



MAKING SWIMMING & WATER SAFETY
LESSONS FUN AND MEANINGFUL.





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CONTENT – SESSION OVERVIEW

- AUSTSWIM – About us
- Considerations for planning and teaching
- Managing Larger Groups
- Class Formations & Teaching positions
- Time on Task
- Skills / Drills / Activities
- Corrections , Feedback & Progressions
- Appropriateness of Activities
- Wrap it up

ABOUT US

- AUSTSWIM is Australia's national organisation for the teaching of swimming and water safety™.
- AUSTSWIM has developed quality aquatic education programs for those wishing to enter the aquatic industry as a teacher of swimming and water safety™.
- The AUSTSWIM licence™ is the industry standard for swimming and water safety teachers™ and is delivered and recognised in each state and territory of Australia and many countries overseas.



ABOUT US

- AUSTSWIM is a Registered Training Organisation (RTO No 104975).
- Registered Training Organisations are required to comply with the VET Quality Framework at all times.
- ASQA is the national regulator for the VET sector and regulates training providers against the VET Quality Framework.
- AUSTSWIM issues statement of attainment for specific Australian VET courses in accordance with the Australian Qualification Framework.



ISO/IEC 17024

AUSTSWIM ISO ACCREDITED

- ISO/IEC 17024
- AUSTSWIM is accredited against ISO/IEC 17024 for how we train, accredit and licence AUSTSWIM Teachers in Australia.
- This gives the community further assurance that AUSTSWIM Teachers have the highest accreditation benchmark in aquatics and that AUSTSWIM is committed to providing quality education to reduce drowning, the impact of aquatic accidents and strive for safer swimming and water safety.



AUSTSWIM 1979 - 2019

This year we celebrate our 40th Birthday!

That's 40 years of commitment, dedication,
development and input into the aquatic industry in
Australia and internationally.



AUSTSWIM COURSES

- AUSTSWIM Teaching of Swimming & Water Safety™
- AUSTSWIM Teacher of Infants & Preschool Aquatics™
- AUSTSWIM Teacher of Aquatics – Access & Inclusion
- AUSTSWIM Teacher of Towards Competitive Strokes™
- AUSTSWIM Teacher of Adults™



WHAT'S IN IT FOR YOU!

AUSTSWIM Teacher Of Swimming And Water Safety (TSW)

- This qualification provides candidates with essential competencies to teach swimming and water safety to persons from 4 years of age to adults.
- This qualification will assist in gaining employment with Swim Centres. Currently the industry is experiencing a shortage in staff – this means there are plenty of opportunities!
- This qualification is a great opportunity for year 11&12 students and also as a part time job whilst at uni.
- The pay rate for teaching with this qualification is an incentive @ \$24-\$40 per hour.
- **For school teachers & HPE teachers re school swimming, it meets the requirement for:**
 - **Curriculum Activity Risk Assessment – Swimming in Pools**
 - **Qualifications for Supervisors**



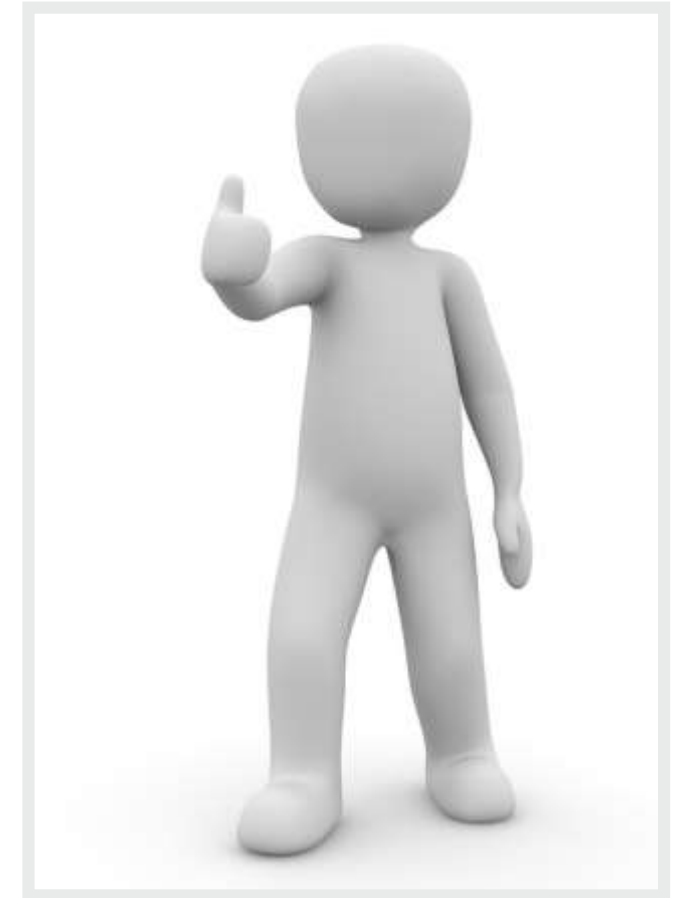
COURSE INFORMATION



- The Teacher of Swimming and Water Safety course is delivered over 2 days and includes both theory and practical components.
- RPL process is available
- Completion of an online exam (multiple choice).
- Complete practical teaching hours including observation, supervised teaching and verification of teaching competency.
- Provide a copy of a current CPR award and Working With Children Check or QLD Teachers Registration Certificate.

