



Active Swim

SWIMMING TEACHER
TRAINING AND
LIFEGUARDING
PROGRAMMES
2024/25

Training and Development

Introduction

Active Swim is committed to developing high-quality teachers. Successful learners may apply to work within the swim school. Active Swim is an approved training centre that delivers Swim England Qualifications (SEQ) and Royal Life Saving Society UK (RLSS UK) qualifications. We specialise in swimming teacher training alongside lifeguarding, lifesaving and first aid. The staff are highly skilled and experienced and endeavour to train learners to best prepare them for working in the leisure industry.



Coach Education and Development Pathways

SEQ Level 3 Swim Coordinator

SEQ Level 2 Teaching
Swimming to Babies and
Toddlers qualification

SE Coach
SE Assistant Coach

Continuous Professional Development (CPD)

CPD Seminars
Research
Shadow of Teachers
Work Experience

↑
SEQ Level 2 Swimming Teaching
↑

↑
SEQ Level 1 Swimming Assistant (Teaching)

We offer programmes leading to the following qualifications/awards:

SEQ Level 1 Swimming Assistant (Teaching)

SEQ Level 2 Teaching Swimming

Combined SEQ Level 1 Swimming Assistant and Level 2 Teaching Swimming

SEQ Level 2 Teaching Swimming to Babies and Toddlers

SEQ Level 3 Swim Coordinator

RLSS National Rescue Award for Swimming Teachers and Coaches

RLSS UK Qualifications Level 3 National Pool Lifeguarding Qualification

RLSS UK Qualifications Level 3 Emergency First Aid at Work

RLSS UK Qualifications Level 3 First Aid at Work

A RANGE OF CONTINUING PROFESSIONAL DEVELOPMENT (CPD) SEMINARS WILL BE IN THE PIPELINE STARTING JANUARY 2025.

SEQ Programmes

SEQ Level 1 Swimming Assistant (Teaching)

This qualification is the first step to becoming qualified as a swimming teacher. This qualification qualifies you to be an assistant teacher, and you will gain the essential knowledge and skills needed to assist a qualified swimming teacher in delivering high-quality, inclusive swimming lessons. You will learn about the role and responsibilities of a Swimming Assistant, the participant journey, Competitive strokes and skills, Scientific principles in swimming, The components of a swimming lesson, Supporting participants and the Swimming Teacher, and Communication skills.

You must be at least 16 at the start of the course. It would be best if you were comfortable reading and accessing the course in English. The assessment consists of theoretical questions, observation and reviewing (lessons) records.

SEQ Level 2 Swimming Teacher

This is the qualification that fully qualifies you as a professional swimming teacher. You can effectively plan, prepare, deliver and evaluate swimming lessons independently. You will develop the skills and confidence to provide quality, inclusive, fun swimming lessons. The course will cover the role and responsibilities of a Swimming Teacher, the planning (overviews and lesson plans), teaching safe and inclusive lessons to a range of ability groups, assessing participants at the correct level, supporting and developing a swimming assistant, and developing swimming strokes and skills.

You must be at least 16 years of age at the start of the course **AND** hold the SEQ Level 1 Swimming Assistant (Teaching) or equivalent. The assessment consists of theoretical questions, planning (overviews and lesson plans), evaluating lessons, observation and a professional development action plan.

Combined SEQ Level 1 Swimming Assistant and Teaching Swimming

This is the fast-track route to becoming fully qualified. Learners must complete both courses and pass Level 1 before continuing to the Level 2 course. The requirements are the same for each level.

SEQ Level 2 Teaching Swimming to Babies and Toddlers Qualification

The SEQ Level 2 Teaching Swimming to Babies and Toddlers qualification is practical for individuals wanting to independently plan, prepare, deliver and evaluate Babies and Toddlers swimming lessons. You will develop the knowledge and skills in how babies and toddlers develop and the safe and inclusive lessons with the relevant technical content to deliver.

You must hold the SEQ Level 2 Teaching Swimming. This course is a shortened fast-track course. The assessment consists of theoretical questions, planning (overviews and lesson plans), evaluating lessons, observation and a professional development action plan.

SEQ Level 3 Swim Coordinator

The SEQ Level 3 Swim Coordinator Qualification has been designed to provide learners with the knowledge, skills and abilities to be an effective swim coordinator. It develops a wider view of the swim coordinator's role in the efficient running of a swim programme, managing the swimming workforce and communicating with both internal and external colleagues. You will learn about the best practices for the planning, delivery and monitoring of swimming lessons whilst being able to manage a swimming programme.

