

SWIMMING TEACHERS AWARD

Revised: - December 2014

COURSE AIMS

- To set and maintain the highest standards for those who wish to participate in the teaching of swimming on a professional or voluntary basis.
- To ensure best practices are followed from both safety and child welfare points of view.

COURSE OBJECTIVES

On successful completion of the course, candidates will know and understand:

1. *The benefits of swimming as a life skill, a beneficial means of exercise, it's recreational values and as a means of accessing other aquatic activities.*
2. *Insurance related matters.*
3. *How to teach groups of varying sizes and ability levels.*
4. *The appropriate pupil/teacher ratios and when modifications are required.*
5. *The need to maintain high standards during all aquatic activities.*
6. *The necessity to ensure Assistant Teachers and other volunteers are properly supervised and organised.*
7. *Basic physical, psychological and social developmental principles.*
8. *The respiratory and circulatory systems and how they are affected by aquatic exercise.*
9. *Basic human anatomy, including, muscles, bones and joints.*
10. *IWS guidelines and procedures, which ensure the safety of children.*
11. *Understand the practical application of the principles of Long Term Development to the teaching of swimming at all levels.*
12. *Aspirations and goals of IWS.*
13. *The technical aspects of swimming, survival skills and other aquatic activities.*
14. *Health and safety issues with regard to the teaching of swimming in a swimming pool environment, including the principles of Normal Operational Plans, Emergency Action Plans, Risk Assessment, Insurance matters, Duty of Care, Personal and Pupil Hygiene.*
15. *How to plan and present safe and progressive lessons.*
16. *A variety of teaching strategies.*
- ~~17. *How to adopt lessons for teaching in open water situations, including safety considerations.*~~
18. *How to deal with timid pupils.*
19. *How to teach adults.*
20. *How to plan, over extended periods of time, for the ongoing development of their pupils.*
21. *The role of aquatics within the primary and secondary schools' curriculae, including knowledge of the PAWS and JAWS programmes of IWS, developed to meet these needs.*
22. *To give a detailed description and breakdown of the following strokes: front-crawl, back-crawl, butterfly, breast- stroke, side-stroke and inverted breast stroke.*
23. *How to teach all aspects of the various strokes and identify and correct common faults.*
24. *The use of a variety of teaching aids.*
25. *How to introduce and develop the skill of diving, including the identification and correction of common faults.*
26. *How to perform tumble turns for the four competitive strokes.*
27. *FINA swimming laws.*
28. *How to teach a variety of survival skills.*

29. *How to teach those with a variety of disabilities.*
30. *The basic principles of coaching swimming and the sport of life saving.*
31. *Swimming competitions and their organisation.*
32. *How to develop aspects of the sport of life saving.*
33. *Other aquatic disciplines and their governing bodies.*
34. *The role of IWS within the International Federation of Swimming Teachers' Associations (IFSTA).*

GENERAL COURSE OUTLINE

1. The course shall have not less than 35 contact hours, to include theory and a minimum of 8 hours practical poolside teaching. Non-contact hours for homework, study and lesson plan preparation are not included in this timeframe. It is estimated that candidates will spend 15-20 hours completing the official course log book. Candidate experience will influence this time frame.
2. The practical and theoretical examinations are in addition to the above.
3. The prior experience of candidates will influence the time necessary to complete the course.

REQUISITES

Candidate must:

- (a) Hold a current Water Safety Certificate of a standard not less than the Swimming Teachers Safety Award of IWS or accepted equivalent. Those wishing to teach in an open water environment must have a life saving qualification not less than Rescue 1 of IWS or acceptable equivalent.
Note: This qualification is not complete until the required minimum life saving qualification has been achieved.
Holders of IWS Swimming Teacher qualifications should continue to update and add to their life saving qualifications. The IWS/ILAM Pool Lifeguard Award is highly recommended.
- (b) Have attained the age of 18 years.
- (c) Be holder of an IWS Assistant Swimming Teacher Award or equivalent.
- (d) Must apply for and be accepted on an IWS registered Swimming Teachers Course. Applications can be made on an official application form or by submission of a swimming CV.
- (e) Must present a completed Assistant Swimming Teachers Log Book to the course tutors.
- (f) Must complete and present a total of 15 written lesson plans, all of which have been taught since the completion of the Assistant Teachers qualification. These must be signed by the fully qualified supervising Swimming Teacher.
- (g) Must complete a full Swimming Teachers' Course under the direction of fully qualified and IWS registered tutors before the final assessment.

