

Training & Development Portfolio

Swim Wales Training & Development Team offer a comprehensive and wide-ranging portfolio of courses for aspiring aquatic volunteers, teachers, and coaches. Please see below a selection of our programme.

In these challenging times, the Training & Development Team are continuing to review our courses and continue to provide new opportunities to engage with our learners & members, expand their knowledge, or start their qualification journey. The aim is to maximise your experience with us but at the same time minimise the risk.

Please note that during the ongoing Covid 19 pandemic, we are moving the theoretical elements of our courses online, through virtual delivery. The aim is to complete the practical elements of your courses at designated “training hubs” that are deemed safe to attend.

We will also be moving some upcoming CPD courses with no pool-based activities to webinars, so teachers can continue their personal development.

A webinar is an interactive online seminar that is led by the tutor and allows participants in different locations to be guided through the course content, hear the presenter, ask questions and be involved in group text discussions.

Qualifications

Swim Teaching Courses Virtual £395/£680/£950

These qualifications are suitable for those wishing to teach within the ‘Learn to Swim’ environment, this could be at a Local Authority pool or a private provider.

- **The Swim England Level 1 Swimming Assistant (Teaching)** qualification is a practical qualification, which develops the knowledge, skills and abilities needed to be a Swimming Assistant (Teaching). All learners are required to be a minimum aged of 16 years.
- **The Swim England Level 2 Teacher (Swimming)** qualification is a practical qualification, which develops the knowledge, skills and abilities needed to be a Swimming Teacher. This qualification builds on the knowledge, skills and abilities developed in the Swim England Level 1 Swimming Assistant (Teaching) qualification. Must hold Swim England Level 1 Swimming Assistant (Teaching). All learners are required to be a minimum age of 16 years.

Swim Coaching Courses

The Swim England Swimming Assistant (Coaching) course (£395) is designed to provide you with an introduction to the knowledge, skills and understanding of the safe and ethical principles for effective coaching practices in swimming. As an aspiring coach, this course will equip you with the knowledge and tools to actively support a more experienced Swim England Swimming Coach in the delivery of a pre-prepared training session.

The Swim England Swimming Coach Course (£680) builds on the knowledge and skills developed as an assistant coach and focuses on the planning, delivery, and evaluation of coaching sessions. The certificate aims to provide and equip you, with the skills, knowledge, tools, and techniques to effectively plan, prepare, deliver, monitor, and evaluate swimming coaching sessions.

Water Polo Courses

Water Polo Assistant (Coaching) Certificate (£395) - This qualification teaches the basics of coaching water polo. It will equip you with the knowledge and tools to actively support a more experienced water polo coach in the delivery of a pre-prepared session. You must be at least 16 years old to take this course.

Water Polo Coach Certificate (£680) - This qualification will train you as an independent water polo coach. It will provide the skills needed to plan, prepare, deliver, monitor, and evaluate a series of training sessions. You must be at least 17 years old and already qualified as an assistant coach to take this course.

Coaching Open Water Swimming

Level 2 Coaching Open Water Swimming This course covers the skills needed to effectively plan, deliver, and evaluate a series of open water training sessions. You must be at least 17 years of age and a Swim England Swimming Coach (or equivalent*), Triathlon Coach or Swimming Teacher with experience of swimming in an open water environment.

**Please check with the awarding body with regards to equivalent qualifications, before you book your place iosadmin@swimming.org*

Anyone who is a Swim England Coach, Swimming Teacher or Triathlon Coach and who wants to become an independent open water coach. The course is delivered through a mixture of online learning, classroom activities, and practical learning, both poolside and in an open water environment.

Masterclasses

Artistic Swimming Skills Masterclass (£20 Delivery method Face to face) - As an aspiring swim teacher, this workshop will equip you with the knowledge and tools to deliver the basics of synchronised swimming, within the swim lesson environment. Candidates attending the workshop will develop new aquatic skills and knowledge including synchronised swimming learning outcomes, basic background in the sport, health & safety experience the basic moves in the water and be able to deliver the skill level 1-5.

Great opportunity and resource for swim teachers and facilities alike to deliver an additional aquatic activity and retain children within their own aquatic programme. Candidates will be given relevant resources to take away and use within their swim lesson programme.

Diving Skills Masterclass (£20 Delivery method Virtual) - As an aspiring swim teacher, this workshop will equip you with the knowledge and tools to deliver the fundamentals of Diving, within the swim lesson environment (shallow entry in water less than 1.8m deep).

Great opportunity and resource for swim teachers and facilities alike to deliver an additional aquatic activity and retain children within their own aquatic programme. Candidates will be given relevant resources to take away and use within their swim lesson programme.

Water Polo Skills (£20 Delivery method Virtual) - Mini- Polo is a more basic version of the aquatic sport Water Polo, with much simpler rules. The aim is to build water confidence as well as encouraging a fun team atmosphere.

Great opportunity and resource for swim teachers and facilities alike to deliver an additional aquatic activity and retain children within their own aquatic programme. Candidates will be given relevant resources to take away and use within their swim lesson programme.

Swim Wales National Curriculum Training Programme (£50 Delivery method Virtual) - This workshop is aimed at any person working within a Primary School Swimming Programme, and hold a current DBS. The Certificate for Teaching School Swimming (Key stages 1 and 2) is open to any person working within a primary school swimming programme e.g. schoolteacher, classroom assistant, learning support staff, nursery nurse, qualified swimming teachers, parent, other helpers etc. In addition, students involved in initial teacher training may also attend.

