

OEDOLION  
DYSGU  
NOFIO  
CYMRU

ADULT  
LEARN  
TO SWIM  
WALES

# OEDOLION DYSGU NOFIO CYMRU

Canllaw a Fframwaith Asesu ar gyfer Dysgu ac  
Asesu sesiynau i Bobl Ifanc ac Oedolion

## ADULT LEARN TO SWIM WALES

Guidance and Assessment Framework for Teaching  
and Assessing Youth and Adult sessions

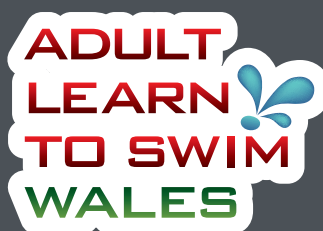


sportwales  
chwaraeon cymru









Learn to Swim Wales is an assessment and awards Framework supported by Welsh Assembly Government, which was devised by Swim Wales in association with Sport Wales and leisure providers.

Learn to Swim Wales is a progressive seamless pathway beginning with a baby's first experience in the water through to competent swimmers who are fully equipped to enjoy aquatic activities for life and resulting in a healthier nation.

**Bubbles:**

Provides a fully supported introduction to the aquatic environment for babies and young children with an accompanying adult.

**Splash:**

Encourages a young child's increasingly independent and guided discovery of the aquatic environment to develop water confidence.

**Nofio Ysgol:**

Key Stage 2 School Swimming Plan for Wales

**Wave:**

Teach children the necessary skills they need to swim, develop fundamental movement skills in the water and introduce water safety concepts.

**Skills:**

Developing specific skills in each of the aquatic disciplines; swimming, water polo, diving, artistic swimming and self-rescue.

**Adult:**

A holistic, adaptable framework to introduce and develop aquatic skills for older participants. The three levels of progression focus on enabling participants to learn and develop at their own pace, and according to their own motivation and goals.

This innovative scheme is a key contributor in achieving the Swim Wales Vision 'Aquatics for everyone for life' through participants learning the skills to confidently enjoy aquatics and learn and develop vital skills of water competence.

All assessment outcomes in Learn to Swim Wales have been designed to ensure the physical needs of the participants are met and developed.

The framework incorporates aquatic skills, swimming and wider skills of water competence and safety - enabling participants to have the opportunity and choice to participate in whatever aquatic opportunity they choose and opening the door to other water based sports and activities as part of a healthy and active lifestyle.

If you have any questions regarding the **Learn to Swim Wales** framework please contact our experienced and passionate team on **aquaticdevelopment@swimming.org** quoting 'Learn to Swim Wales or calling **01792 513636** or visit our website – **www.swimwales.org**.

Thank you for committing to help the population of Wales develop the essential aquatic life skills and helping them to become safe in and around water.



## Swim Wales Youth and Adult Learn to Swim Wales Provision Guidance

Swim Wales promotes introduction and development of skills in the aquatic environment for all members of our population.

This life experience should be safe, positive, social, fun and progressive to promote a lifelong love of the water. Every opportunity should be maximised to develop the skills to become physically literate and active in and out of the water.

This document offers guidelines in relation to Youth and Adult learn to swim, improver and swim for fitness activities utilising the Adult Learn to Swim Wales assessment frameworks.

### **Qualifications:**

Swimming Teachers should have attended specific industry endorsed training for teaching adults.

To deliver and assess the Adult Learn to Swim Wales Framework, teachers should hold either:

- a) Swim England Level 2 Swimming Teacher certificate and have attended the Swim Wales Teaching Adults Masterclass or;
- b) An equivalent qualification, Swimming Teachers Association Level 2 Certificate in Teaching Swimming and have attended the Swim Wales Teaching Adults Masterclass

All teachers are subject to an enhanced DBS disclosure according to current legislation and should attend Safeguarding training every three years.

### **Teaching Ratios:**

Adult Beginners (working towards the Learn Award) swimmers should be in classes of no more than one teacher to eight adults.

Adult Improvers (working towards the Improve Award) who can swim 10 metres on their front and back can be in classes of up to 12 swimmers with one Level 2 Teacher. However consideration should be given to the appropriate size and depth of the pool.

The above recommended ratios may need to be reduced depending on a site specific risk assessment that should be carried out to determine how many participants can safely and effectively be taught at one time considering the available pool space and pool dimensions.

### **Timetabling**

Providers of Youth and Adult swimming lessons are recommended to consider variable availability of lessons on different days and at different time slots throughout the day – morning, afternoon, evening and weekend to accommodate as many potential participants as possible.

Commonly, adult lessons have been programmed in late evening slots which can be unattractive to participants.





