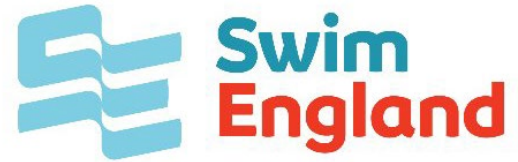


Course Overview



Swim England Aquatic Helper Course

Programme Overview

The Swim England Aquatic Helper Course is an introductory training programme designed to provide young people with the knowledge, skills, and practical experience required to assist a qualified swimming teacher or coach during aquatic sessions. The course aims to develop awareness of pool safety, communication and teamwork, learning styles, and professional conduct within the aquatic environment.

This course forms part of Swim England's recognised education pathway and provides an ideal first step towards the Swim England teaching qualifications.

About this Course

Course Title: Swim England Aquatic Helper

Course Length: Approximately 3.5 hours of theory (plus a short break) and 3 hours of practical pool-based learning.

Delivery Format: Classroom and pool-based.

Certification: Swim England Aquatic Helper Certificate.

The Aquatic Helper course provides an introduction to working in the aquatic environment, helping qualified teachers or coaches to deliver swimming lessons and training sessions. It focuses on safety, communication, learning styles, teamwork, and the importance of good practice.

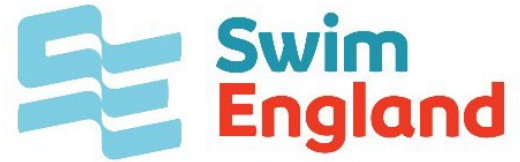
Who the Course is For

This course is ideal for:

- Young people aged 14–16 with an interest in helping during swimming lessons or club sessions.
- Volunteers, club members, or older swimmers wishing to gain structured poolside experience.
- Those completing their Duke of Edinburgh's Award (DofE) who wish to include volunteering within a sports or community setting.



Course Overview



Swim England Aquatic Helper Course

Prerequisites

To enrol on the course, learners must:

- Be a minimum of 14 years old at the start of the course.
- Be able to confidently swim 25 metres.
- Have an interest in assisting qualified teachers or coaches under supervision.

Course Aims and Learning Outcomes

The Swim England Aquatic Helper course aims to develop the confidence and understanding needed to support qualified teachers and coaches effectively.

By the end of the course, learners will be able to:

1. Demonstrate an understanding of pool safety.
2. Understand how to be an effective member of a teaching or coaching team.
3. Understand and apply the theory of different learning styles and stages.
4. Demonstrate good practice and child awareness in an aquatic environment.
5. Understand the principles behind the Athlete Development Support Pathway (ADSP).

Course Content Overview

- Introduction and course orientation.
- Pool safety, hazards, and risk assessment.
- Roles and responsibilities of helpers, teachers, and coaches.
- Effective communication: verbal, non-verbal, and feedback techniques.
- Understanding learning styles and stages of participant development.
- Good practice, code of ethics, and child awareness.
- Introduction to the Athlete Development Support Pathway (ADSP).
- Pool-based practical session demonstrating knowledge and teamwork.

Progression Opportunities

Upon completion, learners may progress onto:

- **SEQ Level 1 Swimming Assistant (Teaching)**
- **SEQ Level 2 Teaching Swimming**
- **SEQ Level 2 Teaching Swimming to Babies and Toddlers**

The course also provides a valuable foundation for volunteering and community involvement in aquatics.

