



# ***Irish Water Safety***

## ***Sábháilteacht Uisce na hÉireann***

**AQUATICS SYLLABUS FOR PEOPLE WITH DISABILITIES**



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Irish Water Safety is the statutory and voluntary body established to promote water safety in Ireland.  
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaíodh le sábháilteacht uisce a chothú in Éireann.



## AQUATICS SYLLABUS FOR PEOPLE WITH DISABILITIES





## **Aquatic's Assistant for People with Disabilities (Level 1)**

IWS have three levels of award for people who work on a number of levels within the aquatic environment with people with disabilities. These awards are

**Level 1 – Aquatics Assistant for People with Disabilities.**

**Level 2 – Aquatics Teacher for People with Disabilities.**

**Level 3 - Aquatics Leader for People with Disabilities.**

This Level 1 award is specifically aimed at those who wish to pursue a career or volunteer in working with People with Disabilities.

**Pre requisite:** None.

The Tutor may recognise the prior experience and qualifications of candidates. Reasons for exemptions to part of the course must be recorded by the Tutor and available, if requested, to personnel authorised by IWS.

**Role:** Holders of this award can work as an assistant in the water with one swimmer (ratio 1:1) under the direct instruction of a qualified aquatic leader for people with disabilities.

**Course duration:** 1 day – 8 hours (theory and practical). A minimum of 50% of the course must be practical.

**Resources:**

Let's all Swim – J Fox

**Course Delivery:** By IWS registered Tutors who have been assimilated or trained for the delivery of the IWS awards, "Aquatics for People with Disabilities".

All Tutors must be current members of IWS.

When courses are being delivered in third level institutions or other, Tutors responsible for delivery must be named by their college as specified in the signed Franchise agreements between IWS and the institutions.

**Tutor/Candidate Ratios:** 12 candidates to each tutor is the maximum recommended.

**Course Registration:** All courses must be registered electronically with IWS on the appropriate registration form at least two weeks in advance of the commencement of all such courses.

**Fees:** A certification / registration fee of €20 must be paid to IWS in advance of certification being issued for each candidate.



**Assessment:** The practical elements will be examined by the course Tutor who will observe candidate: teaching people with disabilities for an hour.

Continuous assessment will take place throughout the course by the course Tutor. Written and verbal feedback will be provided to each candidate throughout.

**Syllabus content – this will include both theoretical and practical elements.**

The theoretical content will include the following:

- Definitions and appropriate language
- Role of the helper
- Benefits of aquatic therapy
- Disability awareness and consideration of same, including specific safety and care of the swimmer, conditions and effects of movement on land /water, applications to exercise therapy in aquatics for those with disabilities.
- Code of Ethics module – the principles of good practice for the protection of children and the vulnerable.
- Risk assessments and dressing room issues.
- Introduction to how people learn.
- Teaching strategies including communication and adaptations and feedback.
- Considerations for people with vision and hearing impairment, wheelchair users, those with intellectual and hidden disabilities such as asthma, epilepsy, diabetes and obesity.
- Basic session planning
- The process of reflection/evaluation
- Health & Safety
- Practicality of entries, exits, supports and manual handling.
- Formations- circle, line, file

The Practical aspects of the course will require all candidates to attempt development of the following:

- Familiarization with surroundings
- The dependent to independence continuum in terms of support



- Adjustment to the water - Vertical balanced movement confidence
- Pre blowing, breath control and under water confidence activities
- Activities to get feet off the pool floor,
- Rotations and their control.
- Effects of up thrust of the water,
- Balanced floating and maximizing the person's buoyancy,
- Moving towards strokes.
- Use of turbulence.

**Special provisions:** Candidates who require special provisions must make their request directly to the course Tutor in advance of the first day of the course. Adaptations may be allowed in cases of physical, intellectual or hidden disabilities.

IWS has a written disabilities policy which operates on the basis of equality for all.





## **Aquatics Teacher for People with Disabilities (Level 2)**

IWS have three levels of award for people who work on a number of levels within the aquatic environment with people with disabilities. These awards are

Level 1 – Aquatics Assistant for People with Disabilities.

Level 2 – Aquatics Teacher for People with Disabilities.

Level 3 - Aquatics Leader for People with Disabilities.

