



SWIM EDUCATION

SWIMMING TEACHER
TRAINING AND
LIFEGUARDING
PROGRAMMES
2025/26



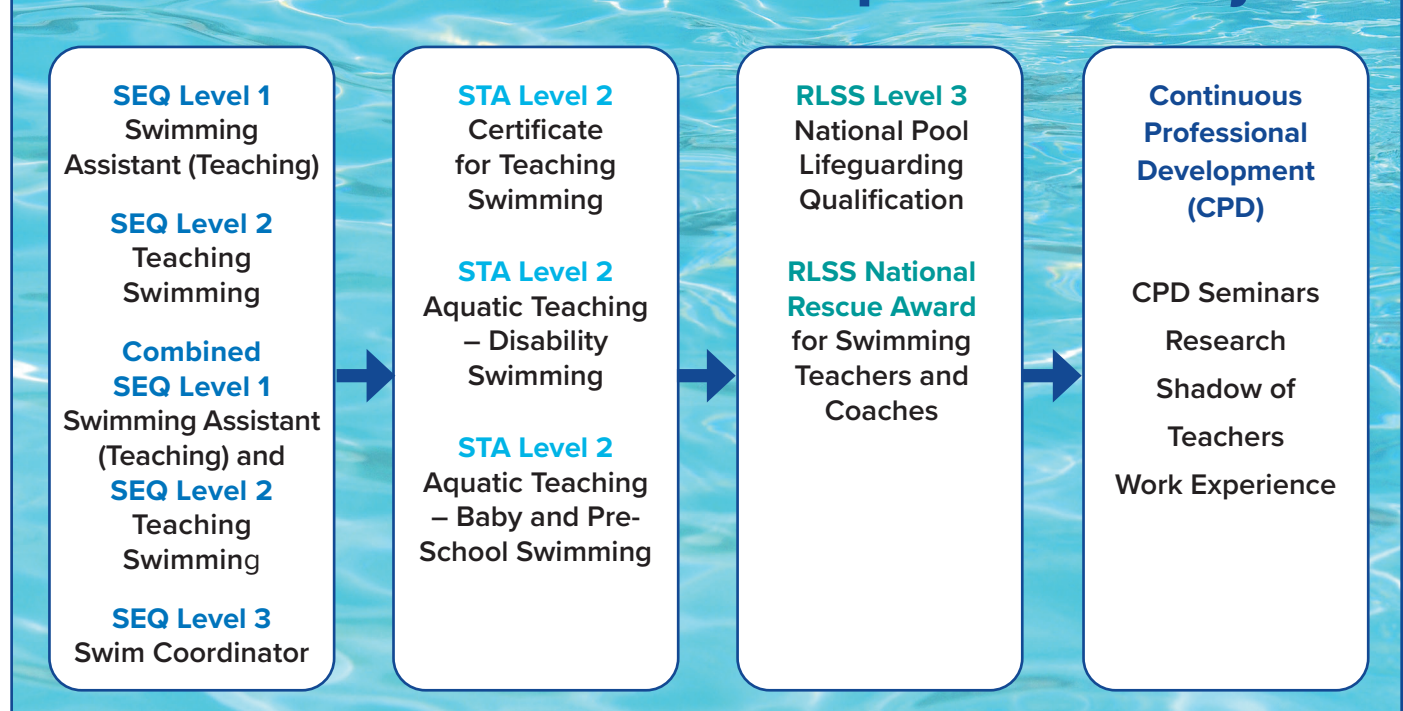
Training and Development

Swim Education is committed to developing high-quality teachers. We are a subsidiary of Active Swim. Successful learners may apply to work within the swim school.

Active Swim is an approved training centre that delivers Swim England Qualifications (SEQ), Royal Life Saving Society UK (RLSS UK) Qualifications and Safety Training Awards (STA). We specialise in swimming teacher training alongside lifeguarding, lifesaving and first aid. The staff are highly skilled and experienced and endeavour to train learners to best prepare them for working in the leisure industry.



