



ACTIVE SWIM SCHOOL INFORMATION AND GUIDANCE

POLICY & PROCEDURE GUIDANCE



ACTIVE SWIM SCHOOL IS BASED ON SWIM ENGLAND LEARN TO SWIM (LTS) FRAMEWORK

The scheme provides links to clubs allowing children to progress and take part in their chosen aquatic activity. The LTS encourages the development of aquatic fundamentals leading to the four swimming strokes: frontcrawl, backcrawl, breaststroke and butterfly as well as incorporating a wide range of water skills from essential sculling, treading water, diving and water safety awareness to name a few.

SWIM ENGLAND CHILD SAFEGUARDING TEAM

The team is made up of the Swim England Independent Child Protection Officer (ICPO) and the National Child Safeguarding Coordinator (NCSC).

The Swim England Safeguarding Team are responsible for writing Wavepower – the Swim England child safeguarding policy and procedures, and are actively involved in promoting and sharing best safeguarding practice with other sports organisations.

This can be viewed at the Child, Safeguarding in Aquatics section of www.swimming.org

The responsibility for child safeguarding within the Active Swim School lies with all adults who work with or have responsibility for children in our sport. All our instructors are Swim England qualified and have attended Safeguarding training.

If you have a safeguarding issue of any kind please contact the centre Duty Manager on 449888.

GENERAL INFORMATION

ACTIVE SWIM SCHOOL FOLLOWS THE PRINCIPLES OF THE SWIM ENGLAND SAFEGUARDING POLICY WHICH INCLUDE:

- The Swim England is committed to all children who take part in Swim England activities to have fun and enjoyment in an environment that keeps them safe from harm.
- The welfare of the child is, and must always be, paramount.
- It is every child and young person's right to be protected from abuse irrespective of their age, sex, gender, culture, disability, racial origin, background, religious beliefs or sexual orientation.

- Allegations of abuse or concerns regarding children will be treated seriously and will be responded to swiftly and appropriately.
- At all times confidentiality will be maintained appropriately and the child's safety and welfare must be the overriding consideration when making decisions on whether to share information about them.
- Parents, young sports persons, and all participants involved in the sport can access advice and guidance on child welfare matters from the Multi-Agency Safeguarding Hub MASH at www.gov.je or by email at enquiriesMASH@gov.je



WELCOME TO ACTIVE SWIM SCHOOL



Swim caps must be worn at all lessons and branded Active swim caps are available to purchase from Les Quennevais reception.

Please ensure you drop off and collect your child on poolside before and after the lesson. Swimmers under 8 years of age must not be in the pool unsupervised.

Changing room lockers require a £1 refundable coin and Family Room lockers require 20p.

Children and adults can enrol in the programme at any time. Teachers continually assess the swimmers progress and children can move stages as and when they are ready and have completed each stage.

Please note - our swim teachers record learner progression using Learn2 software on ipods during lessons.

Classes have a maximum of 9 participants to ensure optimum benefit from the lesson. Class to pupil teacher ratios are:-

Swim England Duckling foundation stages with a ratio of 6-1:

Swim England Stage 1-4	7-1 ratio
Swim England Stage 5-7	8-1 ratio
Adults	6-1 ratio
Adult advanced	8-1 ratio



ETIQUETTE

Suitable swimwear should be worn at all times. Long shorts can hinder a child's progress especially when developing body position and kick strokes.

Please encourage your child to use the shower and toilet before their lesson.

If any child under 8 needs to use the toilet during the lesson parents are asked to accompany them from poolside. Please remove outdoor shoes before going onto poolside.

Parents are advised to watch the swimming lessons from the upper pool viewing gallery or from the main reception area, access to poolside is from the corridor to drop off and collect children.

ABSENCES AND CANCELLATIONS:

Please inform the Active office if your child is absent from their lessons for two weeks or more. Please refer to terms and conditions at section 4 of the application and payment instruction form details of the cancellation process.

Tel: 01534 449888 or email: swimming@gov.je



FACEBOOK.COM/ACTIVEJERSEY



@ACTIVEJERSEY

TO BOOK PLEASE CONTACT THE ACTIVE OFFICE ON:
(01534) 449888 OR EMAIL **SWIMMING@GOV.JE**



EXPECTED STANDARDS

SWIM ENGLAND LEARN TO SWIM FRAMEWORK.



All skills may be achieved with aids

STAGE 1

LEARN TO SWIM STAGE 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use floatation equipment, e.g. arm bands, floats, etc.

OUTCOMES

By completing this Award, with or without floatation equipment or support, learners will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

All skills to be achieved comfortably, without aids

STAGE 2

LEARN TO SWIM STAGE 2

Developing safe entries into the water, including jumping in, basic floating, rotation to regain an upright position without support. Travel must be without floatation equipment. Swimmers may use floatation equipment when not travelling.

OUTCOMES

By completing this Award, with or without floatation equipment or support, learners will be able to:

1. Jump in from poolside safely to a minimum depth of 1.0 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back - arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

STAGE 3

LEARN TO SWIM STAGE 3

Developing safe entries into the water, including submersion, travelling up to 10 metres on the front and back, progressing rotation skills and water safety knowledge.

OUTCOMES

By completing this Award, without floatation equipment or support, learners will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

STAGE 4

LEARN TO SWIM STAGE 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by Swim England [Swim England Expected Standards].

OUTCOMES

By completing this Award, without floatation equipment or support, learners will be able to:

1. Perform a sequence of changing shapes [minimum of three] whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke [one item of equipment optional].
4. Kick 10 metres front crawl [one item of equipment optional].
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front [one item of equipment optional].
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.



STAGE 5

LEARN TO SWIM STAGE 5

Developing technique through sculling and treading water skills, completing rotation and also performing all strokes to the Swim England Expected Standards.

OUTCOMES

By completing this Award, learners will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and swim 10 metres backstroke [performed to Swim England expected standards].
7. Push and glide and swim 10 metres front crawl [performed to Swim England expected standards].
8. Push and glide and swim 10 metres breaststroke [performed to Swim England expected standards].
9. Push and glide and swim 10 metres butterfly [performed to Swim England expected standards].
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.



STAGE 6

LEARN TO SWIM STAGE 6

Developing effective swimming skills including coordinated breathing, understanding of water safety and preparation for exercise.

OUTCOMES

By completing this Award, learners will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
8. Push and glide and swim backstroke to include at least six regular breaths.
9. Push and glide and swim 25 metres, choice of stroke is optional [performed to Swim England expected standards].
10. Perform a 'shout a signal' rescue.
11. Perform a surface dive.

EXPECTED STANDARDS
SWIM ENGLAND LEARN TO SWIM FRAMEWORK

STAGE 7

LEARN TO SWIM STAGE 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills learned throughout Stages 1-7.

OUTCOMES

By completing this Award, learners will be able to:

1. Push and glide and swim 25 metres backstroke [performed to Swim England expected standards].
2. Push and glide and swim 25 metres front crawl [performed to Swim England expected standards].
3. Push and glide and swim 25 metres breaststroke [performed to Swim England expected standards].
4. Push and glide and swim 25 metres butterfly [performed to Swim England expected standards].
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills: Sculling: head first, feet first. Rotation: forward or backward somersault, log roll. Floating: star on the front or on the back, tuck float, create own. Eggbeater: Moving, lifting one or both arms out of the water.
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke [performed to Swim England expected standards].
8. Push and glide and swim 100 metres, using a minimum of three different strokes [performed to Swim England expected standards].
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course [using minimum of four objects] with feet off the pool floor throughout.





 **Active**
SWIM SCHOOL

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