This Level 2 award is specifically aimed at those who wish to pursue a career working with People with Disabilities in an aquatic environment and those who will teach swimmers on a one to one basis without direct supervision.

**Pre requisites:** Those wishing to undertake this qualification must have undergone a recognised code of ethics course, which has an aquatics specific section, included eg Irish Water Safety, Sports Council.

Candidates must be at least 18 years of age on the first day of the course.

The Tutor may recognise the prior experience and qualifications of candidates. Reasons for exemptions to part of the course must be recorded and available, if requested, to personnel authorised by IWS.

Full attendance during the course is required, unless recorded exemptions have been applied.

**Role:** Holders of this award can teach on their own, on a one to one basis, the set of skills/activities outlined in the syllabus and listed on their certificates.

**Course duration:** 4 days / 28 hours. (Theory and Practical). The practical aspects of the course must include a minimum of 4 practical hours teaching People with a variety of Disabilities

**Resources:**

Let's all Swim – J Fox

**Course Delivery:** By IWS registered Tutors who have been assimilated for the delivery of the IWS awards, "Aquatics for People with Disabilities".

All Tutors must be current members of IWS.

When courses are being delivered in third level institutions or other, Tutors responsible for delivery must be named by their college as specified in the signed Franchise agreements between IWS and the institutions.

**Tutor/Candidate Ratios:** 12 candidates to each tutor is the maximum recommended.



**Course Registration:** All courses must be registered electronically with IWS on the appropriate registration form at least two weeks in advance of the commencement of all such courses.

**Fees:** A course certification / registration fee of € 20 must be paid to IWS in advance of certification being issued for each candidate.

**Assessment:** Assessments will be by external IWS registered Tutors / Examiners, who are also qualified as “Aquatics for People with Disabilities Teachers”.

The assessment will comprise three elements, as follows:

1. Teach people with a variety of disabilities for an hour as directed by the supervising course tutor.
2. A portfolio / log book must have been completed during the course to the satisfaction of the course Tutor. The external may ask to see the portfolios as evidence and to support his / her decision.

The logbook / portfolio will include the following: session plans, reflections/evaluations, scheme of work, skill analysis, risk assessment, and attendance sheets

3. Complete a multi-choice written exam, which will comprise 25 questions and will require a minimum of 60% to pass. This will be corrected by the external examiner and results will be notified to the course Tutor within two weeks.

**Syllabus content:** This will include both theoretical and practical elements.

The theoretical content will include the following:

The theoretical content will include the following:

- Role of Aquatics Teacher for People with Disabilities
- Role of the lead teacher/educator and helpers/assistants and working together
- Benefits of aquatic therapy for People with Disabilities
- Anatomy and physiology related to People with Disabilities
- Human growth and development
- Holistic development
- Disability Acts
- Theories of inclusion: Disabilities models, ICF, bio psychosocial model, inclusion spectrum, theories of adaptation and inclusion instructional model





- **Disability awareness and consideration of same including specific safety and care of the swimmer. Considerations for people with vision and hearing impairment, wheelchair users, those with intellectual and hidden disabilities - asthma, epilepsy, diabetes and obesity. Considerations for those with down syndrome, autism spectrum disorder, aspergers, brittle bones, cystic fibrosis, heart disorders, hydrocephalus, multi sclerosis and muscular dystrophy, Parkinson's, poliomyelitis, spina bifida, spinal curvature, stroke, dyspraxia, achondroplasia, Tourette syndrome, and cerebral palsy.**
- **Effects of movement on land /water, application to exercise therapy in aquatics for the People with Disabilities.**
- **Communication methods applied to teaching aquatics for People with Disabilities**
- ***Teaching strategies, including, communication and adaptations, feedback.***
- **Teaching and learning – the learner, the teacher and service delivery model – PAP-TE-CA**
- **Planning programmes and schemes for specific needs**
- **Evaluations and reflections**
- **Acquisition of skill and specific considerations,**
- **Creating a quality learning environment**
- **Working/ teaching in the water and its implications**
- **Effects of water**
- **Scientific principles, including, hydrostatics and hydrodynamics and their application to aquatic activities for People with Disabilities: Buoyancy, relative density, balance ,Newton's 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> laws, Bernoulli's principle, resistance- profile, frontal, eddy currents, viscous drag, surface friction, wave drag, rotations, hydrostatic pressure and temperature.**
- **Behaviour management and class management strategies, protocol and recommendations**
- **General Adaptations: STEP. Inclusion spectrum**
- **Equipment and its use – adaptations, advantages and disadvantages**
- **Activity/Skill & stoke analysis**
- **Integration of swimmers,**
- **Awards schemes**



