Swim Ireland Helper Certificate (Swimming for People with Disabilities)

The Swim Ireland Helper Certificate (Swimming for people with disabilities) is available to any club or group and is not restricted to clubs affiliated to the Swim Ireland.

1. Title
Swim Ireland Helper Certificate (Swimming for people with disabilities)

2. Pre-requisites
Candidates must be at least 16 years of age at the commencement of the course

3. Role
One who is able to help with a club activity or swimming session under the guidance of a qualified Swim Ireland Level 2 (Teacher) Certificate holder (Swimming for people with disabilities)

4. Aims
4.1 To equip candidates with an awareness of disability issues
4.2 To equip candidates with very basic technical knowledge
4.3 To equip candidates with basic knowledge of safety
4.4 To equip candidates with basic knowledge of skills to enable them to help in the conducting of a session led by a qualified Swim Ireland Teacher Certificate Holder (Swimming for people with disabilities)
4.5 To equip candidates with basic knowledge of the Swim Ireland Education and Training structure
4.6 To equip candidates with basic knowledge of the Swim Ireland competition structure
4.7 To equip candidates with knowledge of the benefits of swimming
4.8 To equip candidates with knowledge of the club or group expectations

5. Methods of assessment
By verified attendance only. A CPD certificate will be issued by the Swim Ireland to certify attendance. Participation in activities is required practical and theory. This syllabus is knowledge based and candidates will cover the areas including.

6. Syllabus

6.1 Disability awareness issues
(a) Emphasis on ability
(b) Appropriate language and activities for varying ability levels

6.2 Technical knowledge
(a) Beginners in the discipline
(b) Basic techniques of balance and propulsion
(c) Use of equipment in the discipline environment
(i) Storage arrangements
(ii) Issuing arrangements
(iii) Setting up
(iv) Clearing up arrangements
(v) Safe use

6.3 Safety
(a) The general swimming environment Emergency Operating Procedure (EOP)
(i) People behaviour – the ISRM chart and why
(ii) The role of the lifeguard
(iii) Use of visual and auditory signals
(iv) Safe methods of entry and exit
(v) Safe methods of support in the water
(b) The discipline specific environment

6.4 Instructing methods:
(a) Basic communication techniques
(b) Basic positioning

6.5 An outline of the Swim Ireland Education and Training structure
(a) Club Helper through to Senior Coach

6.6 An outline of the competition structure for people with disabilities
(a) Club, Regional, National, Paralympic

6.7 Benefits of swimming
(a) Enjoyment, general health, specific health in relation to disabilities, fitness and safety

6.8 Club or group behaviour expectation
(a) Club or group ‘rules’
(b) Club or group behaviour expectations in general
(c) Expected behaviour of Helpers
(d) Dress expectations for Helpers
(e) Club or group organisation

7. Time allocation

7.1 At least 50% of the course will be practical activities

8. Length of course and organisation responsibilities

8.1 Candidates must be registered with Swim Ireland prior to the commencement of the course.
8.2 Total length of the course will be 6-8 hours
8.3 Administration and organisation will be by the Club or Group initiating the course
8.4 Regulations and certificates will be obtained from the Swim Ireland for issue by the Club or group initiating the course
8.5 The maximum number of candidates is 12
8.6 Candidate assessments fee for CPD points will be €5

9. Resources

9.1 Books:
'Let's All Swim', Lawton, A et al, 2010, Cerberus Printing
Selected references from:
See the Assistant Teacher Certificate (Swimming for people with disabilities)
SI, ASA, ISRM, ISTC, RLSS (UK),, Safe Supervision for Teaching and Coaching Swimming

NB: Additional and wider reading will enhance the candidates understanding.

9.2 Other resources:
SI, ASA, ISTC, Coach Associations, Sportscoach UK, Lifesavers, RLSS (UK), Other Disability Organisations.