Coach Education and Development Pathways



Introduction

We offer programmes leading to the following qualifications/awards:

- SEQ Level 1 Swimming Assistant (Teaching)
- SEQ Level 2 Teaching Swimming
- Combined SEQ Level 1 Swimming Assistant (Teaching) and SEQ Level 2 Teaching Swimming
- SEQ Level 3 Swim Coordinator
- STA Level 2 Award in Aquatic Teaching - Disability Swimming
- STA Level 2 Award in Aquatic Teaching - Baby and Pre-School Swimming
- RLSS National Rescue Award for Swimming Teachers and Coaches
- RLSS UK Qualifications Level 3 National Pool Lifeguarding Qualification
- RLSS UK Qualifications Level 3 Emergency First Aid at Work
- RLSS UK Qualifications Level 3 First Aid at Work

SEQ Programmes

SEQ Level 1 Swimming Assistant (Teaching)

This qualification is the first step to becoming qualified as a swimming teacher. This qualification qualifies you to be an assistant teacher, and you will gain the essential knowledge and skills needed to assist a qualified swimming teacher in delivering high-quality, inclusive swimming lessons. You will learn about the role and responsibilities of a Swimming Assistant, the participant journey, Competitive strokes and



skills, Scientific principles in swimming, The components of a swimming lesson, Supporting participants and the Swimming Teacher, and Communication skills.

You must be at least 16 at the start of the course. It would be best if you were comfortable reading and accessing the course in English. The assessment consists of theoretical questions, observation and reviewing (lessons) records.

SEQ Level 2 Swimming Teacher

This is the qualification that fully qualifies you as a professional swimming teacher. You can effectively plan, prepare, deliver and evaluate swimming lessons independently. You will develop the skills and confidence to provide quality, inclusive, fun swimming lessons. The course will cover the role and responsibilities of a Swimming Teacher, the planning (overviews and lesson plans), teaching safe and inclusive lessons to a range of ability groups, assessing participants at the correct level, supporting and developing a swimming assistant, and developing swimming strokes and skills.

You must be at least 16 years of age at the start of the course **AND** hold the SEQ Level 1 Swimming Assistant (Teaching) or equivalent. The assessment consists of theoretical questions, planning (overviews and lesson plans), evaluating lessons, observation and a professional development action plan.





Combined SEQ Level 1 Swimming Assistant and Teaching Swimming

This is the fast-track route to becoming fully qualified. Learners must complete both courses and pass Level 1 before continuing to the Level 2 course.

The requirements are the same for each level.

SEQ Level 3 Swim Coordinator

The SEQ Level 3 Swim Coordinator Qualification has been designed to provide learners with the knowledge, skills and abilities to be an effective swim coordinator. It develops a wider view of the swim coordinator's role in the efficient running of a swim programme, managing the swimming workforce and communicating with both internal and external colleagues. You will learn about the best practices for the planning, delivery and monitoring of swimming lessons whilst being able to manage a swimming programme.

To be accepted into this programme for our requirements, you must hold the SEQ Level 2 Teaching Swimming qualification and have experience coordinating swimming programmes (or being in a position at work to complete the assessment requirements). A portfolio and an external case study must be completed.

STA courses

STA Level 2 Award in Aquatic Teaching - Disability Teaching

This qualification is for learners who wish to work with participants who have a disability in mainstream or disability swimming lessons and help them to develop both as swimmers and individuals in the aquatic environment. The aim is to learn the modification and adaptations of the practice/activity to meet the needs of the participants.

You must be at least 16 years of age and hold the STA Level 2 Award in Teaching Swimming or acceptable equivalent (i.e. ASA or SEQ Level 2 in teaching swimming).

STA Level 2 Award in Aquatic Teaching in Baby and Pre-school

This qualification is for learners who wish to work with babies, pre-schoolers and their accompanying adults, and help them to develop, both as swimmers and individuals in the aquatic environment.

You must be at least 18 years of age and hold a valid STA Safeguarding certificate (or equivalent).



RLSS Programmes

RLSS National Rescue Award for Swimming Teachers and Coaches (NRSTC)

NRSTC is a supervision and rescue award for swimming teachers, coaches and (or) instructors working during programmed activities, such as swimming lessons. It is suitable for teachers working in a wide range of swimming pools where the water depth is higher than the teachers' standing depth and meets the individual facility's risk assessment.

