

# SEMINAR FRIDAY OCTOBER 24

AT HETHERSETT OLD HALL SCHOOL 9.00 until 15.45 with

## PAUL ROBBINS

Following on from the success of last year's seminar, Hethersett is again our popular choice. This year we have the pleasure of Paul Robbins who is a director of the ISTC, a senior tutor and a club coach. Paul will be covering two topics. "Teacher/Coach Protect Yourself," which affects everyone involved in swimming irrespective of what level they teach or coach and in the afternoon, "The Teaching of Personal Survival," which will include a practical session. We would like some of you to volunteer to take part in the pool session so bring along your attire to what promises to be a very enjoyable and informative day!(programme over) **John Holden Chairman**

**COST:- £20.00** (includes an excellent lunch, refreshment breaks **and a full CPD creditation certificate from the ASA**)

### How to Find The School:-

Hethersett Old Hall School is situated SW of Norwich on the B1172. At the roundabout which links the A47 and A11 take the B1172 for Hethersett. The school is situated two miles further on the left. (you will pass a church with a tower on your left) There is no need to drive into the village itself.

### CLOSING DATE:- FRIDAY OCTOBER 17

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**Booking forms** to Anne Cathersides, Earlham High School, Earlham Road NORWICH NR4 7NU **with a cheque for £20.00** made payable to "Norfolk Schools' Swimming Teachers' Association."

Name.....

School.....Tel.....

Your Address(or School's Address).....

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**PLEASE ASSUME THAT YOUR BOOKING HAS BEEN ACCEPTED UNLESS YOU HEAR TO THE CONTRARY.**

**DON'T FORGET YOUR PROGRAMME  
AND THE RAFFLE! (Tickets on sale on arrival)**

8.45 - 9.10 - Registration

9.15 - 10.45 - Coach Protect Yourself Part 1

10.45- 11.10 - Break(**EGM of Association - Optional**)

11.15 - 13.00 - Coach Protect Yourself Part 2

13.05 - 14.00 LUNCH

14.05 - 14.50 - Personal Survival (Theory)

15.00 - 15.45 Personal Survival (Pool Practical)

Programme subject to amendment on the day.

***DON'T FORGET TO COLLECT YOUR ASA CPD CERTIFICATE FROM RECEPTION AND  
MAY WE WISH YOU A SAFE JOURNEY HOME.***

***NORFOLK SCHOOLS' SWIMMING TEACHERS' ASSOCIATION***

18 Goerge Hill  
Old Catton  
NORWICH  
NR6 7DE

28 June 2002

Mr M Radmore  
Norfolk Education Advisory Service  
Professional Development Centre  
Woodside Road  
NORWICH  
NR7 9QL

Dear Mr Radmore

**Swimming Teachers' Seminar 18 October 2002**

Having contacted your secretary recently, I have enclosed the proposed fly sheet for your approval before it is sent out from County Hall in the schools' communication system. I also

understand that you require a copy on disc which is hereby enclosed.

Could you please contact me as soon as possible so that we can duplicate 500 flyers **ready to be printed by the end of this school year** so that they can be put into the system at the end of August, ready for when schools return in September.

The seminar itself promises to be excellent and we have managed to obtain the services of Paddy Garratt!

Could you please return the disc after use. Thanks in anticipation

Yours very sincerely

John Holden  
Sprowston High  
Enc/1

***NORFOLK SCHOOLS' SWIMMING TEACHERS' ASSOCIATION***

18 George Hill  
Old Catton  
NORWICH  
NR6 7DE

30 June 2003

Mr M Radmore  
County PE Adviser  
Professional Development Centre  
Woodside Road  
NORWICH  
NR7 9QL

Dear Mr Radmore

**SWIMMING TEACHERS SEMINAR 24 OCTOBER 2003**

Please find enclosed a copy of the proposed flyer in connection with the above. I have also enclosed two discs; one disc housing the above flyer and the other with our mailings.

We discussed that you would print the flyers to go out one to each school in September via the internal mail and also one to all who appear on our lists.

We would like to thank you for your support as we are relying on you now to send out the data for what could be a very informative day: a day which you are of course, invited to attend.

Could I please ask you to return the discs to me as soon as possible. Many thanks in anticipation.

Yours very sincerely

John Holden

Chairman

Enc/4

## **NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES**

### **EXAM "A"**

#### **1. What is risk assessment?**

Ans. Careful examination to identify what could cause harm to people using the swimming pool.

#### **2. Give Two hazards relating to the depth of the water.**

Ans. (a) Diving (b) Weak Swimmers(c) Floor variation(d)Wave Machines

#### **3. What is an NOP and a EAP?**

Two separate documents outlining the Normal Operating Procedures and the Emergency Action Plan for the pool in which people work.

#### **4. What variables are you likely to find in these documents?**

Ans. (a)NOP Pool dimensions and depths (b) Potential risks(c)Life Guard duties and responsibilities(d) First Aid supplies and training(e)Details of alarm systems (f) etc.

#### **5. If you had a group of mixed ability swimmers how would you organise them?**

Ans: Allow them to work comfortably within their depth. More able and tall towards the deep end, weak and small towards the shallow end.

#### **6. When should the class register be taken?**

Ans: At the beginning and at the end of the lessons.

#### **7. How do you treat a nose bleed?**

Ans. Pinch nose, head forward, tell casualty to breathe through mouth. 3 x 10 minute bouts of nose pinching. If not under control, ring 999.