The practical element of the course will require all candidates to complete a minimum 4 hours teaching People with a variety of Disabilities and will include application and development of the following methods and practices/activities:

- Inclusive play/activities with a purpose.
- Task analysis.
- Whole/part/whole, guided discovery and part/whole.
- Movement exploration.
- Multi sensory approach.
- Academic reinforcement.
- Use of singing and music.
- Themes, group activities and games.
- Shallow and deep water methods.
- Multi activity approach.
- Use of tactile/manual support.
- Behaviour modification
- Entries and exits,
- Supports and manual handling - guidelines and implications
- Formations including circle, line, file
- Risk assessments.
- Changing room issues,
- Familiarization with surroundings
- The dependent to independence continuum in terms of support
- Adjustment to the water
- Vertical balanced movement confidence
- Pre blowing, breath control and under water confidence activities
- Activities to develop sensory awareness – visual , hearing, tactile, smell



- Activities to develop perceptual motor skills – body awareness, spatial awareness, kinaesthetic awareness, directionality, co ordination
- Activities to get feet off the pool floor,
- Rotations and control of rotations.
- Individualizing balance and propulsion for swimmers in the pool.
- Effects of the upthrust of water.
- Balanced floating and maximizing the person's buoyancy.
- Moving towards strokes.
- Use of turbulence.
- Activities for relaxation
- Advanced play/activities with a purpose

**Special provisions:** Candidates who require special provisions must make their request directly to the course Tutor in advance of the specified course start date. Such adaptations may be allowed in cases of physical, intellectual or hidden disabilities.

**IWS has a written disabilities policy and operates on the basis of equality for all.**



## **Aquatics Leader for People with Disabilities (Level 3)**

IWS have three levels of award for people who work on a number of levels within the aquatic environment with people with disabilities. These awards are

**Level 1 – Aquatics Assistant for People with Disabilities.**

**Level 2 – Aquatics Teacher for People with Disabilities.**

**Level 3 - Aquatics Leader for People with Disabilities.**

This Level 3 award is specifically aimed at those who wish to pursue a career working with People with Disabilities in an aquatic environment and those who will teach/lead and supervise groups of swimmers who have disabilities. They will also lead sessions and direct Aquatic Assistants.

The award will be of use to all therapists and educators working with People with Disabilities in an aquatic environment.

**Pre requisites:** Those wishing to undertake this qualification must have undergone a recognised code of ethics course, which has an aquatics specific section included eg Irish water Safety, Sports Council, Swim Ireland etc.

Candidates must also have undertaken and passed the Level 2 qualifications, “ Aquatics Teacher for People with Disabilities” or have been granted an exemption from the Level 2 qualifications on the basis of prior learning or experience.

Candidates must satisfy the course Tutor/Organiser that they have gained practical experience working with persons with disabilities in advance of the course start date.

Candidates must have at least an IWS Assistant Swimming Teacher qualification or acceptable equivalent.

Candidates must be at least 18 years of age on the start day of the course.

The Tutor may recognise the prior experience and qualifications of candidates. Reasons for exemptions to part of the course must be recorded and available, if requested, to personnel authorised by IWS.

Full attendance during the course is required, unless recorded exemptions have been applied.

**Role:** Holders of this award can teach up to 8 People with Disabilities on their own the set of skills/activities outlined in the syllabus and listed on their certificates. This may involve the use of assistants in the water, where necessary.

This qualification will also benefit those who will be involved as aquatics therapy teachers /educator for people with disabilities



**Course duration:** 5 days / 35 hours. (Theory and Practical). The practical aspects of the course must include a minimum of 5 hours practical teaching people with a variety of Disabilities

**Resources:**

Let's all Swim – J Fox

Adapted Aquatics programming – Lepore Gayle W, Stevens

**Course Delivery:** By IWS registered Tutors who have been assimilated for the delivery of the IWS awards, "Aquatics for People with Disabilities".

All Tutors must be current members of IWS.

When courses are being delivered in third level institutions or other, Tutors responsible for delivery must be named by their college as specified in the signed Franchise agreements between IWS and the institutions.