You must be 16 years of age, able to swim at least 50 metres on your front and back, surface dive to the deepest part of the pool and Climb out unaided. You will be assessed externally on CPR, first aid, theory, and pool practicals. There may be opportunities to undertake Level 3 Emergency First Aid at Work and/or Level 3 Automated External Defibrillator.

RLSS UK Qualifications Level 3 National Pool Lifeguarding Qualification (NPLQ)

The NPLQ is the 'flagship' qualification for becoming a pool lifeguard. It will cover Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Training and assessment for the NPLQ are in three sections; candidates must pass all of them to attain the qualification. There is a mixture of written multi-choice papers and practical lessons.

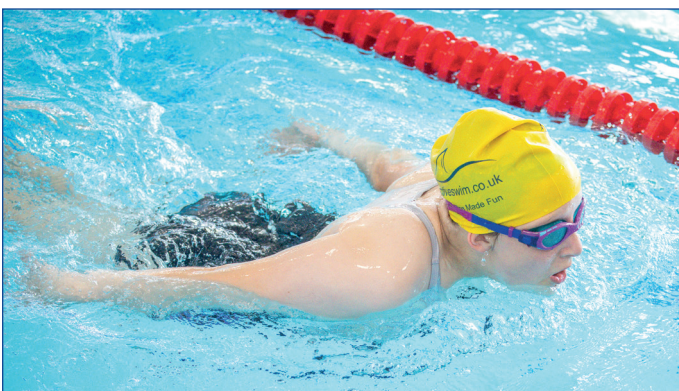


You must be at least 16 and jump/dive into deep water. You must swim 50 metres in less than 60 seconds and swim 100 metres continuously on front and back in deep water. The ability to tread water for 30 seconds, surface dive to the pool floor, and climb out unaided without using a ladder/steps, as well as where the pool design permits, are also essential. There may be opportunities to gain First Aid at Work, AED, and anaphylaxis qualifications.

RLSS UK Qualifications Level 3 Emergency First Aid at Work or RLSS UK Qualifications Level 3 First Aid at Work

These are the recognised national qualifications for first aid in the workplace. Emergency First Aid at Work enables you to apply basic first aid for workers and is the responsibility of all employers. This one-day first aid course covers a range of CPR and first aid skills, providing employers and your staff with the skills to reduce the risks and dangers in your workplace. This qualification also acts as day one of the full First aid at work.

The Level 3 First Aid at Work Qualification covers a wide range of CPR and first aid skills, equipping the first-aider to apply first aid to specific injuries and illnesses. This three-day course covers a range of CPR and first aid skills, providing you with the skills to ensure a safe working environment. Both courses have a range of written multi-choice paper(s) and practical assessments.



Continuing Professional Development Opportunities



We are committed to the professional development of swimming teachers. There are a range of informal and formal approaches. These are open to external teachers in addition to our Active Swim Workforce. Some are SEQ accredited and others are internal.

These are classified into three areas:

- 1 Swimming-specific content knowledge (the knowledge required to improve your knowledge base of swimming stroke, skills and other related areas)
- 2 Pedagogical content knowledge
- 3 Other

Swimming Specific content knowledge

- Teaching of Non-swimmers
- SEQ Effective Teaching of Swimming Skills and Strokes
- SEQ The fun approach to learn to swim
- SEQ Making your lessons engaging for autistic children
- Swim England Aquatic Skills Framework – Stages 8-10 Swimming
- Learn to Swim Helper

Pedagogical content knowledge

Typical topics, including effective management of behaviour in the classroom, questioning, effective assessment, improving standards and consistency in the Swim England LTS framework.

Other

Swim England Safeguarding in Aquatics – this CPD is typically offered as part of the SEQ Level 2 Teaching Swimming course (with no extra cost).

Through the following mediums:

- Face-to-face CPD sessions
- Online CPD sessions
- Annual Active Swim Conference
- Mentoring scheme
- Teacher Development Scheme
- Swimming Research and Development Community of Practice



Key Centre Contact and Lead Tutor

Ray Lau is the Director of Education and Development programmes for Active Swim. He is responsible for being the key contact for Active Swim and liaising with SEQ.

He is an experienced coach educator and coach developer who has delivered Swim England Level One and Two teaching and up to ASA Level Three coaching swimming courses for almost 30 years. During this time, he has trained thousands of swimming teachers/coaches. He is an RLSS UK National Trainer, Pool Lifeguard, and First Aid. Ray holds a Level 4 Diploma in Leading and Developing Swimming programmes.

Ray is a Doctoral Researcher at Loughborough University, specialising in improving the practice of swimming through teacher developers. He presents at national and international swimming conferences.



Ray has been a principal at a secondary school. He holds an MSc in Learning and Teaching from the University of Oxford, specialising in Swimming Teacher/Coach Education. Ray holds qualifications in Music, Educational Leadership and Management, Mentoring and Coaching, and a PGCE. He frequently conducts quality assurance in school settings.

We employ a small, but skilled, qualified and experienced team to deliver high-quality learning and training experiences.



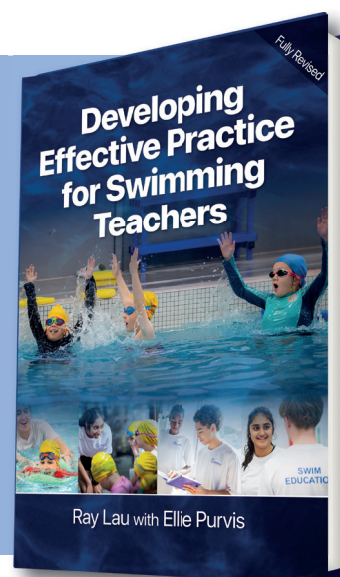
Ray is presenting at the World Aquatic Development Conference in Sweden.

The textbook

Ray is the Lead author of the textbook, *'Developing Effective Practice for Swimming Teachers'*. It was designed back in 2016 with the view to promote better swimming teaching practice for the Level 1 and 2 courses.

The book is constructed in five sections focusing on the 'what' and the 'how to' teaching swimming, including the non-swimmers, the competitive stroke and skills. Fully revised in 2025, the book focuses on best practices in education and learning, featuring elements of Ray's current PhD research.

The book is used for all Level 1 and 2 Swimming Teaching courses. Learners have rated the book as helpful in supporting their learning when on the course.



Why choose us?

WHAT DO THE AWARDING BODIES SAY ABOUT OUR PROVISION?

SWIM ENGLAND QUALIFICATIONS

(Monitoring visit – April 2024)

OVERALL COMMENTS

A **very high quality learning experience for learners on both theory and practical** on this course.

Learners all reported **high levels of satisfaction with the course** and were fully aware of their progress and work they still needed to complete. They **all felt fully supported throughout the course** and commented on **how timely their work was mark and feedback received** which helped them to maintain good progression on the course.

The **educator is commended** for giving learners such a **great learning experience** whilst on this course.

RESOURCES

Good use of clear PowerPoint slides used for group teaching; where relevant, each slide was accompanied with reference to a page number for a **high-quality book co-authored by the educator**.

All learners were provided with this book as part of their course materials. In addition, the Educator also has designed a paper based portfolio with a check list to confirm all aspects are completed. The portfolio is divided into clear sections with support information and where appropriate SEQ templates are included for learners to complete.

The textbook is very well presented containing detailed information across the course content for learners to refer to during the teaching and also to reinforce and support their independent learning.

OBSERVATIONS

A **wide range of teaching methods** were observed during the theory session which **clearly engaged and motivated learners** so they remained focused and on task throughout the session. Previous content was frequently referred to help learners understand new concepts which helped to embed previous learning as well as progress their learning.

Pool side practical performance of learners was of a very high level. Learners were able to **confidently and competently deliver swimming lessons**, with participants **demonstrating good teaching skills** and a **very good rapport with participants**.

RLSS UK QUALIFICATIONS

(Audit review of work – March 2024)

Overall, an **excellent** review.

The paperwork seen from the ATC/P has been completed to a **high standard**. It is clear the ATC/P is taking note of the actions mentioned previously and completing these.

It was a pleasure to audit the paperwork provided, and the ATC/P should continue to maintain these high standards.



