



Australian Government

SISSSWM003 Coach swimmers up to an elite level

Release: 1

SISSSWM003 Coach swimmers up to an elite level

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to coach swimmers up to an elite 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

Elements describe the essential outcomes

1. Plan swimming sessions for swimmers up to an elite level.

PERFORMANCE CRITERIA

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

- 1.1. Gather and review swimmer information to assess developmental readiness of swimmers up to an elite level.
- 1.2. Set swimming session objectives to meet developmental readiness of swimmers up to an elite 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 an elite level.
2. Prepare swimming sessions for swimmers up to an elite 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 an elite level.
 - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise risk to swimmers up to an elite level safety.
 3. Conduct swimming sessions for swimmers up to an elite level.
 - 3.1. Communicate and confirm understanding of swimming session activity instructions and safe participation requirements of swimmers up to an elite 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 an elite level to assess swimmer ability to perform activities.
 - 3.5. Modify swimming session activities as required to meet swimmers up to an elite level needs and environmental conditions.
 - 3.6. Monitor swimming sessions to identify and address safety risks to swimmers up to an elite 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 an elite level.
 - 5.2. Reflect on own swimming coaching practice of swimmers up to an elite level to identify areas for improvement.
 - 5.3. Analyse findings and incorporate learnings in future swimming sessions with swimmers up to an elite 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 an elite level • ask open and closed questions and actively listen to determine and meet needs of swimmers up to an elite level • interact with swimmers up to an elite level in a polite and positive manner • give swimming instructions to swimmers up to an elite 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 an elite 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>

Assessment Requirements for SISSSWM003 Coach swimmers up to an elite level

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- deliver swimming coaching to swimmers up to an elite level on three occasions for a duration of at least 30 minutes each.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in the elements and performance criteria of this unit:

- organisational policies and procedures applicable to coaching swimmers up to an elite level
- tactical and technical fundamentals of swimming for swimmers up to an elite level:
 - tactical:
 - pacing and race judgement
 - race and competition tactics including single stroke, medley, relay and skins format
 - technical:
 - freestyle
 - breast stroke
 - backstroke
 - butterfly
 - general, stroke specific and relay starts
 - tumble, twist, stroke specific and medley turns
 - general and stroke specific finishes
- analysis of swimmer movement and performance
- modifying activities for swimmers up to an elite level:
 - regress activities
 - progress activities
- organisational layout of swimming activities
- swimming competition pathways and schedules:
 - heats
 - semi finals
 - finals

- swimming rules, regulations and policies applicable to coaching swimmers up to an elite level
- roles and responsibilities of swimming coaches and officials applicable to swimmers up to an elite level
- swimming session planning for swimmers up to an elite level:
 - session objectives
 - progression and regression activities and modified games
 - activities inclusive of all swimmers
 - designing activities that require swimmers to think and make meaningful decisions about swimming situations
 - linking sessions to develop and progress skills
 - group organisation
- swimming equipment and resources:
 - selection
 - safe set up and layout
 - safe condition
 - safe use
- safe participation requirements for swimmers up to an elite level:
 - obeying the rules
 - use of protective equipment
 - hydration
- contemporary coaching practices
- coaching communication styles:
 - direct instruction
 - indirect instruction
 - demonstration
 - position of coach
 - problem solving
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- managing poor behaviour:
 - establishing behaviour standards
 - promoting cooperation and good relationships
 - common causes of poor behaviour of swimmers up to an elite level
- methods of observation and feedback during swimming sessions with swimmers up to an elite level:
 - how, what and when to observe

- timing of feedback
- swimming session review processes
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community-based sport environment in swimming. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- swimming facilities, equipment and training aids:
 - swimming pool with marked lanes
- organisational safety, emergency response and first aid procedures for swimming
- Swimming Australia rules, regulations and policies applicable to coaching swimmers up to an elite level.

Assessment must ensure use of:

- session plan template
- swimmers up to an elite level to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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