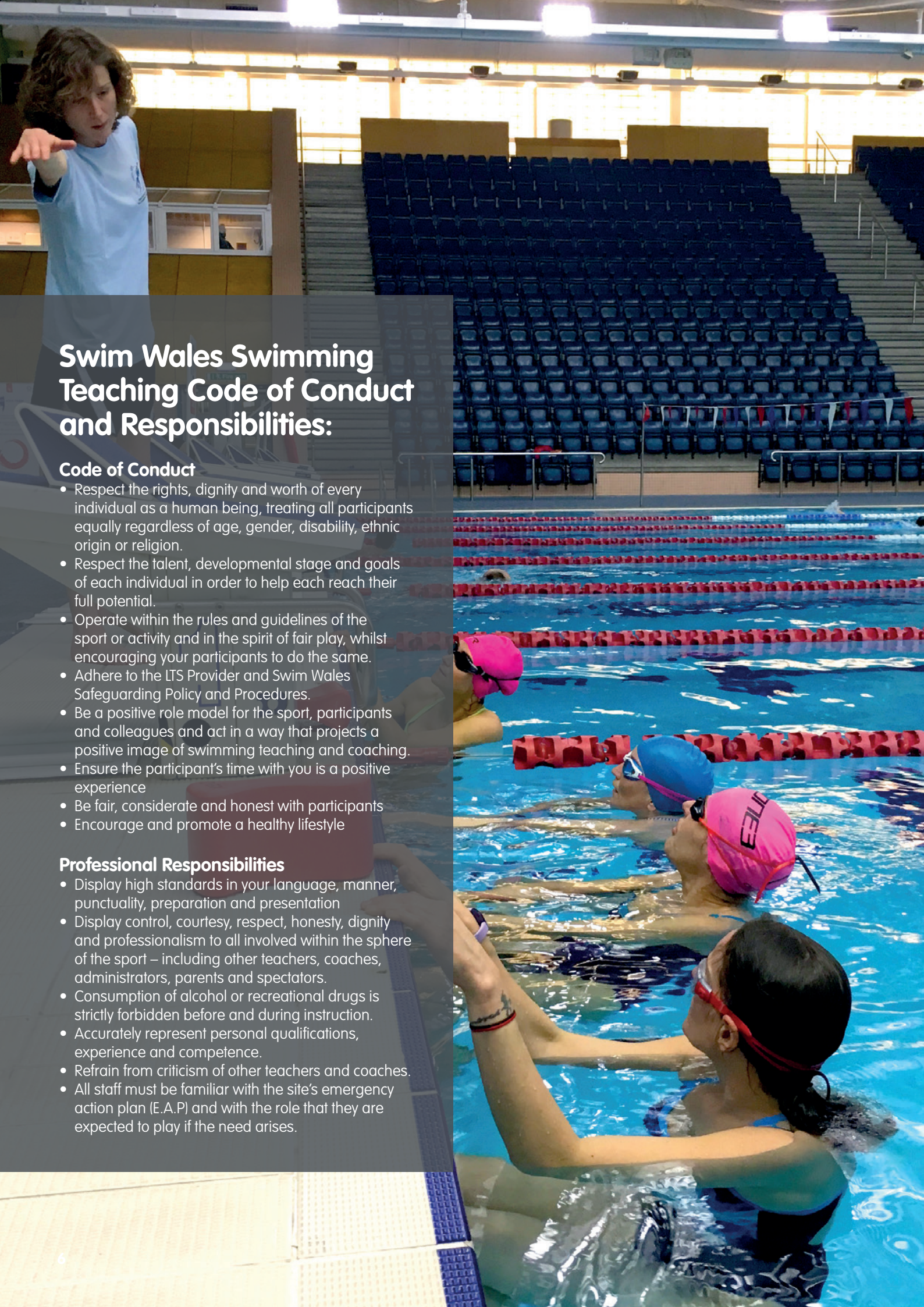
### **Pre-lesson Consultation**

Swim Wales strongly recommends that providers and teachers get to know more information about their older participants prior to them commencing lessons.

It is recommended that a consultation form is completed detailing medical history, previous swimming history and experience and goals and motivation for undertaking the lessons are. Adult learners will have varying motivation and goals so teachers need to uncover this information to enable them to provide the best experience possible for each participant in their classes.







