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## **Exmouth Swimming and Life Saving Society and the SWIM ENGLAND NATIONAL PLAN FOR TEACHING**

Welcome to the Learn to Swim section of Exmouth Swimming and Life Saving Society (the "Club").

ES and LSS was founded in 1893. Lessons and Water polo were regularly taught in Exmouth Docks seasonally before the Club moved to the salt water pool on Exmouth sea front. The Club moved to its current base at Exmouth Sports and Leisure Centre's pool, when the pool was publicly funded in 1985. The Club currently uses the pool to teach children to swim, to train the Competitive and Development Section, Masters and open water squads several nights a week.

ES and LSS is completely run by dedicated volunteers who receive no payment in return for their services.

This information pack has been put together to assist swimmers and parents learn about the Club and the swimming activities so that the transition into the section can be as easy as possible. It is intended to answer as many queries as possible and explain club rules and policies. If you have any further queries, please do not hesitate to ask.

### **HOW MUCH WILL IT COST?**

You will be charged an Annual Membership Fee to belong to the Club. This is to register and meet some of the insurance requirements. The committee sets the Membership Fee annually. Each swimmer and helper will also be charged the Swim England membership fee. This is to register and provide full insurance cover for the swimmer while in the pool.

The club year runs from December to November.

### **WHAT ARE THE CLUB AND POOL RULES?**

The club rules or the constitution and the policies can be found on the Club's website. If you don't have access to the internet please ask and a copy can be provided. In addition we would ask that consideration be given to complying with the "rules" as set out in Appendix A.



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The club also has some rules that need to be followed at the pool:

- Swimmers need to get changed and ensure that they are ready to begin the swimming session on time
- No outdoor shoes on poolside (or covers worn)
- Ensure that swimmers bring a drink in a suitable container. Failure to do so may mean that a swimmer cannot swim.
- In the case of absence due to ill health please advise us. After an initial two week period a member with a current Doctors Certificate may claim discounted session fees for a period of sickness/injury for a maximum six month period. The discounted session fee will be 25%.

### **DOES THE CLUB HAVE ANY CHILD PROTECTION POLICIES?**

The club adheres to Swim England's Child Welfare in Swimming Policy, details of which can be found on our website, the Swim England website or ask for details.

If you have any queries or concerns please speak to the Club Welfare Officer, Mrs Suzanne Pashley; their details can be found on the Club noticeboard.

### **DOES THE CLUB HAVE ANY EQUITY POLICIES?**

Yes, this can be found on the Club's website.

### **SWIMMING PARENTAL GUIDE**

We have 'adopted' the Swim England National Plan for Teaching Swimming. The guide below has been written by Swim England and sets out the syllabus and its aims and objectives for the Teaching of Swimming and for pupils who follow this syllabus with us. It leads nicely into our Lifesaving programme which we promote and develop for our young swimmers. See our syllabus for badges.

Our teachers have received training and have a good understanding of its aims and objectives. It pulls together much of what we have always valued in our teacher programme, so please ask questions once you have studied the diagram below and had a read of the guide for parents.

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## Swim England National Plan for Teaching Swimming

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- The Synergy Cylinder
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### A short guide

The National Plan for Teaching Swimming (NPTS) is an 'all-inclusive programme' which takes the non-swimmer from his or her first splash to developing confidence and competence in the water. The national governing body for swimming, Swim England (previously known as the Amateur Swimming Association) has produced a national syllabus for Aquatics, in order to equip learn to swim providers with the training and tools to deliver a multi aquatic, multi skill programme.

The Swimmer's 'journey through aquatics' following the National Plan for Teaching Swimming will result in the development of a wide range of skills. These skills, if you like, are a jigsaw of pieces, and when put together result in a competent, confident and safe Swimmer who has the skill base for then developing technique in a wide range of water based sports.

A child develops their basic movement range during the ages of 5 years to 8 years for females, and 6 years to 9 years for males. During this stage of 'growing up', children should be taking part in activity that builds their FUNdamental movement skills, with the emphasis being learning through FUN. With reference to this, children need to build up skills that fall under specific categories; in aquatics these are aquatic specific.

Listed below are the main areas of skill which are developed as a Swimmer takes their journey through aquatics, following the SWIM ENGLAND National Plan for Teaching Swimming.