To be accepted into this programme for our requirements, you must hold the SEQ Level 2 Teaching Swimming qualification and have experience coordinating swimming programmes (or being in a position at work to complete the assessment requirements). A portfolio and an external case study must be completed.





RLSS Programmes

RLSS National Rescue Award for Swimming Teachers and Coaches (NRASTC)

NRASTC is a supervision and rescue award for swimming teachers, coaches and (or) instructors working during programmed activities, such as swimming lessons. It is suitable for teachers working in a wide range of swimming pools where the water depth is higher than the teachers' standing depth and meets the individual facility's risk assessment.

You must be 16 years of age, able to swim at least 50 metres on your front and back, surface dive to the deepest part of the pool and Climb out unaided. You will be assessed externally on CPR, first aid, theory, and pool practicals. There may be opportunities to undertake Level 3 Emergency First Aid at Work and/or Level 3 Automated External Defibrillator.

RLSS UK Qualifications Level 3 National Pool Lifeguarding Qualification (NPLQ)

The NPLQ is the 'flagship' qualification for becoming a pool lifeguard. It will cover Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Training and assessment for the NPLQ are in three sections; candidates must pass all of them to attain the qualification. There is a mixture of written multi-choice papers and practical lessons.

You must be at least 16 and jump/dive into deep water. You must swim 50 metres in less than 60 seconds and swim 100 metres continuously on front and back in deep water. The ability to tread water for 30 seconds, surface dive to the pool floor, and climb out unaided without using a ladder/steps, as well as where the pool design permits, are also essential. There may be opportunities to gain First Aid at Work, AED, and anaphylaxis qualifications.

RLSS UK Qualifications Level 3 Emergency First Aid at Work or RLSS UK Qualifications Level 3 First Aid at Work

These are the recognised national qualifications for first aid in the workplace. Emergency First Aid at Work enables you to apply basic first aid for workers and is the responsibility of all employers. This one-day first aid course covers a range of CPR and first aid skills, providing employers and your staff with the skills to reduce the risks and dangers in your workplace. This qualification also acts as day one of the full First aid at work.

The Level 3 First Aid at Work Qualification covers a wide range of CPR and first aid skills, equipping the first-aiders to apply first aid to specific injuries and illnesses. This three-day course covers a range of CPR and first aid skills, providing you with the skills to ensure a safe working environment. Both courses have a range of written multi-choice paper(s) and practical assessments.

Key Centre Contact and Lead Tutor

Ray Lau is the Director of Education and Development programmes for Active Swim. He is responsible for being the key contact for Active Swim and liaising with SEQ.

He is an experienced coach educator and coach developer who has delivered Swim England Level One and Two teaching and up to ASA Level Three coaching swimming courses for almost 30 years. During this time, he has trained thousands of swimming teachers/coaches. He is an RLSS UK National Trainer, Pool Lifeguard, and First Aid. Ray holds a Level 4 Diploma in Leading and Developing Swimming programmes.

Ray is a Doctoral Researcher at Loughborough University, specialising in improving the practice of swimming through teacher developers. He presents at national and international swimming conferences.



Ray has been a principal at a secondary school. He holds an MSc in Learning and Teaching from the University of Oxford, specialising in Swimming Teacher/Coach Education. Ray holds qualifications in Music, Educational Leadership and Management, Mentoring and Coaching, and a PGCE. He frequently conducts quality assurance training in school settings.

We employ a small, but skilled, qualified and experienced team to deliver high-quality learning and training experiences.



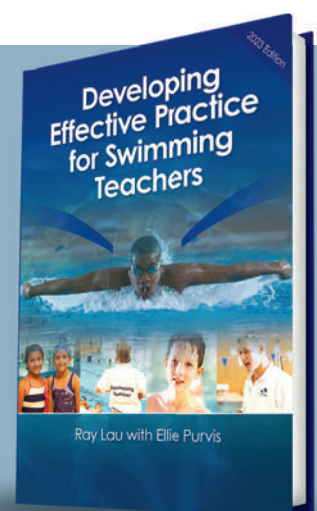
Ray is presenting at the World Aquatic Development Conference in Sweden.

