



Australian Government

Department of Education, Employment and Workplace Relations

SISCAQU308A Instruct water familiarisation, buoyancy and mobility skills

Release: 2

SISCAQU308A Instruct water familiarisation, buoyancy and mobility skills

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct a broad range of clients in water familiarisation, buoyancy and mobility skills using drills, activities and games according to best practice principles of aquatic activities.

Application of the Unit

This unit applies to those conducting learn-to-swim and water safety classes in swimming pools and confined natural shallow water venues.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SISCAQU202A Perform basic water rescues

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the Evidence Guide.

1. Determine participant readiness.

- 1.1. Identify the ***characteristics of the participant group***.
- 1.2. Identify the ***water familiarisation, buoyancy and mobility skills*** to be developed according to ***best practice principles of aquatic activities***.
- 1.3. Assess participant readiness to acquire the relevant skills.
- 1.4. Determine the ***instructional methods*** and styles appropriate to the participant group.
- 1.5. Determine appropriate drills, activities and or games for the participant group.
- 1.6. Allocate sufficient space and assemble ***resources*** for the drills, activities or games according to ***relevant legislation, organisational policies and procedures, conditions and external influences***.

2. Conduct drills, activities and games.

- 2.1. Provide clear and accurate instruction on drills, activities or games to be used.
- 2.2. Introduce participants to the water in an appropriate manner according to best practice principles of aquatic activities.
- 2.3. Demonstrate skills and techniques to participant group as required, according to best practice principles of aquatic activities.
- 2.4. Monitor the participation and performance of each participant according to relevant legislation and provide feedback as required.
- 2.5. Observe participants' movement through water according to the ***principles of movement in water*** and adjust or refine individual or group performance as required.
- 2.6. Modify the activity as required according to participant needs and ***factors which affect skills acquisition***.
- 2.7. Respond to participant concerns and questions as required according to best practice principles of aquatic activities.

ELEMENT**PERFORMANCE CRITERIA**

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| | 2.8. Respond to participants experiencing difficulties according to organisational policies and procedures and relevant legislation. |
| | 2.9. Monitor time and complete drills, activities or games according to organisational policies and procedures. |
| 3. Review and adapt the instruction. | 3.1. Request and respond to feedback from participants. |
| | 3.2. Identify aspects needing further emphasis, attention or intervention in future sessions. |
| | 3.3. Review own performance and identify <i>areas needing improvement</i> and appropriate strategies as required. |
| | 3.4. Implement modifications to future instruction in response to feedback and review of participant progress. |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - provide clear instruction
 - confirm understanding
 - request and respond to participant questions and feedback
- problem-solving skills to:
 - identify and address participant difficulties in applying water familiarisation, buoyancy and mobility
 - adjust activities as required
- planning and organisational skills to:
 - select and instruct appropriate drills, activities and games
 - manage time
- self-management skills to:
 - review own performance
 - address any areas requiring improvement.

Required knowledge

- legislation and organisational policies and procedures that ensure the safety of clients other facility users and staff
- principles of movement in water and best practice principles of aquatic activities to enable safe, effective and consistent instruction in buoyancy and mobility skills
- water familiarisation, buoyancy and mobility skills to enable accurate and comprehensive instruction to participants
- use, care and maintenance of equipment
- cardiopulmonary resuscitation techniques to enable initial response to emergencies.

Evidence Guide

The Evidence Guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, Range Statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- delivers concise information, explanations and demonstrations to ensure drills, activities and games are conducted safely
- observes clients and provides feedback and intervention to improve individual skill performance as appropriate
- modifies instructional methods, styles and activities for individuals and groups to enhance skill development as appropriate
- applies organisational policies and procedures and relevant legislation to ensure safety of participants and other facility users.

Context of and specific resources for assessment

Assessment must ensure:

- conduct of drills, activities and games for multiple sessions which incorporate instruction in all water familiarisation, buoyancy and mobility skills
- access to a swimming pool or confined natural shallow water venue
- access to safety equipment relevant to local regulatory and organisational requirements
- access to appropriate clients.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of candidate instructing, monitoring and adjusting water familiarisation, buoyancy and mobility skills according to the needs and characteristics of participant groups and organisational safety requirements
- oral or written questioning to assess knowledge of the application of the principles of movement in water
- review of portfolio of lesson plans developed by the candidate.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended,

for example:

- SISCCRO302A Apply legal and ethical instructional skills.

Range Statement

The Range Statement relates to the Unit of Competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Characteristics of the participant group*** may include:
- age
 - stage of development
 - physical or intellectual characteristics
 - cultural and situational factors.
- Water familiarisation*** may include:
- entering, leaving and moving through the water
 - getting the face wet
 - submerging and opening eyes under water
 - regaining a standing position
 - breathing.
- Buoyancy and mobility skills*** may include:
- front, back and side floating
 - gliding
 - torpedo
 - sculling
 - treading water
 - stroke exploration.
- Best practice principles of aquatic activities*** may include:
- accepted preventative practice adopted throughout the aquatic industry to minimise safety hazards or risks
 - AUSTSWIM Limited Swimming Teachers Code of Conduct policies
 - the culture of swimming and water safety.
- Instructional methods*** may include:
- whole skill strategies
 - whole, progressive part, whole strategies
 - progressive part strategies
 - demonstration strategies
 - command and response strategies
 - experiential or problem-solving strategies
 - techniques to encourage the reluctant participant.
- Resources*** may include:
- flotation devices
 - first aid facilities and equipment
 - ropes
 - reaching poles
 - pool safety equipment

- clipboards
- instructors and equipment.
- Relevant legislation*** may include:
 - occupational health and safety
 - duty of care
 - working with children.
- Organisational policies and procedures*** may include:
 - occupational health and safety
 - communication protocols
 - swimming teachers Code of Conduct policy
 - appropriate swimwear and personal protective equipment
 - consideration of other facility users.
- Conditions and external influences*** may include:
 - environmental conditions
 - other facility users
 - spectators
 - parents
 - other instructors.
- Principles of movement in water*** may include:
 - buoyancy
 - flotation
 - hydrostatic pressure
 - propulsion
 - lift
 - drag
 - turbulence
 - acceleration
 - resistance
 - balance and stability.
- Factors which affect skills acquisition*** may include:
 - individual considerations
 - venue
 - weather conditions
 - background noise and distractions
 - class size
 - water depth
 - available water space.
- Areas needing improvement*** may include:
 - knowledge
 - instructional skills and techniques
 - group control techniques.

Unit Sector(s)

Community Recreation

Competency Field

Aquatics