



## Guidance Document

### Delivery of the National Swimming Certificate Awards in Open Water

The awards can be taught by any IWS Swimming Teacher or Instructor who hold a recognised Assistant Swimming Teachers Award.

Instructors who have only completed the IWS swimming Module can also teach the awards but under the direction of a full Teacher or IWS Examiner.

Holders of Full Swim Teacher qualifications from other organisations can also teach the awards if they have completed the IWS "Teaching at Open Water Venues Module", which is outlined at the end of this document and which can be delivered by any IWS examiner.

### Equivalence between Swim Awards 1-5 and new series:

Old Series:	New series equivalent:
Splash	Seal Level 1
Swim 1	Seal Level 2
Swim 2	Marlin Level 6
Swim 3	Marlin Level 8
Swim 4	Marlin Level 9
Swim 5	Marlin Level 10

### Class ratios

Recommended Pupil / Teacher Ratios are 10:1 for open water venues.

The ratios are based on those recommended for teaching swim awards at outdoor venues and outlined in the syllabus.



## Class Organisation

The new series offer more levels, which will ensure all candidates will be recognised.

The awards do not have to be presented in sequence. Swim Teachers and Instructors are advised to select those which best suit.

It is suggested that classes are organised in a manner that caters for a variety of abilities eg Group 1 – aim to reach the stated criteria for Seal – Level 3. Those who do not achieve this can be awarded Seal Level 2 or Seal Level 1- whichever is appropriate. Group 2 – aim at the Marlin- Level 6 standard. Those who do not reach the stated standard can be awarded Seal – Levels 4 and 5. ETC

Each venue will differ and teachers can adapt the above suggestion to suit.

## Teaching Butterfly

Elements of this stroke are included from Marlin – Level 7 onwards. To make this relevant in the open water situation this can be taught as dolphin style entries used by lifeguards and open water competitors. The dolphin kick can also be used and taught as part of the skill of body surfing.

“Swim like a Dolphin” is a teaching point often associated with this stroke. This is very relevant in coastal open water venues.



## **IWS Teaching In Open Water Module**

Can be delivered by any IWS Examiner.

Contents: 1. Risk Assessments at Open Water venues. 2. Safety issues –EAPs, hypothermia. 3. Child protection related issues eg changing, working in pairs. 4. Adapting Lesson Plans. 5 Role of the local WSAC contact person.

### **Insurance**

WSACs are reminded that details of all courses being run must be recorded in the WSAC minute book to ensure cover by IWS insurance.

### **Safety at Open Water Venues.**

It is the responsibility of WSACs to ensure a full Risk Assessment is carried out at all venues. This should take account of entries, exits, water clarity, topography, defining the area and access to safety equipment. Issues relating to changing and toilets should also be considered.

A Normal Operational Plans (NOP) should be outlined and in place to ensure all interested parties are aware of drop off and pick up times.