

Swimming Pools and Paddlesports

Level / Time

This 3-hour module is aimed at Level 1 and 2 coaches currently using or wishing to make use of swimming pools for paddlesport sessions

Introduction

This module aims to offer practical advice and guidance for gaining access to swimming pools, and for getting the most out of pool sessions. It is designed to equip coaches with a good working knowledge of paddlesport activities taking place within a swimming pool environment.

The module includes a practical, on-the-water element.

Learning Outcomes

By the end of this workshop participants should:

- Understand access issues related to swimming pool use for paddlesport
- Be aware of risk assessment and health and safety guidelines
- Be aware of British Canoeing Guidelines for use of swimming pools
- Recognise potential staffing issues when working with pool managers and lifeguards
- Understand safeguarding considerations for children and vulnerable adults participating in this environment
- Have a working knowledge of paddlesport equipment and its use within swimming pools
- Be familiar with a range of Paddlesport activities which can be practiced in swimming pools (e.g. rolling clinics, games, canoe polo and Cross Stream Challenge)

Notes

The content of the practical session will vary depending on participant's previous knowledge and background. As a minimum this session will give an overview of how to safely and effectively run Cross Stream Challenge, rolling clinics, canoe polo and other games. Participants will be given the able to discuss with the tutor if they have a preference for the focus of this session.