#### **8 How would you treat an Asthma Attack?**

Ans. (a)Ask if inhaler is required(b)Sit inclined forward(c)Keep warm(d)If no improvement send for ambulance(e)Note duration of attack

#### **9. What is the essential rule when dealing with a spinal cord injury?**

Ans. Avoid movement of the head and neck.

#### **10. What are the history, signs and symptoms of a casualty which indicates a spinal injury?**

Ans. (a)Complains of pain in the neck or back(b)Weakness of any limb(c)has hit head(d) Dived into shallow water(e) Fell flat on back on pool-side(f) A tingling sensation.

**John Holden 0007029**  
**INITIATIVE TESTS FOR EXAM "A"**

**TEST No1.** On the third width, one of the class gets into a panic because (s)he thinks (s)he is out of her/his depth and is not able to progress any further although (s)he is keeping afloat -

just!

Set up:-

(a) Brief casualty for weak swimmer and to get into trouble with her back to the teacher at mid point of the width.

(b) All the class are of mixed ability.

Solutions

(i) Shout to her to stand up

(ii) Prod her gently with a reaching aid

(iii) Throw a rope

(iv) Perform rescue from other side of pool if necessary

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**TEST No 2** On the second width, one pupil stands still and puts her arms on her head and complains of dizziness. Pupils are in shoulder depth water and are doing backstroke. All class are swimmers of mixed ability

Set up:-

(a) Brief casualty for injured swimmer. If teacher asks what happened. The response is "I can't remember" Casualty is unable to walk alone to the end of the width, (s)he needs some support.

Solutions:-

(i) Talk to casualty to walk back to side - no response

(ii) Reach or Throw Aid and talk casualty back to side - casualty responds

## **NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES**

### **EXAM "B"**

#### **1. Give two out of the four stages involved in risk assessment?**

Ans (a) Look for the hazards (b) Decide who might be harmed and how (c) Evaluate the risks from the hazards and decide if there is anything to be done (d) Record the findings.

#### **2. When undertaking a risk assessment, what are the possible hazards you are likely to find?**

Ans (a) Slippery floor, (b) Stepping on kickboards/floats, (c) Taking nervous swimmers into the deep for the first time (d) Paying too much attention to one area (e) Sun glare (f) Unauthorised access (g) Lighting failure (h) etc.

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#### **3. What is your understanding of a Normal Operating Procedure and an Emergency Action Plan in relation to a swimming pool?**

Ans. An NOP and a EAP are legal documents. The former contains the daily routines and

procedures for the day to day running of the pool and the later is the plan for emergency procedures.

**4. What are the maximum teacher/pupil ratios for (a) Non-swimmers (b) Improves (c) competent swimmers?**

Ans (a) 12 to 1 (b) 20 to 1 (c) 20 to 1

**5. At what depth is it considered safe to teach diving?**

Ans 1.8m

**6. What medical conditions should you be aware of relating to swimmers?**

Ans. History of (a) Asthma, (b) Epilepsy, (c) Diabetes (d) An other(s)

**7. How would you recognise Epilepsy and how would you deal with it?**

Ans. (a) stare into space, (b) be unresponsive, (c) make involuntary or convulsive movements (d) collapse. (1) Support pupil in water away from poolside until seizure is over, (2) Move to standing depth, (3) Remove from water (4) Summon medical aid (5) Note duration of fit.

**8. What are the signs and symptoms of shock and how would you deal with it.**

Ans. (a) Pale, (b) Shivering, (c) Shallow rapid breathing, (d) Anxious (e) Cold and clammy skin, (f) Weak and rapid pulse. (1) Remove from danger (2) Reassure the casualty (3) Lay pupil down (4) Keep warm (no artificial heat) (5) Nothing by mouth.

**9. What would you be aware of when performing rescue breathing on a casualty whom you suspect has a spinal injury?**

Ans. Minimum head tilt

**10. What prior activities would you suspect a spinal injury.**

Ans. (a) Diving or jumping in shallow water. (b) Fallen from a height.

**INITIATIVE TREST FOR EXAM "B"**

**TEST No 1.**

On the second width pupil stands up and has an asthma attack. (S)he is stationary although comfortable within her/his depth. i.e. standing. All her/his friends gather round him/her and are ultra concerned.

**Set up**

- (a) Brief casualty to have asthma attack. Shallow breathing and trying to say "I can't get my breath." If asked about an inhaler the casualty says "I've forgotten it."
- (b) Class are of mixed ability

**Solution(s)**

- (1) Sound emergency signal
- (2) Tell her to walk back slowly (no response)
- (3) Unresponsive to aids
- (4) Teacher to enter and support pupil back to poolside, supported exit
- (5) Lean casualty forward in a sitting position.

**TEST2**

On the second width, the pupil does not return. (S)he is still at the bar, head down. His/her arm has been caught down between the bar and the wall. The arm is sore and the casualty is in considerable pain although the pain is concealed in silence.

**Set up:-**

- (a) Brief the casualty for injured swimmer
- (b) Get the "casualty" to read the above
- (c) Casualty is in deeper water.

Solutions:-

- (1) Stop the class and get them to sit on pool side away from edge
- (2) Walk around to opposite side and encourage casualty to move to steps with one arm on bar. Teacher offering support with pole in casualty's other hand.
- (3) Enter the water and tow casualty to safe exit.

**John Holden 0007029 EDSTE A 045012**