

OPERATIONAL POLICY

LINKING CLUB WITH LEARN TO SWIM PROGRAMMES

Introduction:

Nairn District Amateur Swimming Club (NDASC) is committed to enhancing the experience and future safety of youngsters involved in water based activities and in the generation of new club membership by positively linking the club with Learn to Swim Programmes, both Highlife Highland (HLH) and private.

There are three main activities NDASC offers that links learn to swim programmes with the club:

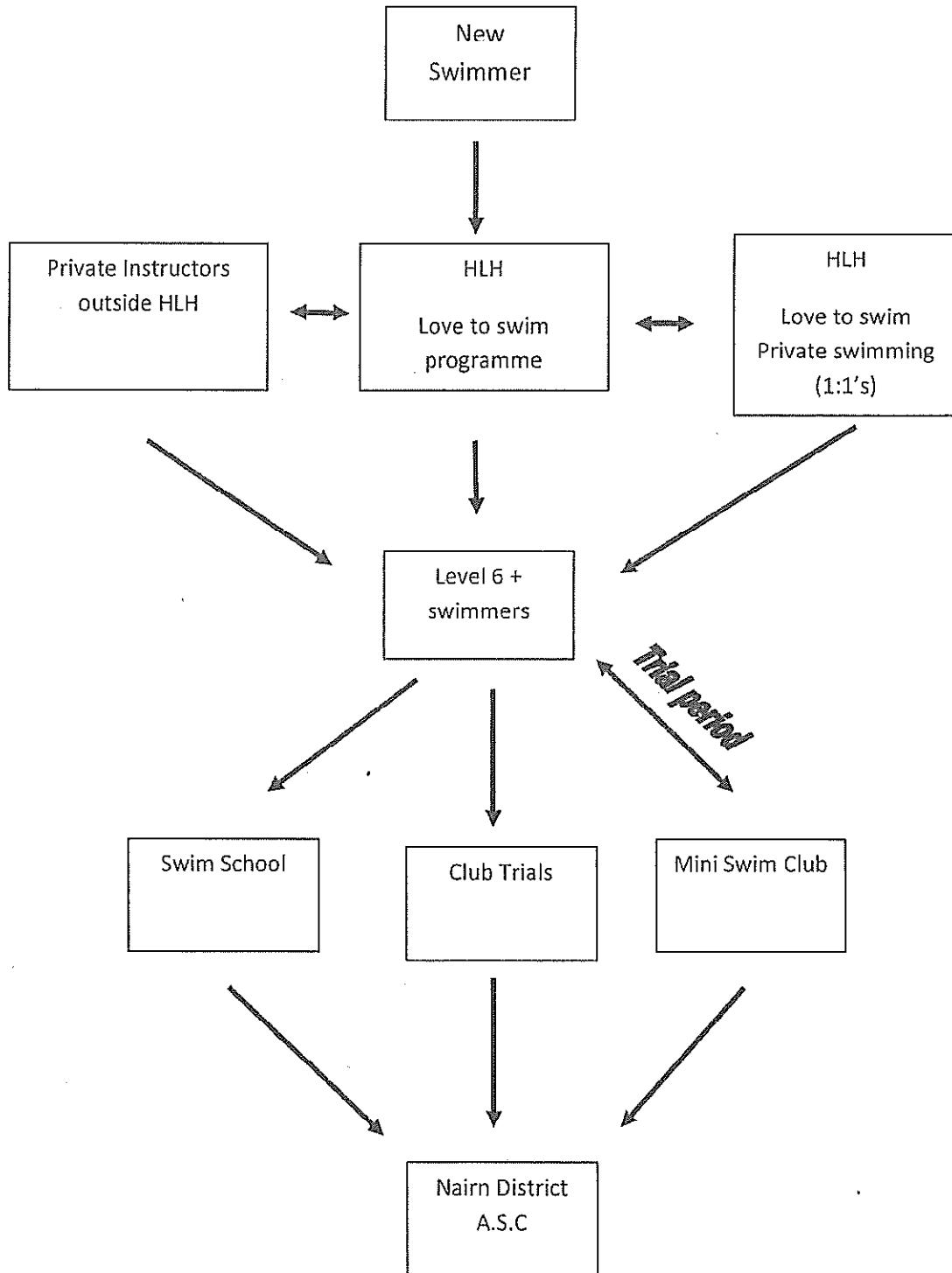
1. Swim School.
2. Mini Swim School.
3. Invited club trial.

The key initiatives linking learn to swim programmes with NDASC is Swim School or Mini Swim School. NDASC does not teach youngsters to swim from a non swimmer level however can manage swimmers from around Level 6 of the National Learn to Swim Programme.

Historically the club relinquished one lane of the pool between 4 – 5pm on a club night so that potential future members may work alongside the club. HLH at Nairn Leisure Centre have organised the Learn to Swim Programme so that swimmers at level 6 attend at this time. This helps promote a smooth transition into the club for some swimmers involved in the HLH programme. All 3 of the initiatives above assist HLH with their exit strategy from the lesson programme.