COURSE OUTCOME

- On successful completion candidates will be issued an AUSTSWIM Teacher Licence™.
- A Statement of Attainment from the National Community Recreation Industry Training Package will also be issued.
- An AUSTSWIM Teacher Licence™ is valid for 3 years. To renew, you can pay the prescribed fee, or complete an extension course.
- PD and teaching hours are required for renewal.
- An AUSTSWIM Teacher Licence™ includes Insurance from IME for the entirety of the Licence period as long as CPR and WWCC remain current.



MOVING ON.....

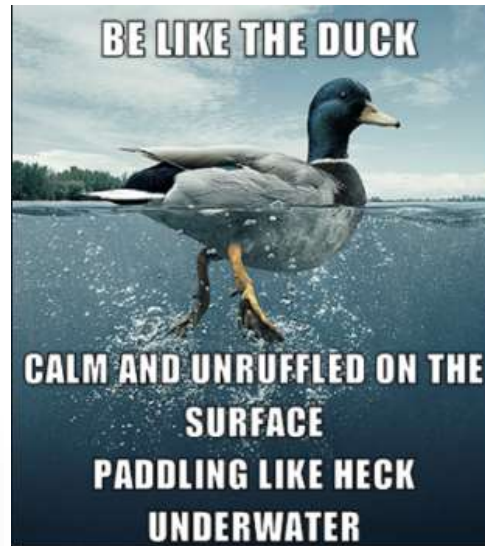


“Brain Research shows us that when the fun stops, the learning often stops too”.

(Judy Willis, MD, Med)



PRE PROGRAM "PEP" TALK



CONSIDERATIONS FOR PLANNING

- CARA
- Mandatory Requirements
 - Sun Safety Strategy
 - Managing Risks at publicly accessible pools guideline
 - Coach/ Teacher to Student Ratios
 - Emergency and Safety procedures
 - Determining Student Suitability
 - Parent or Carer Consent
 - Safety/Emergency/ First aid/Communication procedures
 - Qualifications Check



CONSIDERATIONS FOR PLANNING

Diversity

Assessment of students –groups, how to

Routine and structure

Boundaries – visual and behavioural

Every session counts

Consistency of staff

Equipment

Pool space

Program



ACTIVITY

SCENARIO:

As the result of war ravaging your country, your mother is the sole carer and provider for our family. She is also heavily pregnant with your third sibling.

You are sent to a refugee camp where children, babies and adults are dying of disease and malnutrition. The camp is host to over 10,000 people.

Your mother and unborn sibling succumb to disease and die.

Another family in the camp who has no children of their own take your little sister into care. You never see her again.

You are 8 years of age and left fending for yourself. After 7 years you end up in Australia and are fostered with a family who came from the village next to yours in your home country.

At 15 years of age you are enrolled in the local high school. You have been in Australia for just three weeks.

The school is planning the annual swimming and water safety program.

It begins in two weeks time.



ACTIVITY

- What are some of the thoughts and feelings going through your mind in this situation?
- Have you had a student in your class with a similar story?
- If so, how did you deal with it?
- Its not just CALD students who have these considerations
- Never know what has happened before school or overnight
- Is it "misbehaviour" or nerves, anxiety, circumstantial,???

