

Level 1 Assistant Swimming
Coach: Pre-Course Checklist



The following Pre-Course Checklist must be completed at time of Registration for any Swim Ireland Coaching Course. For support in completing the form please contact education@swimireland.ie

Practical Requirements

Practical: Coaching Session

- 1 x 3 hour block of coaching delivered (excluding breaks)

Swimming Sessions

- A minimum of 4 swimmers is required per group/lane
- A minimum of 4 groups of swimmers is required per session

Please note a session is considered to be a 60-120 minutes in duration

Ability of Swimmers

- A minimum of level 7 of the Swim Ireland Learn To Swim Programme
- Able to swim 25m of each stroke

Please detail levels of swimmers in groups as per the example below

DAY 1	Time	Group/Lane 1	Group/Lane 2	Group/Lane 3	Group/Lane 4
EXAMPLE	9.30-10.00am	Entry Level	Development Level	Development Level	National Senior Level

DAY 1	Time	Group/Lane 1	Group/Lane 2	Group/Lane 3	Group/Lane 4
Session 1					
Session 2					
Session 3					

Additional Information:

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Coach: Pre-Course Checklist

Practical: Additional Pool Time

- 2 hours of additional pool time delivered
- A minimum of 1 swimmer is required per hour for stroke / skill analysis

Additional Pool Time

Time	
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Pool features & Equipment

- Please provide dimensions and the depth of the pool

Dimensions	
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Depth	
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- Please indicate the equipment that will be available to the course

Kickboards	
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Fins	
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Pullbuoys	
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Pace Clock	
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Lane ropes	
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Starting Blocks	
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Deck Manager

- Please supply the name and contact details of a *Deck Manager* who will be available to support during the practical delivery

Please note the Deck Manager is responsible for swimmer safety at arrival, dismissal, during the session and should have relevant health and safety, medical and any other information on the swimmers in attendance

Name:

Contact details:

Please sign to confirm the details above

Course Organiser:

Signature: