

## SwimSafer™ 2.0 Instructor's Responsibilities

All instructors are responsible for providing a safe swimming and water safety programme at all times. They must deliver the SwimSafer™ 2.0 programme in accordance with the curriculum and assessment criteria. They must comply with the SwimSafer™ 2.0 guidelines relating to safety, instructor-to-student ratio and risk management. They are to use an appropriate teaching approach according to the experience and abilities of the students and to ensure maximum participation.

### Safety Procedures

The instructor is responsible for the safety of the students and for making the teaching environment as safe as possible. Consider possible risks and manage safety concerns before classes start can improve safety. The instructor should be able to foresee risks and eliminate or control them before students step into the water.

These are some strategies to promote safety:

- Safety comes first! Make sure one is familiar with the facility and its rules and regulations. Explain and reinforce these rules to students consistently. Make sure parents or accompanying adults are aware of them too
- Be prepared to respond to an emergency. Make sure one is familiar with the facility's emergency action plan and ensure that the student, his/her parents or accompanying adults are aware of them too
- Ensure adequate supervision. Consider the class size and students characteristics. Even though SwimSafer™ 2.0 stipulates a ratio of 1:10 for instructor-student ratio, one must consider the students' characteristics and the instructor may have to either reduce the class size or get a co-instructor to assist
- Plan the activities according to the student's developmental stage and physical and cognitive ability
- Use equipment properly
- Be knowledgeable about medical conditions of the students. The instructor must be aware of any special conditions and the student's limitations

### Emergency Checklist

- Location of nearest phone. Is it always accessible?
- Location and telephone number of nearest ambulance on-call
- Means of transport to medical assistance
- Location of Automatic External Defibrillator (AED)
- Location of first aid kit
  - Is it always accessible?
  - Is it always locked?
  - Is it well stocked?
- Location of rescue equipment (rescue tubes, kickboards, poles)
- Names of trained first aid and lifesaving personnel onsite (Do you know them?)