

Level 1 Assistant Swimming  
Teacher: Pre-Course Checklist

The following Pre-Course Checklist must be completed at time of Registration for any Swim Ireland Teaching Course. For support in completing the form please contact [education@swimireland.ie](mailto:education@swimireland.ie)

**Practical Requirements**

Practical: Swimming Lessons

- 2 x 3 hour blocks of swimming lessons delivered across 2 days (excluding breaks)

*Please note swimming lessons cannot be delivered 6 hours in one day*

For example:

Day 1: Swimming Lessons 9.30am-12.30pm

Day 2: Swimming Lessons 9.30am-12.30pm

OR

Day 1: Swimming Lessons 2.00pm-5.00pm

Day 2: Swimming Lessons 9.00am-12.00pm

Swimming Lessons

- A minimum of 4 swimmers is required per group
- A minimum of 3 groups of swimmers is required per session

*Please note a session is considered to be a 30-60 minute class*

Ability of Swimmers

- A full range of abilities is required to be provided (Beginners, Improvers and Advanced level swimmers – Level 1-7 of the Swim Ireland Learn to Swim Programme) – please detail levels of swimmers in groups as per the example below

DAY 1	Time	Group 1	Group 2	Group 3
EXAMPLE	9.30-10.00am	Level 1	Level 2	Level 7

DAY 1	Time	Group 1	Group 2	Group 3
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				

DAY 2	Time	Group 1	Group 2	Group 3
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				

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Practical: Additional Pool Time

- 2 x 1 hour blocks of additional pool time delivered across 2 days (excluding breaks)

	Additional Pool Time
Day 1	
Day 2	

*Please note additional pool time can be delivered 2 hours in one day, however, 1 hour across 2 days is preferable*

Pool features & Equipment

- Please provide dimensions and the depth of the pool

Dimensions	
Depth	

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

Toys	
Sinkers	
Woggles	
Flotation aids	
Floats	

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 pupils' safety at arrival, dismissal, during the lesson 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: