



SWIMMING SOUTH AFRICA LEVEL 1 (ASSISTANT COACH) PRACTICAL ASSESSMENT KEY AREAS

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Assessor to be contacted by the Provincial E&T coordinator or Swim SA's E&T department.

Pre-assessment communication can be done via e-mail or telephonically.

SET UP: Practical venue can be at any candidates place of work and set up to be done by the Affiliate/ or the E&T coordinator.

DAY OF THE ASSESSMENT:

DRESS CODE: Dress appropriately, nothing revealing

TIME: 30-45 minutes

The recommended ratio between coach and swimmers is between 8-12 (depending on the performance level) 8/9-11/12 age group learn to train level in the LTPD pathway.

Important: Class control, discipline, professionalism

INTRODUCTION: (10 minutes)

- Introduction of candidate, to the Assessor.
- Assessor to do portfolio check.
- Checking if there are any special needs for the training session.
- Pool health and safety check.
- Water safety (equipment, entry, pool space and hydration).
- Introducing the learners (age and ability) appropriate.
- Lesson plan and focus area of the day's training identified.
- Assessor to give start time and conclusion time of the session.

WARM UP:

- Safety, and organisation.
- Warm could be in our out of the pool.
- Warm up activity 5min of total training session.
- Communication, verbal. or demonstration.

MAIN SET:

- Training session should be 20min of total training session.
- Usage of equipment.
- Communication.
- Demonstrations and interactive learning.



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- Hydration, nutrition.
- Is the candidate following the training sets?
- Are the sets in line with the LTPD stages?

SWIM OR COOL DOWN:

- The main set to be completed to continue with swim down.
- Swim down at least 5min of total training time.
- Swim down set must be effective.
- Candidate to give feedback to swimmers regarding the day's training set.
- Safe exit from pool.
- Removal of equipment.

FEEDBACK:

- Time allocation of 10 minutes. This time is not included in the training session time allocation.
- Was provision made for any unforeseen circumstance?
- Were the swimmers needs addressed? (Child protection).
- How were the swimmers needs addressed by the candidate?
- Did the candidate include a fun element in the training set?
- Evaluation of lesson objective.
- Evaluation of candidate by the Assessor.
- Copy of practical assessment to be handed over to the candidate.
- Explanation to the candidate of the moderation process of CATHSSETA.
- Evaluation of self by the Assessor.