ENTRY – safe entry into water, use of steps, side, jumps and eventually dives.

EXITS – safe exits from water, use of steps and side.

BUOYANCY and BALANCE – developing an understanding of buoyancy and balance and what affects it, and how to become buoyant in the water.



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ROTATION and ORIENTATION – developing skills such as: how to turn around, how to lie back, how to lie forward, how to regain an upright position, and how to twist from the back to the front and vice versa.

STREAMLINING – understanding of streamlining, how to be streamlined and why it is important.

AQUATIC BREATHING – developing confidence in the water and a feeling of being at ease with the water around the face, learning how to breathe correctly, which consequently is developing a 'safe' swimmer.

TRAVEL and COORDINATION – developing movement forwards, backwards, sideways, how to travel effectively, exploring different ways of travelling in water.

WATER SAFETY – development of a basic understanding of how to keep safe around water.

HEALTH and FITNESS – developing an understanding of why activity is good for you.

If the Swimmer does not accomplish a skill such as 'aquatic breathing', the achievement of skills such as rotation, streamlining, travel, buoyancy and balance will become impossible to learn effectively, if at all.

At each Stage of Swim England's NPTS, all skills are crucial and must be comfortably achieved prior to moving on to the next Stage. Through the journey of acquiring skills, water competence will develop.

Through a competence in water, the child will have more FUN, is more likely to be active and follow a healthy lifestyle, and more likely to actively participate in sport throughout their lifetime. Finally, all Swimmers' excel at a pace individual to them.

### **Journey through Aquatics**

The Swimmer's 'journey through aquatics' starts with FOUNDATION, a programme for developing early years water confidence, which is encouraged through sessions such as 'parent and baby' and 'pre-school' sessions. The emphasis is upon development of very basic motor skills and introduction to water and the swimming environment through fun and games. The 'Swim England Duckling' Awards provide rewards appropriate for this section.

The next stage along the 'journey' takes a Swimmer through FUNDAMENTAL MOVEMENT SKILLS, STAGE 1 – 7 of the National Plan for Teaching Swimming. There are smaller stepping-stones for Swimmers who are not yet ready for Stage 1 of the NPTS and who may have ADDITIONAL NEEDS requirements in order to progress into Stage 1



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of the NPTS. The Awards range specific to this section is the 'SWIM ENGLAND Alpha Awards'.

### **A Brief Overview of Stages 1 – 7:**

(For more information regarding the content you may wish to purchase the Swim England Parent's Guide, available from the Swim England Awards Centre, Freephone: 0800 220292.

**STAGE 1** – Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

**STAGE 2** – Developing safe entries to the water. To include jumping in, basic floating, travel and rotation this is done unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

**STAGE 3** – Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

**STAGE 4** – Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by Swim England.

**STAGE 5** – Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by Swim England.

**STAGE 6** – Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**STAGE 7** – Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines. FUNDAMENTAL SPORT SKILLS,

**STAGES 8 – 10** of the National Plan for Teaching Swimming are available in competitive swimming, water polo, synchronised swimming, and diving and lifesaving. (Exmouth Swimming and Life Saving Society provide competitive swimming).

As a result of completing ALL the outcomes detailed within each Stage of the National Plan for Teaching Swimming, a set of awards are available, called the Swim England 'National Plan Awards'.



The Cylinder at the end of this document demonstrates the 'synergy' between the stages of the National Plan for Teaching Swimming but also between other aquatic programmes.

### **Frequently asked questions**

#### **WHAT is Swim England**

- Previously known as the Amateur Swimming Association, Swim England is the National Governing Body for Swimming in England, the disciplines include: Swimming, Diving, Water Polo, Open Water and Synchronised Swimming.
- They organise competitions throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its renowned Awards Scheme.

#### **WHAT is the NPTS?**

- It is the 'National syllabus' produced by the National Governing Body for Swimming, Swim England to assist and support the delivery of swimming lessons.
- It is a single pathway for Swimmers to learn how to be competent and confident in the water.
- It is a 'multi skill' programme for swimmers to learn how to swim and be proficient (competent) in water for them to then make the choice to continue to participate in any aquatic sports later on... such as Competitive Swimming, Diving, Synchronised Swimming, Water Polo and Rookie Lifesaving.

