



## **RSGYC Junior & Youth Swimming Policy**

It will be the responsibility of the instructor to establish the swimming ability and the water confidence of each individual sailor under his/her care.

Water confidence must be established during the first day of a course. This will entail a practical assessment at the end of day 1. Instructors are responsible for the safety of the students but are also expected to build participants water confidence no matter what level they are delivering.

If instructors are unsure on any parts of The royal Saint George's swimming policy or its implementation please talk to the Senior Instructor.

Instructors will be expected to maintain this policy but will also be provided with information supplied from the participant or their guardian.

### **Levels of water confidence:**

#### **No Water Confidence**

Instructor should try to establish sailors by no water confidence and make a decision with the senior instructor. Is it safe and suitable to take this student on the water? And what sort of additional equipment will be required?

#### **Weak Swimmers**

Instructor should establish who is a weak swimmer. Weak swimmers "punch the water" and tire very easy. They will also try float in a vertical position and "climb" to thread water

#### **Injured/ tired Swimmer**

Injured swimmers are more easily identifiable. They will have slow movements and will generally lie horizontal to help stay afloat.

#### **Strong Swimmer**

Everyone has a different view on what a strong swimmer is; confidence is generally easy to identify. Look for long, slow, graceful movements. Swimmers don't create a splash but will create a wake.



## Participants Swimming Abilities

All Children must have basic water confidence when participating in any water related sport. Below is a minimum requirement for students and their abilities before enrolling. All requirements below must be completed in appropriate clothing.

### Sea Squirts/ Sea Tigers

- A) Staying calm in shallow water
- B) Washing their face
- C) Wade 5 metres

### Start Sailing

- A) Staying calm in open water
- B) Submerge your whole body underwater
- C) Wade 10 metres

### Basic Skills

- A) Staying calm in open water with waves
- B) Hold Breath for 10 seconds underwater
- C) Freestyle 15 metres.

### Improving Skills

- A) Relaxed in all waters
- B) Swim underwater for 10 seconds
- C) Freestyle 25 metres

### Advanced levels

- A) Calm in any water
- B) Swim underwater for 10 seconds
- C) Freestyle 50 metres