It has been recognised that joined up working between the Learn to Swim Programme and Club enhances the understanding of how the two systems operate as well as the knowledge and skills of both the swim teachers and club coaches. NDASC are committed to creating and sustaining shared understanding and positive relationships with HLH. Regular meetings and email communications occur with the pool management and are also helpful to building and sustaining good working relationships or resolving any concerns should they arise. Ideally, quarterly.

Ladder of progression:



- Although this is a trial period the aim is to progress out of HLH lessons to NDASC.

1. Swim School – how it operates:

Swim School is an 8 week initiative and operates under the Scottish Swimming Swim School Licence, held by Highlife Highland. It can accommodate approximately 10 swimmers at a time and enables an extended trial period with the club. It will only run and places offered when there is sufficient space within the club for potential new members.

Swim School enhances collaborative working between Highlife Highland (HLH) Teachers and Swim Club Coaches. Currently the catchment of swimmers is mainly from Nairn Leisure Centre and Culloden Swimming Pool programmes however swimmers who have been attending private teachers or other lesson programmes are also welcome to participate.

Swim School is offered free to HLH members and at an agreed cost for non HLH members. The cost for private participants is set by the NDASC Committee prior to each term and is usually aligned with the entry squad fees for swimmers attending one session a week in club. Fees must be paid in advance of the programme. Any income generated from non HLH Members is paid directly to the club.

Swim School works to an agreed 8 week programme of skills and drills that are aimed at preparing swimmers for the club. The agreed scheme of work is attached as Appendix 1.

Following completion of swim school should a youngster wish to join the club and is ready they will be invited to a one month trial. At this point they will exit the lesson programme and fees and membership payments become due within a month.

Swimmers ready to join the club or exit the lesson programme on completion of Swim School may not repeat a term or return to the Learn to Swim Programme. This is necessary to ensure places are progressively available for other youngsters in both programmes.

In theory, Swim School could run every school term however experience has shown that twice a year for the 8 week programme enables local swim teachers to prepare swimmers in sufficient numbers and also gives the club the opportunity to consolidate work with new swimmers and to help them settle into the club.

2. Mini Swim School – how it operates:

Mini Swim School is usually an independent club initiative run as an organised 3 or 4 week taster. It accommodates approximately 10 swimmers at a time. Mini Swim School can operate with or without joined up working with HLH. It does not need utilisation of the HLH Swim School Licence and enables groups of swimmers ready

or close to ready to exit the Learn to Swim Programme to experience swim club and help them in making a decision on whether to join.

Mini Swim School is free to all swimmers and runs between 4 – 5pm on Fridays at Nairn Leisure Centre at identified periods of time throughout the year. Swimmers who have participated in Mini Swim School may join swim club on completion, providing they meet the entry criteria for the club. Fees and membership payments become due immediately.

Swimmers are not able to opt to do a one month club trial immediately after Mini Swim School if it is operating independently of HLH. This is due to the insurance cover the club has with Scottish Swimming which states swimmers may only swim with the club as non members for a period of one month.

The scheme of work for Mini Swim School is aimed at being responsive to swimmers needs at the time and is agreed between HLH teachers and club coaches. It is similar content to Swim School (see Appendix 1) and is aimed at groups of swimmers almost ready for swim club or ready to move to Level 7 and potentially insufficient places. This assists with the lesson programme management and exit strategy and the progression of swimmers ready to move groups at level 6 – 7 of the National Learn to Swim Programme. Return to the Learn to Swim Programme will be dependent on ability. If a swimmer is ready to join the club and has achieved the competencies of level 7 they will not be permitted to return to the lesson programme.

3. Invited club trial – how it operates:

A swimmer may apply to test for the club at any time. Should they be ready and are not immediate graduates of Mini Swim School they may trial for a period of one month. This assists and links with the learn to swim programme responsively for swimmers who are making relatively rapid progress and become ready for the club in between periods of swim schools. It is free to all swimmers and cannot exceed 4 weeks due to the insurance policy held by Scottish Swimming on behalf of the club.

Individual swimmers may contact the club outwith a swim school period and request a trial. Once the level of the swimmer is clarified, usually during a test they are invited to trial for a period of up to 4 weeks.

Session content for Swim School:

Session content for both Swim Schools has been agreed as the responsibility of NDASC and will be organised by the Club Head or Lead Squad Coach who has overall ownership and leadership over the design of the programme. Session plans are written according to Long Term Athlete Development using evidence based drills and skills that are known to further develop the ability of swimmers. The drills and skills used in the swim schools are in turn passed on to the teachers so they may incorporate them in their learn to swim programme. Experience has shown that this in turn enhances the readiness of swimmers for swim school and enables them to exit the Learn to Swim Programme directly into the club already having experience and a familiarity with how the club operates.