MEMBERSHIP OF IWS

It is strongly recommended that all holders of the Swimming Teachers Award become members of IWS. To become a member, applicants must

- **Attend an IWS Code of Ethics seminar**
- **Complete a membership application form**
- **Forward the completed application form to IWS via your local Area Water Safety Committee contact.**
- **Send a completed Garda Vetting Application Form to**

Authorised Signatory (Garda Vetting), c/o Irish Water Safety, The Long Walk, Galway.

APPLICATION PROCESS

1. Complete an official course application form or submit an appropriate CV.
2. Supply the names of two referees, who will be contacted by the course organiser, before the official start date.
3. Attach proof of having attained the pre-requisite life saving qualification, or higher.
4. Submit the required course fee or deposit to the course organiser.
5. Provide proof of having attained the Assistant Swim Teachers Award of IWS or equivalent.
6. Present a completed Assistant Swimming Teachers' log book to the course tutors in advance of the course start date.
7. Provide a minimum of 15 completed lesson plans taught under the supervision of a fully qualified swimming teacher, since the completion of the Assistant Teachers' qualification. These must be signed by the supervising swimming teacher.

AWARD

Successful candidates will be awarded the Irish Water Safety's Swimming Teachers' Certificate.

Holders of the IWS Swimming Teachers Certificate can purchase an IFSTA certificate directly from STA (GB). This will help guarantee teaching standards for those wishing to teach abroad.

VALIDITY

1. Two years initially.
2. **To remain valid thereafter, holders must be able to provide proof of having attended a minimum of two IWS or swimming related seminars/courses within a five year period. To be relevant a seminar/ course must address topics outlined within the IWS syllabus. This is in lines with the principles of** Continuing Professional Development (CPD).
3. It is recommended that holders of the IWS Swimming Teachers' Award attend a minimum of two IWS seminars within a five year period. To be relevant, a seminar must address topics outlined in the IWS syllabus.

ASSESSMENT

Assessments will be carried out by external IWS examiners, who are also qualified and registered as IWS Swimming Tutors. Candidates must pass all parts of the course.

The assessment has four aspects, as follows:

1. Satisfy all pre-course requirements, outlined above.
2. Ongoing assessment by the course tutor(s). This must be discussed with the external examiner in advance of the final decision.
3. Full attendance is required, but exceptional circumstances will be considered by the course tutor(s).
4. Complete a 1 ½ hour written examination, consisting of questions taken directly from or based on those in the log book . There is a 60% pass mark for this section.

5. Answer oral questions posed by the examiner, if requested. These questions are available at the back of your Swimming Teacher's manual.
6. Present a balanced 30 minute lesson to a minimum of 6-8 pupils, planned as follows:
 - An appropriate entry and introductory activity.
 - A main theme on one aspect of the following strokes: Front Crawl, Back Crawl, Butterfly, Breast Stroke, Life Saving Side Stroke or Inverted Breast Stroke.
 - A contrasting activity from one of the following: Sculling, Surface Diving (head or feet first), Stage 1 Diving, Stage 2 Diving, Treading Water, Floating, Tumble Turns, Competitive Starts, Picking Objects from the Pool Floor (may include a training mannequin), Obstacle Swimming, Swimming and Life Saving Sport Relays or Other Aspects of Survival Swimming.

Marking System:

- **One mark of "1" or three marks of "2" will fail a candidate in this section. Examiners must note the reasons for such marks on the assessment form.**
- **Course Tutors have the option to apply 10 discretionary marks to help a candidate, who, in their opinion, was strong throughout the course. This must be done in consultation with the course examiner.**

7. Present a **completed** log book, to include all lesson plans, evaluations, stroke analyses and worksheets completed during the course. The tutor will inform candidates of the final date for submission.

REPEATS

If a candidate fails any part of the course, he/she must be reassessed in that section within a six month period. Candidates must complete a revision programme outlined by the course tutor in advance of this re-assessment.

If a candidate fails more than two sections of the course, it is strongly recommended they re-sit the entire course at a later date.

APPEALS

In the event that a candidate is unhappy with the outcome of the final assessment the official appeals procedure of IWS can be invoked.

This procedure is outlined in full on the official web site of Irish Water Safety at www.iws.ie and is also available within the appendices of the recommended course reference textbook. "Swimming Teachers' Training Manual".

COURSE CONTENT

1. History of swimming within IWS.
2. IWS Swimming Teacher qualification and appeals procedure.
3. Insurance related matters.
4. Recommended teacher/pupil ratios.
5. The health, safety and recreational benefits of swimming.

