



Staff Training Module

(February 2015)

Trainer Notes



LIFESAVING SOCIETY

The Lifeguarding Experts

CONTENTS

NOTE TO TRAINERS

STAFF TRAINING OBJECTIVES

RESOURCES

SUGGESTED TIME GUIDELINES

CONTENT OUTLINE

WELCOME, INTRODUCTION

OVERVIEW OF SWIM FOR LIFE REVISIONS

RESOURCES OVERVIEW

AFFILIATE TRANSITION

LEARNING ACTIVITY

WATER UNIT

WRAP-UP

NOTE TO TRAINERS

This optional staff training introduces the Lifesaving Society's Swim for Life[®] program to already certified Swim instructors.

This staff training module is valued at 1 credit for Lifesaving Society Instructor Recertification if done by a Swim Instructor Trainer.

The *Notes* provide the content outline for both dry and wet units, together with learning activities and resources. It is strongly recommended that you have some copies of the revised *Swim for Life Award Guide* and *Teaching Swim for Life* at the training.

Lifesaving Society Swim Program

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. And the best place to learn to swim is in the water. That's why our Swim for Life[®] Program stresses lots of in-water practice to develop solid swimming strokes and skills. And we incorporate valuable Water Smart[®] education that will last a lifetime.

Lifesaving knowledge is directed at survival / self-rescue skills and Water Smart[®] behaviours. Although skills and knowledge related to the rescue of others is *not* part of the Swim for Life[®] program, Swim for Life[®] is excellent preparation for success in the Canadian Swim Patrol program.

At the completion of the program, candidates will be able to swim competently and will have the physical skills and fitness to participate in other aquatic activities such as Canadian Swim Patrol, Junior Lifeguard Club, competitive lifesaving, etc.

Swim for Life[®] content is challenging and interesting, and designed to make participants want to come back because the program is fun to be in.

The Society's Swim for Life[®] program was developed by affiliates for affiliates who, along with trainers, instructors, educators, parents, and candidates helped shape the five Swim for Life[®] Program modules – Parent & Tot, Preschool, Swimmer, Adult Swimmer and Fitness Swimmer. Award guides, worksheets, progress reports, and certificates support the program.

STAFF TRAINING OBJECTIVES

- The objective of this staff training is:
 - To introduce instructors to the revisions of the Society’s Swim for Life® program and updated support materials.

LEARNING OUTCOMES

- As a result of this training, instructors should be able to:
 - Recognize Swim for Life® program stroke and skill progressions and understand the principles behind them.
 - Familiarize themselves with the revisions and revised resource materials.

RESOURCES

- *Swim for Life Award Guide*
- *Teaching Swim for Life*
- *Swim for Life Strokes & Skills Video*
- Master sheet and Credit cards
- PowerPoint presentation – available at www.lifesavingsociety.com

SUGGESTED TIME GUIDELINES

- Present this staff training in the format and timelines that suits your needs and those of the facility and staff members:

Topic	Dry	Wet
Overview of Swim for Life® changes (PowerPoint presentation) changes	25 min.	
Activity: Water Smart®	5 min.	
Water Unit		90 min.
Total Time: 2 hr.	30 min.	90 min.

CONTENT OUTLINE

WELCOME & INTRODUCTION

(5 min.)

- ❑ **Welcome on behalf of the Lifesaving Society**, Canada’s lifeguarding experts. Introduce yourself and others as appropriate.
- ❑ **Review purpose:** Staff Training Objectives & Learning Outcomes and schedule.
- ❑ **Register** participants and distribute Lifesaving Society credit cards to be completed and returned to the Trainer. Complete master sheets and include “*Staff Training module – Swim for Life*” as the course title.

SWIM FOR LIFE REVISIONS & RESOURCE OVERVIEW

(25 min.)

- ❑ PowerPoint Presentation covers all content in this section. Presentation is available at www.lifesavingsociety.com. Trainers should obtain the resources needed from the affiliate that you are conducting the staff training for.

Highlights & key messages

- ❑ **Program revisions were minimal:**
 - The focus of this revision was to improve the flow from Preschool into Swimmer levels and to simplify or clarify performance requirements (what we ask the participants to do) and performance criteria (the standard we expect).
 - The revisions were based on Affiliate, Instructor and participant feedback gained since the launch of Swim for Life in 2010.
- ❑ **Overview of key changes:**
 - Elimination of distance / time ranges in levels before Adult Swimmer.
 - Water Smart Education added to all modules except Fitness Swimmer.

Refer to the Curriculum-at-a-glance charts in the *Swim for Life Award Guide* or at www.lifesavingsociety.com

- Swim to Survive progressions start in Swimmer 2 and participants achieve the Canadian Swim to Survive standard in Swimmer 4.
- Stroke “Must Sees” are more specific.
- Some small tweaks to purpose statements, must sees and some new progressions added to fill perceived gaps.

LEARNING ACTIVITY

(10 min.)

- ❑ Split into 5 groups.
- ❑ Assign one of the following modules to each of the groups:
 - Parent & Tot
 - Preschool
 - Swimmer 1-2
 - Swimmer 3-4
 - Swimmer 5-6
- ❑ Provide each group with the Water Smart messages for their module (use pages from the PowerPoint presentation).
- ❑ Each group will pick one from their module and design an active water activity that will reinforce the specific message. Encourage them to be creative by adapting games and songs.
- ❑ Groups will be presenting their assigned Water Smart activity in the pool.

WATER UNIT

(Total – 90 min.)

- ❑ Staff will leave this water session with a practical appreciation for the items, key performance requirements, and presentation ideas.
- ❑ Throughout the water session, demonstrate the principles and methods of ensuring maximum practice (minimize one-at-a-time practice).

Incorporating Water
Smart messages
(30 min.)

- ❑ Activity from the classroom – incorporate one of the targeted messages into an active, age/level appropriate activity.
- ❑ 5 minutes per group presentation.
- ❑ The remainder of the class are acting as the participants.
- ❑ Reinforce the “***Must see***” for Water Smart:
 - Participation in a water activity reinforcing the Water Smart message.
- ❑ Reinforce the “***Note***” for Water Smart:
 - Evaluation is based solely on the Instructor introducing and reinforcing the Water Smart message in a water activity.

Stations
(60 min.)

- ❑ Set up 4 stations – 15 minute rotations
 - Station #1:** Front crawl & lifesaving kicks
 - Using the stroke charts found in *Teaching Swim for Life*:
 - Review and demonstrate what each component of front crawl and lifesaving kicks (whip kick, eggbeater, and scissor kick) looks like at the various levels.
 - Brainstorm and demonstrate strategies for some common stroke errors.
 - Station #2:** Back crawl & breaststroke
 - Using the stroke charts found in *Teaching Swim for Life*:
 - Review and demonstrate what each component of back crawl and breaststroke looks like at the various levels.
 - Brainstorm and demonstrate strategies for some common stroke errors.
 - Station #3:** Drills
 - Using the drills found in *Teaching Swim for Life*:
 - Split into groups and assign a stroke.

- Each group will pick 2 drills and lead the rest of the groups through a minimum of 2 lengths of each drill.

Station #4: Progressions

- Split into groups of 2 or 3.
- Assign one of the following topics to each group:
 - Tuck jump (cannonball)
 - Handstand
 - Shallow dive
 - Compact jump
 - Vertical whip kick
 - Forward somersault (in-water)
- Each group is to come up with 10 progressions for the skill assigned.
- Teach the other groups their 10 progressions.

WRAP-UP

- Complete master sheet (ensure it indicates “Staff Training module – Swim for Life”) and sign credit cards.