

AWSI ASSIGNMENT #9 (Exception made for you vs. having to leave AWSI class)

Goal: To bring your own strokes and skills up to a **Level 10 standard** on or before the end of your **6-month** AWSI assignment period.

Tools:

1. Please use the **Strokes (Ch9) and Skills & Water Safety (Ch10)** sections of your AWSI manual for drill ideas and step by step instructions.
2. Please use pages **A.6 thru A.9** to verify if your skills are up to a Level 10 standard.

Completion: PLEASE NOTE, this free re-evaluation is offered one time only as this is an exception that has been made for you. This exception allowed you to remain in the AWSI course despite the fact you did not have the necessary pre-requisite skills/strokes.

PLEASE BRING THIS SHEET BACK TO YOUR STROKE RE-EVALUATION!

Strokes/Skills to be mastered:

FC - _____

BC - _____

EB - _____

BR - _____

Forward Roll - _____

Shallow Dive - _____

Other - _____

Correction Process: Please use the method indicated below to correct the necessary strokes and/or skills.

1. **Self-improvement** = Please choose the necessary drills to enhance your own strokes and skills (*utilizing your manual whenever necessary*) at your own convenience. Once you feel you have improved to a Level 10 standard as noted, please call or email me to book a stroke/skill re-evaluation on a Wednesday evening (@ 7:40pm *at the Lawson Sportplex*).
2. **Private/Public lessons** = Please enroll in private or public lessons at the facility of your choice with a Red Cross Water Safety Instructor or Water Safety Instructor Trainer (*be sure the Red Cross SWIM program is being offered at that location*). For example, you may wish to enroll in an Aqua Adults Level 3 or an Advanced Stroke Improvement class. Once your instructor feels you have improved to a Level 10 standard as noted, please call or email me to book a stroke/skill re-evaluation on a Wednesday evening (@ 7:40pm *at the Lawson Sportplex*).

On or before the end of your 6-month assignment period (i.e. 6 months from the date of your AWSI course) you must return this sheet, your practice teaching hours' summary, your completed Appendix F pages & corresponding assignments as well as your completed Appendix G.

YOU ARE NOT AUTHORIZED TO TAKE A WATER SAFETY INSTRUCTOR COURSE UNTIL I CONFIRM YOU HAVE COMPLETED YOUR AWSI CERTIFICATION!