swim Teacher digital certification card.

### VIII. Active Status Qualifications

**Active status Baby Swim Teachers may conduct the following programs:**

- Baby Swim I
- Baby Swim II
- Baby Swim III
- Baby Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

# Swim Professional Programs

## Level 1 Swim Teacher

---

### I. Intent

This program provides candidates with the knowledge and training necessary to conduct SSI Level 1 swim programs, from Aquatike I through Beginner III.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor or higher may conduct the Level 1 Swim Teacher program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

### IV. Duration

- Recommended hours for completion: 20-24.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

### V. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Level 1 Teacher Mentor or higher may directly supervise candidates during the apprenticeship session.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Level 1 Swim Teacher Instructor Manual.
- Complete the program's final exam.
- Complete at least twelve (12) hours of apprenticeship training.

### VII. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Level 1 Swim Teacher digital certification card.



## VIII. Active Status Qualifications

**Active status Level 1 Swim Teachers may conduct the following programs:**

- Aquatike I
- Aquatike II
- Aquatike III
- Preschool I
- Preschool II
- Preschool III
- Beginner I
- Beginner II
- Beginner III
- Level 1 Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

# Swim Professional Programs

## Level 2 Swim Teacher

---

### I. Intent

This program provides candidates with the knowledge and training necessary to conduct SSI Level 2 swim programs, from Intermediate I through Swim Team Prep.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor or higher may conduct the Level 2 Swim Teacher program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

**Have the following active status SSI certifications (no equivalency permitted):**

- Level 1 Swim Teacher

### IV. Duration

- Recommended hours for completion: 20-24.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

### V. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Level 2 Swim Teacher or higher may directly supervise candidates during the apprenticeship session.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Level 2 Swim Teacher Instructor Manual.
- Complete the program's final exam.
- Complete at least twelve (12) hours of apprenticeship training.

### VII. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Level 2 Swim Teacher digital certification card.

## VIII. Active Status Qualifications

**In addition to the programs taught by active status Level 1 Swim Teachers, active status Level 2 Swim Teachers may conduct the following programs:**

- Intermediate I
- Intermediate II
- Advanced I
- Advanced II
- Swim Team Prep
- Level 2 Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

# Swim Professional Programs

## Adult Swim Teacher

---

### I. Intent

This program provides candidates with the knowledge and training necessary to conduct SSI Adult swim programs.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor or higher may conduct the Adult Swim Teacher program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

### IV. Duration

- Recommended hours for completion: 20-24.
- Apprenticeship training: at least 4 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

*Note / If the candidate is already a Level 2 Swim Teacher, the recommended hours for completion are 6-8.*

### V. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Adult Teacher Mentor may directly supervise candidates during the apprenticeship session.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Adult Swim Teacher Instructor Manual.
- Complete the program's final exam.
- Complete at least four (4) hours of apprenticeship training.

### VII. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Adult Swim Teacher digital certification card.

### VIII. Active Status Qualifications

**In addition to the programs taught by active status Level 2 Swim Teachers, active status Adult Swim Teachers may conduct the following programs:**

- Adult II
- Adult Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

# Swim Professional Programs

## Swim Teacher Instructor

---

### I. Intent

This program provides candidates with the knowledge and training necessary to organize and conduct SSI Swim Teacher training programs.

### II. Minimum Instructor Rating

An active status Swim Teacher Instructor Trainer or higher may conduct the Swim Teacher Instructor program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.
- Be an active status Swim Teacher.

### IV. Duration

- Recommended hours for completion: 24-32.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor Trainer, based on the candidate's needs and ability.

### V. Minimum Supervision

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Swim Teacher Instructor Mentor may directly supervise candidates during the apprenticeship session.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Swim Teacher Instructor Trainer Manual.
- Complete the program's final exam.
- Complete at least twelve (12) hours of apprenticeship training.

### VII. Certification

Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, send all required documentation to the responsible SSI Service Center. The candidate will be certified as a Swim Teacher Instructor.

### VIII. Active Status Qualifications

**Active status Swim Teacher Instructors may conduct the following programs:**

- Baby Swim Teacher
- Level 1 Swim Teacher
- Level 2 Swim Teacher
- Adult Swim Teacher
- Swim Teacher Instructor apprenticeships under the direct supervision of a Swim Teacher Instructor Trainer once they earn the Teacher Mentor recognition rating.

## Swim Professional Programs

# Swim Teacher Instructor Trainer

---

### I. Intent

The Swim Teacher Instructor Seminar provides candidates with the knowledge and training necessary to organize and conduct SSI Swim Teacher Instructor training programs.

