



SIMMING SOUTH AFRICA LEARN TO SWIM TEACHERS COURSE

The LTS Teachers' Course is the entry level (pre-requisite) for the following courses:

- Todswim Teachers;
- Ocean Splash Instructors;
- Rural Splash Instructors;
- Splash Polo; and
- Synchro Fun

Purpose

The Swimming South Africa (SSA) LTS Teachers Certificate provides candidates with essential competencies to teach water safety and to children who are three years of age and older.

Course Pre-requisites

The candidate must be able to swim at least 25 metres of any FINA strokes and the two lifesaving strokes, i.e. survival backstroke and sidestroke.

Course enrolment

Candidates should contact KZNA Education Coordinator when intending to enrol for the course. They are required to enrol at least two weeks before the commencement of the course. Upon enrolment candidates must produce the following:

- Swimming competency letter signed by an accredited Swimming Teacher
- Police Clearance (obtainable from KZN Aquatics at a cost of R150)
- First Aid Level 1 Certificate
- Certified copy of ID
- ID photo
- Course Fee of R1500 (this will go up in May)

Candidates will be issued a Pre-course Manual, Pre-course worksheet and a course programme. The worksheet should be completed and submitted to the Facilitator on the first day of the course.

No refunds are awarded after the commencement of the course.

Course Duration

Candidates should consult KZN Aquatics for scheduled course dates. Candidates must attend for the full three compulsory training days, from 08h30-16h30. On day two candidates will be issued a Course Manual which should be studied before theory exam.

Assessments

1. Theoretical exam must be written at the KZN Aquatics office or at a designated exam centre; candidates should liaise with Education Coordinator.
2. Candidates must log a minimum of 20 hours with a certified Instructor who has been teaching for a year.
3. Practical Assessment will be conducted for candidates who have passed theory exam and logging.



Certification

Candidates must complete all course requirements successfully within six months of course commencement. Should a candidate unable to complete within the stipulated time he/she will be required to redo the entire course. It should also be noted that the count begins on the date when a candidate receives theory exam results.

Validity of Certification

- Is dependent on annual registration with KZN Aquatics
- Accumulation of 14 points per annum through attendance to SSA approved Continuous Professional Development (CPD) workshops
- Swim Teachers must produce proof of points to SSA after the four year certification period.

Registration

Swimming Teachers are required to register on the 1st of May annually with SSA through KZN Aquatics. On registration they must produce valid Name/Police Clearance, 1st Level 1 Certificate, Certified ID copy and proof of Instructor accreditation

Modules Outline

- a) Aquatics Safety
- b) How People Learn
- c) Qualities of Good Teacher
- d) Swimming Teacher and the Law
- e) Planning the Programme
- f) Principles of Movement in Water
- g) Introduction to Swimming
- h) Stroke Development (4 FINA recognised strokes)
 - Crawl (better known as Freestyle)
 - Breaststroke
 - Backstroke
 - Butterfly
- i) Survival Strokes
 - Sidestrokes
 - Backstroke
- j) Child Protection Policy
- k) Long Term Participation Development
- l) Hands Free/Above Water Teaching
- m) Water Activities