



B.A.R SWIM ACADEMY

TEACHING IN THE WATER

It is preferable for the swimming teacher to conduct swimming lessons from the poolside; there are a number of reasons for this, including:

1. Safety - the swimming teacher is able to maintain full visual cover of all their learners from the poolside and thus be in a position to react quickly to any incidents that may arise.
2. Observation - the swimming teacher on the poolside is in a better position to analyse the learner's skills.
3. Teacher protection - due to their proximity to the learners, and the difficulty of seeing exactly where teachers have their hands; swimming teachers can be more vulnerable to accusations of abuse if they are teaching in the water.

Nevertheless STA recognise that teaching in the water can be very effective and beneficial to many learners. If teachers are teaching in the water then STA strongly recommend that a responsible person (swim school owner, centre/pool manager etc.) has suitable and sufficient risk assessments undertaken to determine the maximum number of learners that a single teacher can teach for each specific type of lesson (e.g. beginners, improvers, pre-school learners, adults etc...) while they are in the water.

STA recommend a maximum ratio of 6 learners to 1 swimming teacher. This recommendation must coincide with a risk assessment where the pool size, depth, shape and learner's age, ability and needs are taken into consideration as the ratio may need to be reduced to ensure safety and effective teaching.

It is an STA and B.A.R Swim Academy requirement that:

1. When swimming lessons are in progress, there must always be at least one person on duty on the poolside who is competent to respond. This can be the teacher provided they possess appropriate lifesaving competencies, which include rescue skills, CPR, and relevant aspects of the PSOP; this can be achieved by holding a current STA lifesaving or Lifeguard qualification. A swimming teacher in the water has an extremely limited view of the water and the learners. They should only teach in the water where there is suitable and sufficient cover on the poolside to watch the class as determined by the individual pools risk assessment.
2. All STA swimming teachers must have an approved and in-date pool rescue award.

(STA or equivalent qualification eg ASA/RLSS etc)

To help with the risk assessment STA and B.A.R Swim Academy recommend that the following points are taken into consideration:

1. What is the age of the learners? Will they be able to understand safety instructions given to them by the teacher?
2. Do any of the learners have special needs/requirements and/or medical conditions e.g. hearing difficulties, visual impairments, learning difficulties, hidden conditions, physical disabilities etc...?
3. Additional support and supervision may be required dependent upon the individual needs of the learner.
4. Are there any site specific characteristics of the pool that may present special risks? E.g. sudden changes in depth, blind spots, specular reflection etc...
5. These may require more than one person qualified in pool rescue to be on duty on the poolside.