Tutor/Mentor Packages (cost will depend on customer bespoke need) - To provide a product fit for the needs of partners to regularly update and refresh the knowledge, skills and behaviours of the aquatic workforce. Being the best aquatic workforce and ambitious in Swim Wales values and delivery standards. This is bespoke training designed for the needs of the aquatic staff and employer.

Sport Leader Award in Competitive Swimming & Sport Leader Award in Learn to Swim (£20 Delivery method Virtual) - In partnership with Sport Leaders, Swim Wales can offer both leadership Award in Swimming. These awards will give you the opportunity to develop many skills which will be of use to you, both in a sporting environment and in life in general.

The Sports Leaders Awards are courses which is not concerned with your sporting ability but instead will help you to develop many different volunteering skills, such as being able to communicate with others in a sports setting. These are ideal for current or new volunteers who may completing their Duke of Edinburgh or Welsh Baccalaureate, but also great opportunity for current swimmers and parents alike, and great first step into the coaching ladder.

Volunteer Award in Masters Swimming (not yet available virtually) This new award is specifically designed for those volunteer with their local master's club sessions

The aim is to give volunteers the relevant skills, knowledge, and improved understanding to deliver their sessions effectively, along with practical in-the pool activities to inspire creative, effective and progressive activities to integrate into your club programme

Bubbles Masterclass (CIMSPA Endorsed) (£70 Delivery method Virtual) - Designed for Level 2 teachers this 1-day masterclass will give you the basic health & safety, customer service, participant's needs, confidence, and ideas to teach 0-3 years with responsible adults. Attendance will include 10-week schemes of work and lesson plans.

Splash Masterclass (CIMSPA Endorsed) (£70 Delivery method Virtual)- Designed for Level 2 teachers this 1-day masterclass will give you the basic health & safety, customer service, child development information, confidence, and creative ideas to teach 3-5 years. Attendance will include 10-week schemes of work and lesson plans.

Stroke Masterclass (£40) (Not yet available virtually) - Following our successful stroke CPD's for coaches... watch out for our new Stroke Masterclasses for Aquatic Teachers! Designed for both Level 1 and 2 teachers, these 3 hour workshops on each stroke will give you the latest modern techniques, along with practical in-the pool activities to inspire creative, effective and progressive activities to integrate into your Learn to Swim lessons.

Safeguarding & Protecting Children (£30 Delivery method Virtual) - In partnership with UK Coaching, Swim Wales are excited to offer a facilitated 'live' safeguarding workshop, delivered by an accredited and highly experienced UK Coaching tutor. This workshop is essential for all coaches, teachers and volunteers who work within aquatic sports and beyond.

Safeguarding & Protecting Children (16-18) (£30 Delivery method Virtual) - As with the 18+ Safeguarding & Protecting Children Online Classroom this session will include access to a digital resource for each learner (valid on their dashboard for 3 months) and their certification – valid for two years, after which time the young coach will need to attend the face to face 18+ Safeguarding & Protecting Children workshop.

Keeping Safe in Sport: Safeguarding for Young Volunteers (13+) (£35 Not available virtually) This workshop is for young people (aged 13-17) involved in volunteering activities, but are too young for the adult 'Safeguarding and Protecting Children' certification

This workshop will help you understand how to keep children and yourself safe in the sessions you are leading.

Aquatic Disability Inclusion Training Masterclass (£35 Delivery method Virtual) - Swim Wales in partnership with Disability Sport Wales are pleased to announce the launch of our new Aquatic Disability Inclusion Training (DIT) Workshop.

Inclusive practice is something that every teacher and coach should be aware of and capable of implementing so that people with a disability have a great experience of aquatic activity.

The principles of inclusion are the same regardless of your role and this course is designed to help people who are delivering aquatic activity to become more aware of how they can adapt their practice to meet the demands of learners.

Teaching Adults Masterclass (£35 Delivery method Virtual)- This new masterclass from the Training & Development Team has been designed after demand & feedback from our many leisure partners and providers alike. The aim is to give swim teachers the relevant skills, knowledge, and improved understanding to deliver effectively, whilst at the same time reduce any fears that previously may have had.

This masterclass will explore the learner's motivations and barriers when thinking about learning to swim, and how you can adapt the lesson to the individual needs.

Teaching in Deep Water (£25 Delivery method Virtual)- This recently revised Swim Wales masterclass aims to provide both new and experienced swim teachers alike with relevant skills and knowledge to allow them to teach with confidence.

Learner outcomes covered within the masterclass include the benefits and reasons of Deep-Water Teaching, recognising the safety aspects of Teaching in Deep-Water, safe use of suitable equipment, a variety of teachings methods, planning progressive activities to be undertaken in Deep-Water Practical and what skills and strokes you can develop using the deep.

Socially Distanced Games (£20 Delivery method Virtual) - This new masterclass has been specifically designed for swim teachers, who have been delivering (or about to deliver) lessons through the various restrictions, in particular children being socially distanced within the water.

The aim of this masterclass is to help swim teachers

- Understand the challenges presented by Covid and its restrictions
- Understand how to communicate with learners
- Understand how to create games in a FUN approach manner
- Understand the key skills to deliver FUN, SAFELY to learners
- Create the correct & SAFE environment for learners

Time to Listen Virtual (£35 Delivery method Virtual) -Time to listen is a training programme developed by the Child Protection in Sport Unit (CPSU) specifically for people who have a designated role in safeguarding within a sports setting.

CWOs must have attended a Safeguarding & Protecting Children workshop previously and will need to bring their own reporting procedures to the workshop.

For more information please see the Swim Wales website for upcoming courses and workshops or by contacting the Training & Development Team by email @ swimwales-training@swimming.org, where we will be delighted to help you.