NDASC OPERATIONAL PROCEDURE: LINKING HLH LESSON PROGRAMME TO CLUB ENTRY – FEBRUARY 2018. TRIENNIAL REVIEW.

Conclusion:

It is hoped this policy document outlines the main aspects of linking the Learn to Swim Programme with NDASC. Should further information be needed the club can be contacted on: swimnairn@googlemail.com

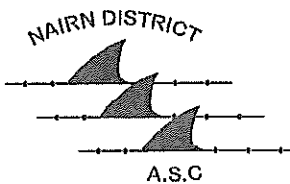
Document to be reviewed annually

SIGNED AGREEMENT OF OPERATIONAL PROCEDURE:

This agreement may be reviewed at any point on request of one of either parties:

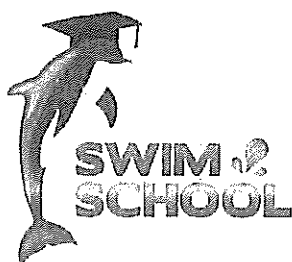
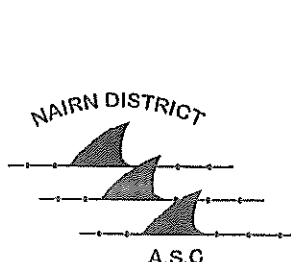


Signed: *[Handwritten Signature]*
Date: 24 - 8 - 18
Position: FACILITY MANAGER



Signed: *[Handwritten Signature]*
Date: 23 AUG 2018
Position: CHAIRPERSON

APPENDIX 1:



SCHEME OF WORK

DATE	WARM UP - 20 mins	MAIN SET - 20 mins	SUB SET – 20 mins
Pre session activity.	Stretch distances as weeks progress incorporating tumbles on F/C.	Work on single lengths for quality.	Contrasting or linked activities – pick favourite activity from the week before and fit 5 mins in at the end.
WEEK 1 Allocate lanes and introduce dynamic flex. Fit for fins.	Mixed swim/kick on F/C, B/C and Brst. Fly kick on front and back.	Improving F/C leg drive, breathing and head positions – simple drill progression	Introducing F/C tumble turns – work on mid pool tumbles from a jump for fun.
WEEK 2 Dynamic Flex. Using fins on drills.	Mixed swim/kick/drill on F/C. Swim and kick on B/C and Brst. Fly kick on front and back. Use F/C swims with tumbles mid pool to link skill with last week – not yet using the wall.	A few minutes on push and glides and link with dives. Improving F/C leg drive, breathing and DPS – simple drill progression	Introducing head first dive starts – working streamlining, height and distance and control on the block into F/C.
WEEK 3 Dynamic Flex Using fins on drills.	Mixed swim/kick/drills on F/C, B/C and Brst. Fly kick on front and back. Use F/C swims with tumbles mid pool – not yet using the wall.	Improving B/C leg drive, rotation and stroke control – simple drill progression	Push and glides working control and streamlining - swimmer to work a tumble off the push and glide. F/C turns putting in the wall.
WEEK 4 Dynamic Flex. Using fins on drills.	Mixed swim/kick/drills on F/C, B/C and Brst. Fly kick front and back. Using F/C turns at the wall.	Improving B/C leg drive and pull using kick work and drills – simple drill progression.	Mid pool B/C turns working on the rotation into tumble.
WEEK 5 Dynamic Flex. Start to stretch distances on F/C using tumbles. Consider who may be ready for club.	Mixed swim/kick/drills on F/C, B/C and Brst. Continued work using tumbles on F/C. Fly kick and introducing IM over half distances.	Improving Brst kick and timing with Brst drills – simple drill progression on single lengths.	B/C dive starts working up from push and glides on back. Work on fly kick rhythm off the push and glide into alternate kick and breakout.
WEEK 6 Dynamic Flex	Mixed swim/kick/drills on F/C, B/C and Brst - continued work using tumbles on F/C.	Improving Brst kick Improving timing on Brst	Breaststroke push and glide introducing keyhole. Introduce the turn.

Consider who may be ready for club.	Some work on Fly kick and IM over half length distances.	Improving Brst pull using fly kick of varying numbers per pull.	
WEEK 7 Dynamic Flex Using fins on drills.	Mixed swim/kick/drills on F/C, B/C and Brst. Fly kick and IM over half length distances.	Work with fins on fly kick and introduce arms using drills.	Dive starts improving head first entry off the block. Add in keyhole.
WEEK 8 Dynamic Flex Using fins on drills.	Mixed swim/kick/drills on F/C, B/C and Brst. Fly kick and IM over half length distances.	Work with fins on fly kick and continued work on simple drills.	Swimmers choice on either dives or turns or can do a fun game to finish e.g. use woggles for a fun race on sea horses?