### II. Minimum Instructor Rating

An active status Swim Teacher International Training Director or higher may conduct the Swim Teacher Instructor Trainer Seminar.

### III. Candidate Prerequisites

- Minimum age: 21 years old.
- Have no QMS Cases that result in a compliance action in the previous twelve (12) months.
- Be able to perform an individual medley with a distance of 50 meters per stroke. There is no time limit for this exercise, but it must be completed without stopping or standing.

#### Strokes include:

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

#### Have issued at least:

- 80 total Swim Teacher certifications
- 30 Swim Teacher Level 1 certifications
- 20 Swim Teacher Level 2 certifications
- 10 Swim Teacher Baby certifications
- 10 Swim Teacher Adult certifications

### IV. Duration

- Recommended hours for completion: 24-32.
- The number of classes, hours, and sessions per day are set by the International Training Director, based on the candidate's needs and ability.

### V. Minimum Supervision

- An active status International Training Director must directly supervise and evaluate all academic and in-water sessions.

### VI. Requirements For Completion

- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete all academic sections and assessments as outlined in the Swim Teacher Instructor Trainer Manual.
- Complete the program's final exam.

## **VII. Certification**

Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, send all required documentation to the responsible SSI Service Center. The candidate will be certified as a Swim Teacher Instructor Trainer.

## **VIII. Active Status Qualifications**

**In addition to the programs taught by active status Swim Teacher Instructors, active status Swim Teacher Instructor Trainers may conduct the following programs:**

- Swim Teacher Instructor

# Lifeguard Professional Programs

## Level 1 Lifeguard Instructor

---

### I. Intent

The SSI Level 1 Lifeguard Instructor program provides candidates with the knowledge, skills and experience necessary to teach, supervise, and issue certifications for Water Safety Attendant and Pool Lifeguard programs.

### II. Minimum Instructor Rating

An active status Lifeguard Instructor Trainer may conduct the Level 1 Lifeguard Instructor program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

**Have the following SSI certifications or equivalent from a recognized training agency:**

- Pool Lifeguard

### IV. Duration

- Recommended hours for completion: 40-56
- The number of classes, hours and sessions per day are set by the Lifeguard Instructor Trainer, based on the candidate's needs and ability.

### V. In-Water Ratios

- The candidate-to-instructor ratio is 6:1.
- The instructor trainer must have sufficient training aids available and the ability to control and supervise all of the candidates at all times.

### VI. Minimum Supervision

- An active status Lifeguard Instructor Trainer must directly supervise the entire program.

### VII. Requirements For Completion

- Complete all Academic and Training Sessions as outlined in the instructor manual for the Lifeguard Instructor Training Course.
- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete the program's final exam.

### VIII. Certification

- Upon completion of all training requirements, a Lifeguard Instructor Trainer must issue the SSI Level 1 Lifeguard Instructor digital certification card.
- Candidates with an oxygen provider or AED instructor certification with a recognized training agency may submit an application for a React Right Instructor rating.

**Level 1 Lifeguard Instructors may teach, supervise and issue certifications for the levels:**

- Water Safety Attendant
- Pool Lifeguard
- Inland Open Water Lifeguard



## **IX. Active Status Requirements**

- Teach at least one (1) Pool Lifeguard program every 24 months.
- Participate in a Lifeguard Instructor Update every 24 months.

# Lifeguard Professional Programs

## Level 2 Lifeguard Instructor

---

### I. Intent

The SSI Level 2 Lifeguard Instructor program provides candidates with the knowledge, skills and experience necessary to teach, supervise, and issue certifications for all levels of SSI Lifeguard programs.

### II. Minimum Instructor Rating

An active status Lifeguard Instructor Trainer may conduct the Level 2 Lifeguard Instructor program.

### III. Candidate Prerequisites

- Minimum age: 18 years old.

**Have the following SSI certifications or equivalent from a recognized training agency:**

- Beach Lifeguard

**Have the following active status SSI certifications or an equivalent from a recognized training agency:**

- Level 1 Lifeguard Instructor

### IV. Duration

- Recommended hours for completion: 16–20.
- The number of classes, hours and sessions per day are set by the Lifeguard Instructor Trainer, based on the candidate's needs and ability.

### V. In-Water Ratios

- The candidate-to-instructor ratio is 6:1.
- The instructor trainer must have sufficient training aids available and the ability to control and supervise all of the candidates at all times.

### VI. Minimum Supervision

- An active status Lifeguard Instructor Trainer must directly supervise the entire program.

### VII. Requirements For Completion

- Complete all Academic and Training Sessions as outlined in the instructor manual for the Lifeguard Instructor Training Course.
- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Complete the program's final exam.

### VIII. Certification

- Upon completion of all academic and practical training requirements, a Lifeguard Instructor Trainer must issue the SSI Level 2 Lifeguard Instructor digital certification card.
- Candidates with an oxygen provider or AED instructor certification with a recognized training agency may submit an application for a React Right Instructor rating.

**Level 2 Lifeguard Instructors may teach, supervise and issue certifications for all SSI Lifeguard programs.**

### IX. Active Status Requirements

- Teach at least one (1) Lifeguard Pool program or higher every 24 months.
- Participate in a Lifeguard Instructor Update every 24 months.

# Lifeguard Professional Programs

# Lifeguard Instructor Trainer

---

## I. Intent

The SSI Lifeguard Instructor Trainer Seminar provides individuals with the knowledge, skills and experience necessary to teach, supervise, and issue certifications for all levels of SSI Lifeguard and Lifeguard Instructor programs.

## II. Minimum Instructor Rating

An active status Lifeguard International Training Director may conduct the Lifeguard Instructor Trainer Seminar when appointed by an SSI Service Center.

## III. Candidate Prerequisites

- Minimum age: 21 years old.
- Have no QMS Cases that result in a compliance action in the previous twelve (12) months.
- Have assisted with at least one (1) Lifeguard Instructor Training Course.
- Submit a written application to an SSI Service Center for approval.

**Have the following active status SSI certifications or an equivalent from a recognized training agency:**

- Level 2 Lifeguard Instructor

**Have issued at least:**

- 30 Water Safety Attendant certifications
- 15 Pool Lifeguard certifications
- 5 Inland Open Water Lifeguard certifications
- 5 Beach Lifeguard certifications

## IV. Duration

- Recommended hours for completion: 16–20.
- The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability, and environmental conditions.

## V. In-Water Ratios

- The candidate-to-instructor ratio is 6:1.

## VI. Minimum Supervision

- An active status SSI Lifeguard International Training Director must directly supervise the entire seminar.

## VII. Requirements For Completion

- Complete and pass all requirements and evaluations as outlined in the instructor manual for the Lifeguard Instructor Trainer Seminar.
- Complete the Candidate Water Fitness Evaluation as outlined in the SSI Training Standards if it has been more than six months since the candidate has been evaluated.
- Display leadership behaviors and skill abilities.
- Complete a final exam with a passing score of at least 90%.

## VIII. Active Status Requirements

- Exclusively use the SSI Total Teaching System at all levels
- Only issue SSI Lifeguard certifications
- Teach one (1) complete Lifeguard Instructor Training Course every 24 months

## IX. Active Status Qualifications

**Active status Lifeguard Instructor Trainers may teach, supervise and issue certifications for all SSI Lifeguard programs.**

- Candidates with an oxygen provider or AED instructor certification with a recognized training agency may submit an application for a React Right Instructor rating.

## Recognition Ratings

# Professional Recognition Ratings

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### I. Intent

SSI recognizes its Swim Professionals when they meet certain levels of training and experience.

### II. Issuing a Recognition Card

The Swim School Manager processes the recognition rating in MySSI, and the digital recognition card is issued for free.

# Deck Manager

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Deck Managers are responsible for swimmers, parents, teachers, and the swim school facility.

### I. Candidate Prerequisites

- Be an active status SSI Swim Professional or be registered for an SSI Swim Professional program.
- Be selected by the Swim School Manager.

# Teacher Mentor

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Teacher Mentors are allowed to directly supervise the apprenticeship programs for equivalent SSI Swim Professional training programs.

### I. Candidates

- Be an active status Swim Professional for at least one (1) year.
- Be selected by the Swim School Manager.
- Assist in at least one (1) Swim Professional training program at any level.

# React Right Programs

## Student-Level Programs

# React Right

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### I. Intent

The SSI React Right program provides students with the knowledge and training to act as a first responder and provide first aid and CPR, administer oxygen and/or provide Automated External Defibrillator (AED) support in a medical emergency.

Each portion of the React Right program (First Aid and CPR, Oxygen Provider, and AED Provider) may be taught individually or in any combination of the three sections.

### II. Minimum Instructor Rating

An active status React Right Instructor may conduct the React Right program.

### III. Student Prerequisites

- Minimum age: 12 years old.

### IV. Duration

Recommended hours for completion: 8-12.

- First Aid and CPR: 5 hours
- AED Provider: 1 hour
- Oxygen Provider: 2 hours

### V. Materials And Equipment

- React Right students must train using current and appropriate first aid and CPR, oxygen administration and AED equipment.

### VI. Ratios

- There is no maximum student-to-instructor ratio for the React Right program.
- The instructor must have sufficient training aids available and the ability to control and supervise all of the program's participants.

### VII. Minimum Supervision

- An active status React Right Instructor must directly supervise all academic and practical training sessions.

### VIII. Requirements For Completion

- Complete academic and practical training scenarios as outlined in the instructor manual for React Right for the portions of the program they are completing.
- Complete a React Right final exam with a passing score for each of the portions of the program they are completing.

### IX. Certification

- Upon completion of all academic and practical training scenario requirements, an SSI React Right Instructor may issue the program's digital certification card.
- SSI React Right certification qualifies the holder to act as a first responder in medical emergencies similar to their training for a period of two years after the certification is issued.
- Certified React Right divers may use the React Right certification to fulfill the prerequisites for the SSI Diver Stress & Rescue certification, and all SSI professional training programs.

## **X. Credit**

Students with a certification from a recognized training agency may upgrade to the React Right certification by:

Students with a certification from a recognized training agency may upgrade to the React Right certification by:

- Purchasing the React Right digital learning.
- Completing a React Right Update for each applicable certification.
- Completing a final exam for each applicable certification.

## React Right Programs

# React Right Update Procedure

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### I. Intent

The initial React Right certification is valid for two years from the certification date. By participating in the React Right Update, students can extend their certification for an additional two years.

Students with CPR, First Aid, AED Provider, or Oxygen Provider certifications from another agency can participate in a React Right Update and receive an equivalent React Right certification.

### II. Student Prerequisites

- Have an SSI React Right certification or equivalent certification from a recognized training agency.
- Have access to the React Right digital learning.

### III. Requirements For Completion

- The update must be at least two (2) hours long, and must include at least one (1) complete skill circuit for each applicable certification as outlined in the instructor manual for React Right.
- Complete a React Right final exam with a passing score for each of the portions of the program they are completing.

### IV. Certification

- Upon completion of the React Right Update, the responsible SSI Training Center must process the student in MySSI using the "Upgrade Certification" feature.
- The student will receive the digital certification card for the portions of the React Right program they have completed.



# Professional Programs

# React Right Instructor

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**There are two ways to become certified to teach the React Right program:**

- Specialty Instructor Seminar
- Co-Teaching

*Note | Non-SSI Professionals may only become a React Right Instructor by completing the Specialty Instructor Seminar.*

## I. Minimum Instructor Rating

### a. Seminar

- An active status Assistant Instructor Trainer, certified as a React Right Specialty Instructor, may conduct the seminar.

### b. Co-Teaching

- The candidate may co-teach the applicable specialty program with an active status React Right Specialty Instructor.

## II. Candidate Prerequisites

- Minimum age: 18 years old.

## III. Materials And Equipment

- React Right Instructor candidates must train using current and appropriate first aid and CPR, oxygen administration, and AED equipment.

## IV. Ratios

- There is no maximum candidate-to-instructor ratio for the React Right Instructor Seminar.
- The instructor must have sufficient training aids available and the ability to control and supervise all of the candidates at all times.

## V. Requirements For Completion

- Complete the Specialty Instructor Seminar or co-teaching requirements as outlined in the instructor manual for the Specialty Instructor Seminar.
- Complete a React Right final exam with a passing score for each of the portions of the program they are completing.
- Active status and current first aid and CPR, oxygen provider, and AED provider instructors with a recognized training agency may submit an application for an equivalent React Right Instructor certification.

## VI. Active Status Requirements

- Teach a minimum of one (1) React Right program every 24 months.

*Note | There is no additional charge for React Right when renewing SSI Professional annual dues.*

## VII. React Right Instructor Update

If more than 24 months elapse, the React Right Instructor certification will become inactive.

The instructor may return to active status by co-teaching at least one complete React Right program or by completing a React Right Specialty Instructor Seminar.

# Appendix

## Swim Change Log

# Changes Effective November 22, 2023

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### **I. General Training Standards**

#### a. Water Fitness Evaluations

- All Water Fitness Evaluations have been moved to the General Training Standards.

### **II. Lifeguard Programs**

- Lifeguard Water Fitness Evaluation moved to the General Training Standards.

#### a. Inland Open Water Lifeguard

- Updated minimum instructor rating.
- Updated minimum supervision.

### **III. Professional Programs**

- React Right Standards have been moved to their own section.

### **IV. Lifeguard Professional Programs**

- Candidate Water Fitness Evaluation moved to the General Training Standards.

#### a. Level 1 Lifeguard Instructor

- Updated certification.

### **V. React Right Programs**

- Have moved to their own section.

#### a. React Right Instructor

- Added text on minimum instructor rating.

### **VI. Appendix**

- Change log for the current year added.