The textbook

Ray is the Lead author of the textbook, *'Developing Effective Practice for Swimming Teachers'*. It was designed back in 2016 with the view to promote better swimming teaching practice for the Level 1 and 2 courses.

The book is constructed in five sections focusing on the 'what' and the 'how to' teaching swimming, including the non-swimmers, the competitive stroke and skills. For 2025, the book will be revised, focusing on best practices in education and learning, featuring elements of Ray's current PhD research.

The book is used for all Level 1 and 2 Swimming Teaching courses. Learners have rated the book as helpful in supporting their learning when on the course.



Course Programme and CPD Training Diary

Courses are held at Rickmansworth School, Scots Hill, Croxley Green, Rickmansworth, Hertfordshire WD3 3AQ. On occasions, the training may be at a different venue confirmed later. CPDs are typically face-to-face, but some may be online.



The following programmes are planned:

Training Reference	Training or CPD Title	Dates and times	Cost
L10724	SEQ Level 1 in Swimming Assistant (Teaching)	Sat 27 Jul to Tue 30 Jul 2024	£379
L20724	SEQ Level 2 in Teaching Swimming	Sat 03 to Fri 09 Aug 2024 (York House School)	£599
L10824A	SEQ Level 1 in Swimming Assistant (Teaching)	Sun 11 Aug to Wed 14 Aug 2024 (Twickenham – Venue TBC)	£379
L2TB0824	SEQ Level 2 Teaching Swimming to Babies and Toddlers	Thu 15 to Sun 18 Aug 2024 09.30-16.30 (York House School) Tutor: Sue Parker	£349
NPLQ0824	RLSS UK Qualifications Level 3 National Pool Lifeguard Qualification*	Thu 15 to Tue 20 Aug 2024 08.00-17.00	£299
L10824B	SEQ Level 1 in Swimming Assistant (Teaching)	Tue 20 Aug 2024 (18.30-21.30 online)* Wed 21 to Fri 23 Aug 2024 (face-to-face) 09.30-17.00	£379
L20824	SEQ Level 2 in Teaching Swimming	Sat 24 Aug to Fri 30 Aug 2024 (York House School)	£599
NRASTC0824	RLSS NRASTC	Fri 30 Aug (eve) to Sun 01 Sep 2024	£149
L11024A	SEQ Level 1 in Swimming Assistant (Teaching)	Mon 01 & Tue 02 (eve online) Sat 05, 12, 19 Oct 2024 (Twickenham – Venue TBC)	£379
L11024B	SEQ Level 1 in Swimming Assistant (Teaching)	Wed 03 & Thu 04 (eve online), Sun 06, 13, 20 Oct 2024	£379
L20824	SEQ Level 2 in Teaching Swimming	Sat 26 Oct to Fri 01 Nov 2024	£599
L30125	SEQ Level 3 Swim Coordinator	Jan 2025 to Apr 2025 (Blended)	TBC
L10125	SEQ Level 1 in Swimming Assistant (Teaching)	Fri 03, 10 Jan 2025 (eve online) Sat 04, 11, 18 Jan 2025	£379
L20225	SEQ Level 2 in Teaching Swimming	Sat 10 to Fri 16 Feb 2025	£599
L10425	SEQ Level 1 in Swimming Assistant (Teaching)	Sat 05 Apr to Tue 08 Apr 2025	£379
L2TB0425	SEQ Level 2 Teaching Swimming to Babies and Toddlers	Tue 09 to Fri 11 Apr 2025	£379
L20425	SEQ Level 2 in Teaching Swimming	Fri 11 Apr to Thu 18 Apr 2025	£599
L10725	SEQ Level 1 in Swimming Assistant (Teaching)	Sun 27 Jul to Wed 30 Jul 2025	£379
L20725	SEQ Level 2 in Teaching Swimming	Sat 02 to Fri 08 Aug 2025	£599
L10825	SEQ Level 1 in Swimming Assistant (Teaching)	Mon 18 to Wed 20 Aug 2025 Fri 22 Aug 2025	£379
L20725	SEQ Level 2 in Teaching Swimming	Sun 27 Jul to Wed 30 Jul 2025	

*Courses may be blended (including online) but are predominantly face-to-face.

Dates and times may be subject to change. Learners for SEQ Level 1 and 2 combined courses must be successful on Level 1 before being allowed to continue to Level 2 on the same framework.

For Terms and Conditions, please contact Active Swim or see our website.



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