

Tips for Swimming Instructors



- Give 1 instruction at a time
- Clear and direct instructions (no slang), simple language
- Be close to the child when giving instructions oppose to shouting from across the pool
- Repeat instructions
- Avoid sarcasm
- Use name first then instructions
- Avoid surprises
- Avoid splashing water on them, pouring water on them; unless told the child and they are in agreement and expecting it.
- Offer 1:1 lesson or smaller groups
- Reduce surrounding noise where possible.
- Use empathy i.e. I know that's rubbish you can't jump in, but I have to keep you safe, we can jump in at the end.
- Be playful
- Use visuals such as picture cards which can be laminated.
- Children might not cope with the texture of swimming aids like pool noodles, be prepared to be flexible.
- Build a sense safety first for example, will need to be really confident to swim on front before moving to swim on back. Progress may be slower but that's okay. Building safety is key.
- Build a relationship with the child i.e., notice things about them, Wow I love your swimming shorts, you look you have got taller since I last seen you
- Be repetitive and consistent (keep practicing same thing)



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Tips for Swimming Instructors



- Create a routine and repeat each week- don't bounce from one activity to another.
- Start and end with the same activity.
- Celebrate all triumphs, even if really small
- Advise of any changes in advance i.e., new techniques, different instructor
- Might not cope with a full 30 minutes of teaching- perhaps allow some "free time" towards the end
- Consider the child much younger, how would you manage a child 2-3 years younger in your class.
- Think about how you offer feedback, where possible not in front of the child
- Wonder i.e. I wonder if you are feeling mad because.....



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