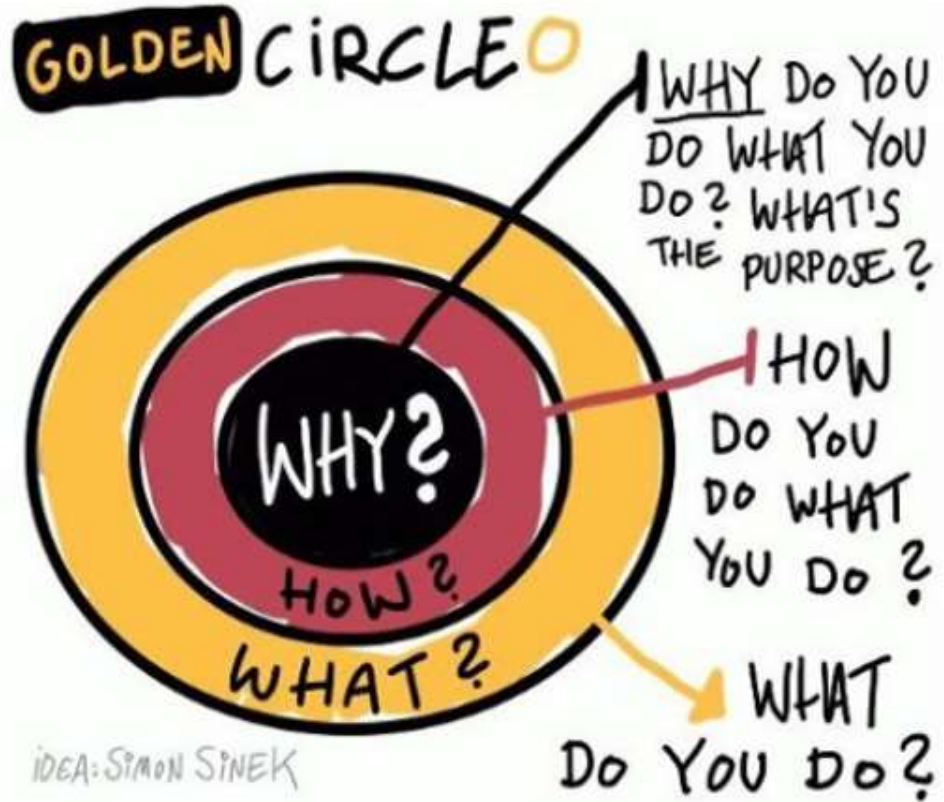


ACTIVITY

Then we have the **over excited – under skilled** kids who see the water and are drawn to it. They don't understand the dangers, the rules, the environment and during lessons – **they spend most of the time under water!**



WHAT IS THE WHY IN WATER SAFETY AND SWIMMING PROGRAMS?



- Safer enjoyment of aquatic environments
- Reduced drowning statistics
- Increased swimming and water safety ability of students & families

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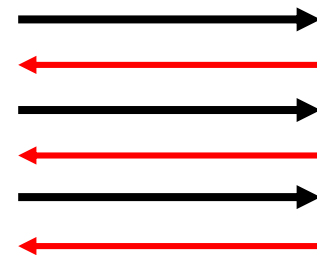
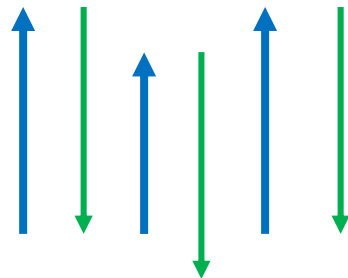
MANAGING LARGER GROUPS

- Set clear rules and stick to them
- Burn off their energy first!
- Each student should get a chance at going first / demonstrating – it's also a good idea to use the "disruptive" kids as demonstrators, or to go first – they have to pay attention then!
- Provide feedback to all students – at the minimum a "well done" or "great job, keep those legs kicking"
- Mix it up – Swim to the rope, swim in a square, swim the length and walk back etc
- When separating into groups, use something fun as group names. Is there an opportunity to create a challenge?
- Sequencing
- Creating opportunities to make decisions. **THINK. EXPLORE. DEVELOP. DO**
 - **Float activity example**



CLASS FORMATIONS & USE OF POOL SPACE

- Consider the way you use your space. Think outside the square. Deep water isn't necessarily the deepest part of the pool.
- "We always do it this way"
- Create visual boundaries
- Usually we go from the wall to the rope or up and down the lane.
- Reverse the direction
- Swim in a square
- Send off in Waves / groups
- Avoiding 1 at a time



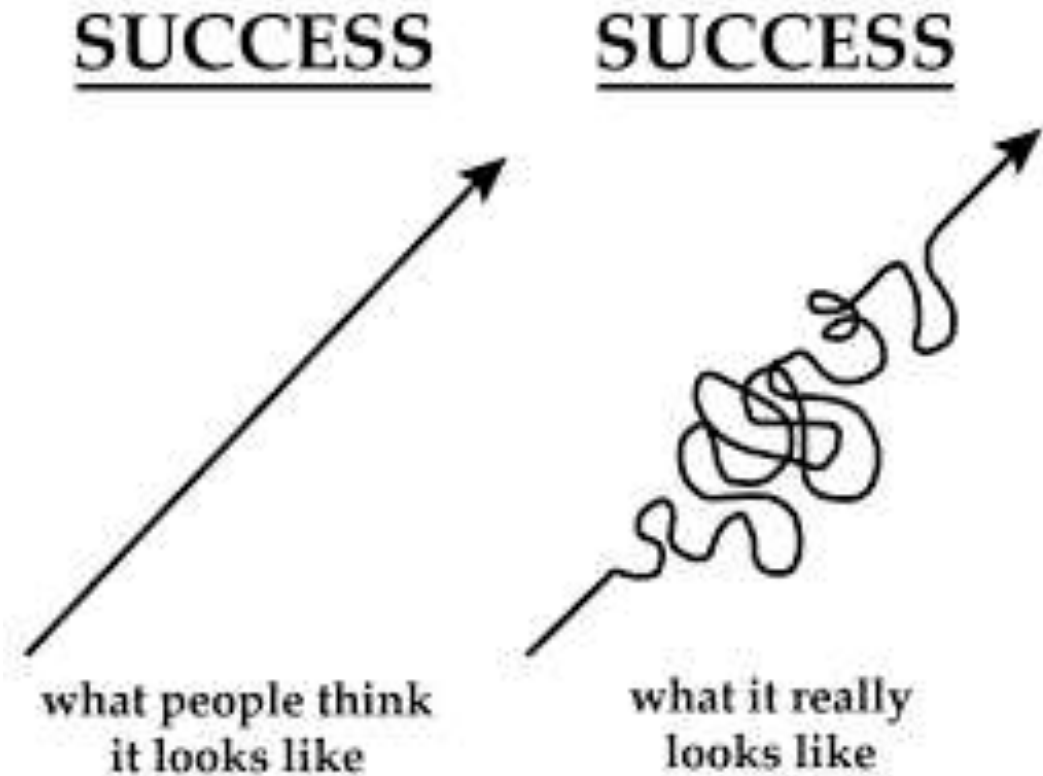
TIME ON TASK

- Decrease distance when learning new skills
- Its better to swim a shorter distance WELL and several times, rather than 100m freestyle where the first 15m is great and the rest is "rubbish"
- Repetition is key to retention of skills
- Learning and mastering new skills positively is the key to student retention and engagement.
- Use group activities mixed with activities that require students to take turns
- Break it up with a game. Games do not have to be the last thing you do.



SUCCESS IS DIFFERENT FOR ALL

- Not every student in every class is going to learn in the same way at the same time. Just like at school.
- Adding water tends to bring out some surprising characteristics. The quiet student at school may excel in the pool. The confident, extrovert at school sometimes struggles...!!
- **Never assume someone's ability.**
 - if in doubt – double check
- Success for one may be full submersion.
- Someone else's success image, may be technically correct butterfly kick.



SKILLS / DRILLS / ACTIVITIES

Washing Machines – Beginners

Skills – movement in water, breath control, submersion.

Swimmers stand in water, crouch down hands on hips, turn this way then that way blowing bubbles for a clean wash.

Stop = go under to rinse. Spin=go fast speed. Dry = stand up & flap dry

Pirates – anyone (great game to play as a first day assessment tool)

Skills – movement in water, breath control, submersion

Swimmers follow commands of the captain.

Scrub the Deck – Swish hands out in front

Climb the Ladder – Pretend to climb a ladder

Shark on the Starboard Side= Go Portside(Left)

Shark on the Port side = Go Starboard(Right)

PIRATES = submerge



SKILLS / DRILLS / ACTIVITIES

Lion's Roar – Breath Control, Submersion

Roar like lions into the water, watch the bubbles, can you hear each other?

Variations Roll Call/ Talk to Partner or Basking Whales - submerge and breathe out slowly through the mouth and nose or submerge and blow out explosively like a whale.

Explosive Bobbing – Breath Control, Submersion

Drop as low as possible in the water and explode upwards using the arms to obtain as much lift as possible. Variation Power Bob, explode out of water and clap hands above head.

Tall and Small

First reach upwards to go as high as possible, and then sink by bending the knees and lowering the arms to submerge into a small crouched position. Continue the movement rhythmically with regular breathing.



SKILLS / DRILLS / ACTIVITIES

Stationary Kicking Contest

In pairs each holds one end of the kickboard.

Kick until one swimmer is moved backwards to agreed point.

Can use this for all kicks.

Vertical Kicking

Holding board. Can use for all kicks

Drills – make sure when using drills that you finish by swimming the whole stroke.

Avoid doing a freestyle drill and then swimming 50m backstroke.

SKILLS / DRILLS / ACTIVITIES

SCULLING

Pinball – Intermediate - advanced, pairs

Swimmers float on back, feet towards each other with ball placed between their feet. Scull across the pool, keeping the ball in same position. Can do individually also as a SLALOM>

Follow The Leader

Everyone has to follow the direction of the leader while sculling eg. feet first, head first on back, on front, stationary.

FLOATING

Float in the shape of a number, letter, square, triangle, circle



DRILLS & TROUBLESHOOTING

FREESTYLE

BACKSTROKE

BREASTSTROKE

BUTTERFLY

WORKSHOP – TROUBLESHOOTING



THANKYOU