6. The role of aquatics within the Irish education system
7. Hypothermia – identification, dangers and treatment.
8. Human growth and development.
9. Basic anatomy, to include muscles, bones and joints.
10. Basic physiology, to include breathing, circulation and how these are affected by exercise.
11. Principles of learning and skill development, including individual differences, readiness, variety and feedback.
12. IWS child protection policies and procedures.
13. The application of the principles of Long Term Athlete Development to lesson plans and over extended periods of time eg 8 week terms, water safety weeks.
14. The principles of racial and gender equality.
15. Integrating those with special needs into swimming groups. Candidates should be aware of common disabilities, special safety concerns, teacher/pupil ratios, adjusting strokes to suit needs and entry/exit concerns.
16. Legalities eg Duty of Care; Health and Safety; Risk Assessment and Insurance Matters.
17. Health and safety issues for teachers and pupils, to include NOPS, EAPs and water depth guidelines for a variety of activities.
18. The scientific principles of movement in water, including resistance, propulsion and floatation.
19. FINA laws of swimming.
20. Safe entries and exits – use of ladders/steps, slide in, jump in and straddle jumps.
21. Understand and be able to describe each of the following strokes:
 - Frontcrawl
 - Backcrawl
 - Breaststroke
 - Butterfly
 - Inverted Breaststroke
 - Life Saving Side Stroke.
22. Understand and be able to describe the following skills:
 - Treading water
 - Sculling
 - Stage 1 diving
 - Stage 2 diving
 - Head/Feet first surface dives
 - Competitive starts for the four principle strokes.
 - Stroke specific turns.
 - Swimming under obstacles
 - Competitive relays.
 - Sport of Life Saving relays.
 - Survival skills eg HELP; HUDDLE; Swimming with clothes on; Searching for and retrieving objects from the pool floor (may include rescue dummies)
 - Use of basic rescue equipment – reaching rescues, voice contact, use of buoyancy aids and throwing ring buoys.
 - Simple rescue techniques – non contact swimming rescues.
23. Be able to carry out stroke and skills analysis under headings, Body Position, Leg Action; Arm Action; Breathing and Co-ordination.
24. Be able to correct and improve strokes and skills on the basis of a written analysis.
25. Know and be able to identify common stroke faults, their possible causes and corrective actions.
26. Lesson Planning including the use of teaching points and practices for all of the skills outlined in 20 and 21 above.
27. Planning for the delivery of a number of skills over an extended period of time.
28. The practical presentation of swimming lessons in a safe and productive manner, taking into account time and space limitations.

29. Different methods of teaching, including whole-part-whole, single stroke, multi stroke, shallow and deep water methods, guided discovery and play with a purpose.
30. Use of a range of artificial aids, including floats, woggles, sinkers, toys etc.
31. Pool side communication, including verbal, non- verbal, visual and manual handling.
32. Personal hygiene and presentation on pool side.
33. Methods of motivation (intrinsic and extrinsic), including use of IWS award schemes ie Dolphin Series, PAWS, JAWS and Swims 1-5 etc.
34. Use and organisation of swimming lanes, including use of the pace clock.
35. Constructive session evaluation.
36. Record keeping.
- ~~37. Teaching in open water situations. Considerations and necessary adjustments to planning.~~
38. Coaching principles, including those of overload, specificity and reversibility.
39. Competitive swimming and a basic understanding of the organisation and running of galas.
40. Other aquatic activities and organisations.
41. The role of IWS within International Federation of Swimming Teacher Associations.

Tutors may adapt the contents of a course timetable to recognise experience and prior qualifications of candidates. For example, this will be necessary when a full swimming teachers' course is being run for members of the teaching profession.

It is the tutors' responsibility to ensure all topics are adequately covered. On occasion the suggested timescale of such courses may have to be extended.

The tutor should ensure all candidates have a good chance of success at the end of the final assessment.

NOTIFICATION OF RESULTS

The course tutor and / or examiner will give verbal feedback and notify the candidates of their results.

A copy of the official examination sheet must be signed by both examiner and candidate.

RECOMMENDED READING

The recommended reference book for this course is the IWS publication, "Swimming Teachers Training Manual".

Candidates are advised that there are many excellent publications now available regarding all aspects of aquatics. There are also many DVDs for purchase, which give excellent commentary on many skills with associated underwater film and photography.

Amendments:

6/2/2013.

- a. A recognised Code of Ethics is a pre-requisite to the Swim Teachers award.
- b. The tutor/candidate ratio for all Assistant and Full Swim Teacher courses is to be 16:1.

3/12/2014

- a. Teaching Swimming at Open water venues is no longer a topic on this syllabus and is now part of the AST Award.

- b. Teaching Swimming at Open Water venues is also a separate stand alone module offered by IWS.