



Australian Government

SISSSWM001 Coach swimmers up to a competitive level

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to coach swimmers up to a competitive level.

This unit applies to individuals working in community based coaching roles in the Australian sport industry. This includes individuals working and volunteering in swimming clubs and centres.

Specific industry accreditation requirements apply to swimming coaching accreditation and information should be obtained from Swimming Australia.

Pre-requisite Unit

Nil

Competency Field

Swimming

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Plan swimming sessions for swimmers up to a competitive level.

- 1.1. Gather and review swimmer information to assess developmental readiness of swimmers up to a competitive level.
- 1.2. Set swimming session objectives to meet developmental readiness of swimmers up to a competitive level.
- 1.3. Determine session content to address swimming session objectives.
- 1.4. Select coaching practices to meet swimming session objectives.
- 1.5. Develop and document swimming session plans for

- swimmers up to a competitive level.
2. Prepare swimming sessions for swimmers up to a competitive level.
 - 2.1. Prepare facilities, equipment and resources to meet swimming session plan requirements.
 - 2.2. Select and set up equipment for safe use by swimmers up to a competitive level.
 - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise safety risk to swimmers up to a competitive level.
 3. Conduct swimming sessions for swimmers up to a competitive level.
 - 3.1. Communicate and confirm understanding of swimming session activity instructions and safe participation requirements of swimmers up to a competitive level.
 - 3.2. Present, sequence and pace swimming session activities according to swimming session plans.
 - 3.3. Select and use communication styles to achieve swimming session objectives.
 - 3.4. Observe practice of swimmers up to a competitive level to assess swimmer ability to perform activities.
 - 3.5. Modify swimming session activities as required to meet needs of swimmers up to a competitive level and environmental conditions.
 - 3.6. Monitor swimming sessions to identify and address safety risks to swimmers up to a competitive level.
 - 3.7. Analyse swimmer performance and provide feedback to swimmers to improve performance.
 - 3.8. Conduct end of swimming session review to evaluate swimming session plan and inform future swimming session planning processes.
 4. Promote good behaviour.
 - 4.1. Communicate and model swimming participation behaviour standards.
 - 4.2. Monitor participation to identify poor behaviour.
 - 4.3. Use behaviour management strategies to address swimmer poor behaviour in accordance with organisational policies and procedures.
 5. Reflect on coaching practice.
 - 5.1. Seek feedback from others to identify areas to improve own swimming coaching practice of swimmers up to a competitive level.
 - 5.2. Reflect on own swimming coaching practice of swimmers up to a competitive level to identify areas for improvement.
 - 5.3. Analyse findings and incorporate learnings in future swimming sessions with swimmers up to a competitive level.
 - 5.4. Seek opportunities to address identified professional

development needs.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret swimming session plans • interpret documents that describe swimming organisational policies and procedures.
Writing skills to:	• record attendance.
Oral communications skills to:	• use age-appropriate language to engage swimmers up to a competitive level • ask open and closed questions and actively listen to determine and meet needs of swimmers up to a competitive level • interact with swimmers up to a competitive level in a polite and positive manner • give swimming instructions to swimmers up to a competitive level.
Numeracy skills to:	• estimate time and space requirements for swimming session activities • manage pair and group work for odd and even numbers of swimmers up to a competitive level.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>