## Swim Wales Swimming Teaching Code of Conduct and Responsibilities:

### Code of Conduct

- Respect the rights, dignity and worth of every individual as a human being, treating all participants equally regardless of age, gender, disability, ethnic origin or religion.
- Respect the talent, developmental stage and goals of each individual in order to help each reach their full potential.
- Operate within the rules and guidelines of the sport or activity and in the spirit of fair play, whilst encouraging your participants to do the same.
- Adhere to the LTS Provider and Swim Wales Safeguarding Policy and Procedures.
- Be a positive role model for the sport, participants and colleagues and act in a way that projects a positive image of swimming teaching and coaching.
- Ensure the participant's time with you is a positive experience
- Be fair, considerate and honest with participants
- Encourage and promote a healthy lifestyle

### Professional Responsibilities

- Display high standards in your language, manner, punctuality, preparation and presentation
- Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of the sport – including other teachers, coaches, administrators, parents and spectators.
- Consumption of alcohol or recreational drugs is strictly forbidden before and during instruction.
- Accurately represent personal qualifications, experience and competence.
- Refrain from criticism of other teachers and coaches.
- All staff must be familiar with the site's emergency action plan (E.A.P) and with the role that they are expected to play if the need arises.



# Assessment and Delivery Guidelines:

## The correct class

Each participant should be assessed prior to being placed in a class to ensure they are placed in an appropriate class for their ability.

## Planning and record-keeping

A scheme of work should be written, and followed, for each block or term of lessons; this includes providers who utilise continuous lessons throughout the year.

Individual lesson plans will stem out of this scheme of work, providing detailed information on what will be delivered in each lesson to ensure that all outcomes for each class are covered and repeated. A lesson evaluation should be written up following each lesson to ensure individual and group needs are being met, and to help plan subsequent lessons. It is important for swimming teachers to undertake continuous assessment of the participants in their classes, and to keep accurate records of each participant's progress.

## Assessment

Assessing swimmers can be a challenging process and teachers are encouraged to analyse carefully what the swimmer is doing in the water. The participant needs to have performed all the outcomes competently and consistently before the teacher may certify that s/he has achieved the Adult Learn to Swim Wales level.

## Delivery Method

Learning to swim should be fun and enjoyable for the participant and for the teacher. Therefore, teachers are encouraged to utilise a variety of delivery methods, games, activities and scenarios, limited only by their creativity, to achieve the outcomes. By adapting the tasks delivered, how the environment and space available is used and the equipment used within a session the participants are challenged in different ways and they might be distracted into performing a task they do not realise they can accomplish. Using this delivery method, all participants will have a positive learn to swim experience, which forms a key part of Swim Wales' vision of 'aquatics for everyone for life'.

## Teaching Position:

### Teaching from the poolside

Swim Wales promotes that teaching from the poolside provides the best position to oversee the whole group in terms of safety and to provide appropriate feedback on the performance of each learner within the group.

Teachers must position themselves so not only can they be seen and heard, but so they can always watch the entire class.

### Teaching in the water

It is recognised that in some circumstances the pool operator or teacher will have assessed the risk and may feel it is more appropriate to teach from within the water. This practice should only be considered after carrying out a risk assessment giving careful consideration to all the potential factors. Factors to take into account include pool depth, ability of learners, age of learners and the use of flotation aids and lifesaving support. At all times the teacher must be able to clearly see all learners and be close enough to provide appropriate methods of manual support should this be required. In this way it may be practicable to supervise up to six learners, ratios may need to be reduced to ensure safety and effective teaching. Ratios greater than this should not be considered unless additional helpers are available in the water.

### Lifesaving provision cannot be provided from in the water.

If the teacher is teaching in the water, there should be a lifeguard or someone with an appropriate lifesaving competency on the poolside.

## Catering for all learning styles

Different people process information and learn in different ways. The most common learning style is 'visual' where a person learns how to do something by taking in information from visual cues. These visual cues could be facial expressions, gestures, demonstrations, videos, writing or visual instructions such as using equipment. The aquatic environment makes effective communication even more challenging for teachers to ensure that their communication is effective. Therefore teachers and coaches are encouraged where possible to maximise the non-verbal and visual cues that they provide to the learners in their classes. It should be remembered that the smallest percentage of the population are 'auditory learners' who learn something by listening and therefore teachers should be aware of the amount of time they spend talking during lessons or ensure that verbal instructions are reinforced by non-verbal methods.