**Tutor/Candidate Ratios:** 12 candidates to each tutor is the maximum recommended.

**Course Registration :** All courses must be registered electronically with IWS on the appropriate registration form at least two weeks in advance of the commencement of all such courses.

**Fees:** A certification / registration fee of €30 must be paid to IWS in advance of certification being issued for each candidate.

**Assessment:** Assessments will be by external IWS registered Tutors / Examiners, who are also qualified as " Aquatics for People with Disabilities Teachers".

The assessment will comprise three elements, as follows:

1. Teach 8 people with a variety of disabilities, with the aid of assistants in the water if/where necessary, for an hour as directed by the course tutor.
2. A portfolio / log book must have been completed during the course to the satisfaction of the course Tutor. The external may ask to see the portfolios as evidence and to support his / her decision.

The logbook / portfolio will include the following: session plans, reflections/evaluations, scheme of work, skill analysis, risk assessment, and attendance sheets

3. Complete a multi-choice written exam, which will comprise 25 questions and will require a minimum of 60% to pass. This will be corrected by the external examiner and results will be notified to the course Tutor within two weeks.

**Syllabus content:** This will include both theoretical and practical elements.



**The theoretical content will include the following:**

- **Team teaching**
- **Role of lead teachers and working together**
- **Creating a quality learning environment**
- **Role of the assistant**
- **Benefits of aquatic therapy/aquatics**
- **Review of essential safety skills**
- **Communication methods for team teaching applied to teaching aquatics for People with Disabilities**
- **Planning programmes and schemes for specific needs, reflection, critique of sessions to meet individual needs**
- **Scientific principles, including, hydrostatics and hydrodynamics and their application to aquatic activities for People with Disabilities: Buoyancy, relative density, balance ,Newton's 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> laws, Bernoulli's principle, resistance- profile, frontal, eddy currents, viscous drag, surface friction, wave drag, rotations, hydrostatic pressure and temperature.**
- **Activity/Skill & stoke analysis**
- **Types of competition – disability specific, time banding , time handicapping, functional classification**
- **Integration of swimmers, managing diversity/differentiation, strategies, and resources required**
- **Awards schemes**
- **Risk assessment and changing room issues**

**The practical element of the course will require all candidates to complete a minimum 5 hours team teaching /leading, with the aid of assistant in the water where/if required, groups of people with a variety / range of disabilities and will include application and development of the following methods and practices/activities:**

- **Inclusive play/activities with a purpose.**
- **Task analysis.**
- **Whole/part/whole, guided discovery and part/whole.**





- **Movement exploration.**
- **Multi sensory approach.**
- **Academic reinforcement.**
- **Use of singing and music.**
- **Themes, group activities and games.**
- **Shallow and deep water methods.**
- **Multi activity approach.**
- **Use of tactile/manual support.**
- **Behaviour modification**
- **Group entries and exits**
- **Supports and manual handling**
- **Formations including line, circle, file**
- **Risk assessments.**
- **Changing room issues,**
- **Familiarization with surroundings**
- **The dependent to independence continuum in terms of support**
- **Adjustment to the water**
- **Vertical balanced movement confidence**
- **Pre blowing, breath control and under water confidence activities**
- **Activities to develop sensory awareness – visual , hearing, tactile and smell**
- **Group activities to develop perceptual motor skills – body awareness, spatial awareness, kinaesthetic awareness, directionality, co ordination**
- **Activities to get feet off the pool floor,**
- **Rotations and control of rotation**
- **Individualizing balance and propulsion for swimmers in the pool,**



- Effects of up thrust of the water
- Balanced floating and maximizing the person's buoyancy
- Moving towards strokes
- Turbulent gliding
- Activities for relaxation
- Advanced play/group activities with a purpose
- Adapted strokes technique for f/c, b/c, brst and b/fly - minimizing resistance and maximizing propulsion
- Safety skills - treading water, sculling , HELP, HUDDLE , surface dive
- Basic diving - general and specific safety for disabilities.

**Special provisions:** Candidates who require special provision must make their request directly to the course Tutor in advance of the specified course start date. Such adaptations may be allowed in cases of physical, intellectual or hidden disabilities.

IWS has a written disabilities policy and operates on the basis of equality for all.



NOTES:



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