



Australian Government

SISCAQU008 Instruct water familiarisation, buoyancy and mobility skills

Release: 1

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Modification History

Not applicable.

Application

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

This unit applies to those conducting learn-to-swim and water safety classes in swimming pools and confined natural shallow water venues. Work is performed according to relevant legislation including working with children and/or vulnerable people checks, organisational policies and procedures and best practice principles.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

SISCAQU002 Perform basic water rescues

Competency Field

Aquatics

Unit Sector

Community Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Develop lesson plans.

PERFORMANCE CRITERIA

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

- 1.1 Consider participant group characteristics and identify water familiarisation, buoyancy and mobility skills to be developed.
- 1.2 Assess participant readiness.
- 1.3 Determine appropriate instructional methods to acquire the relevant skills.

- 1.4 Determine appropriate drills, activities and/or games for the participant group.
 - 1.5 Develop and document lesson plans that incorporate key instructional information.
2. Conduct lessons.
 - 2.1 Allocate sufficient space, assemble resources and check equipment for maintenance requirements.
 - 2.2 Provide clear and accurate instruction on drills, activities and/or games.
 - 2.3 Appropriately introduce participants to the water.
 - 2.4 Demonstrate skills and techniques, and monitor the participation and performance of each participant.
 - 2.5 Observe participant movement through water according to principles of movement in water and adjust or refine individual or group performance, as required.
 - 2.6 Select and use communication techniques that encourage and support participants.
 - 2.7 Modify activity, as required according to participant needs and factors that affect skills acquisition.
 - 2.8 Respond to participants experiencing difficulties and answer questions as required.
 - 2.9 Monitor time and complete drills, activities or games within time allocated.
 - 2.10 Complete lesson documentation.
3. Review and adapt instruction.
 - 3.1 Request and respond to feedback from participants.
 - 3.2 Identify aspects needing further emphasis or attention in future sessions.
 - 3.3 Review own performance and identify areas needing improvement.
 - 3.4 Implement modifications to future instruction in response to feedback and review of participant progress.

Foundation Skills

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

SISCAQU308A Instruct water familiarisation, buoyancy and mobility skills

Links

Companion Volume implementation guides are found in VETNet -

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