

STA International Open Water Coach



Course Overview and Assessment

Introduction

This unregulated course provides learners with the knowledge and practical skills to coach open water swimming skills in an open water environment.

This course is aimed at people who have experience swimming in open water and would like to become an open water coach. Open water coaches are able to take swimmers into open water and coach them in open water skills and improve the swimming technique in an open water environment. They will not be teaching them how to swim.

In order to attend the course, learners must:

- Be 16 years old at the time of the assessment
- Have open water swimming experience

On successful completion of the course, learners will be issued with a STA International Open Water Coach Certificate.

Course Overview

The course can be delivered over a period of weeks or over consecutive days. The recommended delivery hours are 24 hours / 3 days, this does not include breaks.

There is a maximum of 16 learners to 1 tutor.

Learners are required to coach a range of swimmers in an open water environment throughout the course. Therefore, access to a suitable open water venue and swimmers of the correct ability should be made available. Tutors should ensure a range of suitable swimming equipment is available.

Equipment requirements

- STA International Open Water Coach E-Manual. Each learner is required to have their own copy of the resource manual to have access to theoretical and practical knowledge
- An open water venue with swimming equipment including, buoys
- STA International Open Water Coach PowerPoint and supporting resources.

On successful completion of the course

Learners will:

Understand the role of an open water coach

Understand and be able to plan coaching sessions

Be able to produce a session plan

Be able to coach progressive practices for open water swimming strokes

Be able to coach open water swimming skills

Understand and be able to evaluate a session

Understand the equipment requirements of open water swimming

Understand the different considerations for open water swimming

Assessment Information

In order to pass the course, learners will be assessed on their theoretical knowledge and practical coaching.

This course is assessed by the course tutor.

Theoretical Assessment

Learners must correctly answer 10 verbal questions. Tutors will have a set list of questions, the 10-question list must be selected at random. Each learner should be given a different set of questions where possible.

In addition to this, learners are assessed on 1 session plan. More may be completed during the course; however, learners are only required to submit one each for assessment.

Practical Coaching

Throughout the course learners will undertake practical coaching in an open water environment. Learners must have an opportunity to coach all open water swimming skills as well as develop a swimmer's technique before undertaking the assessment.

For the practical assessment, learners are required to coach a 30-minute session to a small group of swimmers. In order for the learner to be deemed competent, the session must be taught independently by the learner without prompting or guidance from the tutor.

In order to be deemed competent learners should:

- Ensure the safety of the swimmers at all times
- Ensure swimmers have the appropriate equipment
- Maintain a good coaching position
- Ensure all swimmers perform a safe entry and exit
- Structure the session so there is a clear aim and purpose with development and progression for swimmers
- Use coaching practices and points which are relevant to the swimmers needs and ability
- Demonstrate effective communication skills to swimmers
- Identify faults and make corrections with positive feedback and praise
- Demonstrate correct demonstrations
- Demonstrate a professional manner and be in suitable clothing.

Re-assessment

If a learner is unsuccessful in the end of course assessment, then the learner is only required to re-sit the required element i.e. if a learner fails the verbal questions, they are only required to re-take the verbal questions.

Please note, if a learner fails the verbal questions, the re-take verbal questions must be a new set. Learners are not permitted to re-take their original question set.

The re-take of the verbal questions or a practical assessment must be completed within six weeks from the failure date. All retakes must be registered.