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# LEARN



# Learn Assessment Outcomes

ENTRY/EXIT	<ul style="list-style-type: none"><li>• Enter and exit the water safely, using own choice of method</li></ul>
WATER CONFIDENCE / ORIENTATION	<ul style="list-style-type: none"><li>• Be at ease moving around in the water, including along the pool edge and walking around the pool</li><li>• Regain a vertical position from the front and back with support</li></ul>
AQUATIC BREATHING	<ul style="list-style-type: none"><li>• Be at ease with water on the face</li><li>• Inhale and with the face submerged, exhale. Repeat rhythmically a minimum of four times.</li></ul>
ROTATION	<ul style="list-style-type: none"><li>• Perform a 360 degree rotation in a vertical body position with aids</li></ul>
GLIDING	<ul style="list-style-type: none"><li>• Push and glide to the wall or partner, with the use of flotation equipment, maintaining a streamlined position on the front or back</li></ul>
BUOYANCY	<ul style="list-style-type: none"><li>• Demonstrate a flat floating position on the front or back with the use of flotation equipment</li></ul>
WATER SAFETY	<ul style="list-style-type: none"><li>• Answer questions on water safety messaging</li><li>• In water of shoulder depth and with flotation equipment, tread water using a variety of leg actions and scull with the hands</li><li>• Demonstrate the Heat Escape Lessening Position with an aid</li></ul>
TRAVEL	<ul style="list-style-type: none"><li>• Demonstrate a kicking action on the front or back</li><li>• Swim 25 metres, using own choice of action</li></ul>
OPTIONAL	<ul style="list-style-type: none"><li>• Jump into the water, minimum recommended depth 1.5m, submerge, float and then return to the side of the pool</li></ul>





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# IMPROVE



# Improve Assessment Outcomes

ENTRY/EXIT	<ul style="list-style-type: none"><li>• Enter and exit the water safely, using own choice of method</li></ul>
WATER CONFIDENCE / ORIENTATION	<ul style="list-style-type: none"><li>• Regain a vertical position from the front and back without support</li></ul>
AQUATIC BREATHING	<ul style="list-style-type: none"><li>• Submerge and kneel or sit on the pool floor</li></ul>
ROTATION	<ul style="list-style-type: none"><li>• Perform a head first and feet first surface dive</li></ul>
GLIDING	<ul style="list-style-type: none"><li>• Push and glide from the wall on front and/or back</li></ul>
BUOYANCY	<ul style="list-style-type: none"><li>• Demonstrate a flat floating position on the front or back</li></ul>
WATER SAFETY	<ul style="list-style-type: none"><li>• Answer questions on water safety messaging</li><li>• In water of shoulder depth, tread water using own choice of leg action for 30 seconds</li><li>• Demonstrate the Heat Escape Lessening Position without aids</li></ul>
TRAVEL	<ul style="list-style-type: none"><li>• In a flat position, demonstrate a kicking action on the front and back with flotation equipment for 10 metres</li><li>• Swim 50 metres using two different actions</li><li>• Swim 200 metres continuously, using own choice of action</li></ul>
OPTIONAL	<ul style="list-style-type: none"><li>• Jump into the water, minimum recommended depth 1.5m, submerge, float and then return to the side of the pool.</li></ul>





# ACTIVE



# Active Assessment Outcomes

ENTRY/EXIT	<ul style="list-style-type: none"><li>• Enter and exit the water safely, using own choice of method</li></ul>
WATER CONFIDENCE / ORIENTATION	<ul style="list-style-type: none"><li>• Demonstrate an understanding of lane etiquette</li></ul>
AQUATIC BREATHING	<ul style="list-style-type: none"><li>• Swim frontcrawl demonstrating a minimum of six rhythmical breaths</li><li>• Swim Breaststroke demonstrating a minimum of six rhythmical breaths</li></ul>
GLIDING	<ul style="list-style-type: none"><li>• Push and glide from the wall on the front and back</li></ul>
BUOYANCY	<ul style="list-style-type: none"><li>• Demonstrate a flat floating position on the front and back</li></ul>
WATER SAFETY	<ul style="list-style-type: none"><li>• Answer questions on water safety messaging</li><li>• Jump into the water, minimum recommended depth 1.5m, submerge, float and then return to the side of the pool.</li><li>• Demonstrate the Heat Escape Lessening Position without aids</li></ul>
TRAVEL	<ul style="list-style-type: none"><li>• Demonstrate an alternating and a simultaneous kicking action for 25 metres, with or without aids</li><li>• Swim 100 metres using two different actions</li><li>• Swim a minimum of 400 metres continuously, using own choice of action</li></ul>
OPTIONAL	<ul style="list-style-type: none"><li>• Perform a forward somersault</li></ul>



### **Cysylltwch â ni:**

I gael mwy o wybodaeth am Dysgu Nofio Cymru a nofio i Oedolion cysylltwch â Datblygu Gweithgareddau DŴr, Nofio Cymru.

**Ffoniwch:** 01792 513636

**E-bost:** [aquaticdevelopment@swimming.org](mailto:aquaticdevelopment@swimming.org)

### **Contact Us:**

For further information about Learn to Swim Wales and Adult swimming, please contact Swim Wales Aquatic Development.

**Call:** 01792 513636

**Email:** [aquaticdevelopment@swimming.org](mailto:aquaticdevelopment@swimming.org)