#### **WHAT are the Kellogg's Awards?**

- Kellogg's sponsor the Swim England Awards Scheme.

#### **WHAT Awards OR Stages are included in the NPTS?**

- The NPTS includes Foundation Phase (Adult and Child, Swim England Duckling Awards), plus there is an additional phase of Alpha Awards between Foundation and NPTS Stage 1 to support adults who may not be very water confident or support for those with a disability.
- The Core, FUNdamental Movement skills are NPTS Stages 1 – 7.
- The Sport Specific Skills are the discipline specific Stages 8 – 10.
- The Synergy Cylinder diagram included in the NPTS Resources gives a clear overview of



the pathways and how to develop the Swimmer's journey through aquatics.

**WHEN does a Swimmer Achieve an Award?**

- A Swimmer must pass ALL outcomes for that Stage before they have achieved an Award.
- The outcomes MUST BE performed to a standard that is stipulated by Swim England and included in the NPTS Resources.

**WHEN does a Swimmer move into the next Group?**

- This will depend upon your facility.
- Normally Swimmers move up to the next group when they have passed an NPTS Stage. WHAT happens after a Swimmer has completed ALL Stages of the NPTS? (i.e. achieved Stage 10)
- The Facility / Organisation may offer other aquatic sessions that a Swimmer may be interested in.
- There may be Clubs who operate in your locality, which may offer activities that Swimmers can then progress into.

**HOW long will it take for my child to pass each Stage?**

- This will vary with every child.
- If a child has the experience of pre-school or adult and child sessions then he / she may move faster initially through the NPTS Stages 1 and 2 as they will be familiar with the environment and possibly confident in the water.

**WHY might Swimmers be playing Games instead of swimming widths / lengths?**

- To learn how to swim, pupils need to master skills that will help them float, breathe and move around in the water.
- Through games, swimmers have FUN and learn important skills. If swimmers are having FUN they enjoy what they are doing and often learn faster.
- The NPTS has a multi skills approach so all the skills that are learnt lead to development of a competent and confident swimmer, who is safe and happy in the water.

**WHAT is LTAD and WHAT are the long-term benefits of LTAD?**



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- LTAD refers to 'Long Term Athlete Development'.
- LTAD is a clear pathway of development for an Athlete, in our case 'a Swimmer'. There are 5 stages to LTAD, and 'Learn to Swim' is all about FUNdamentals.
- Growth is rapid due to the development of large muscle groups in a child, and therefore the emphasis should be on developing basic movement literacy and fundamental movement skills in all sports / activities.
- In order to develop basic movement literacy successfully, there should be participation in a wide range of activities hence the FUNdamental, multi-skill approach in delivering the NPTS syllabus.

IS there any literature I can read on the NPTS?

- A Parent's Guide specific to the NPTS is available. Visit the Swim England website [www.britishswimming.org](http://www.britishswimming.org)

## **APPENDIX A**

What the Club expects from all swimmers

All swimmers should attend the training sessions regularly, and be ready to enter the water at the time their session starts. Swimmers should therefore be at the pool a minimum of 10 minutes before the start, to allow time to change, get on poolside and to get ready..

All swimmers should be properly equipped for swimming. Swimmers must wear the Club hat.

All swimmers must behave responsibly at all times on poolside and respect the rules and regulations of the swimming pools.

### **What the Club expects from the parents/guardians**

Fees must be paid promptly. They are to be paid, in full, regardless of whether the swimmers attend the sessions or not. Fees, which are overdue, will receive a polite reminder from the Club. If not paid within 2 months of this they will be referred to the Committee for further action which may lead to suspension from the club.

The Club **MUST** be informed of any changes in the general health of a swimmer.

If any member wishes to resign from the Club, the committee requires a written notification of 1 month.

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As most swimmers are reliant on parents to get them to the pool, please ensure that they arrive at least 10 minutes before the session starts. We also ask that parents arrive to collect their children on time. Other parents are not responsible for the safety of your child. If for any reason you are going to be late please contact the pool and let us know.

**What swimmers and parents can expect from the Club**

To expect instruction by teachers , relevant to the ability of the swimmer.

A planned programme of training for all swimmers to progress through the Club, to achieve their full potential.

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