

These regulations must be read in conjunction with the General Regulations at the front of this booklet

The ASA Helper Certificate (Discipline) is available to any club or group and is not restricted to clubs affiliated to the ASA.

1. **Title**
ASA HELPER CERTIFICATE (Swimming for people with disabilities)
2. **Pre-requisites**
Candidates must be at least 16 years of age at the commencement of the course.
3. **Role**
One who is able to help with a club activity under the guidance of a qualified ASA Level 2 (Teacher) Certificate holder (Swimming for people with disabilities).
4. **Aims**
 - 4.1 to equip candidates with an awareness of disability issues
 - 4.2 to equip candidates with very basic technical knowledge
 - 4.3 to equip candidates with basic knowledge of safety
 - 4.4 to equip candidates with basic knowledge of skills to enable them to help in the conducting of a session led by a qualified ASA Teacher Certificate Holder (People with disabilities)
 - 4.5 to equip candidates with basic knowledge of the Amateur Swimming Association (ASA) Education and Training structure
 - 4.6 to equip candidates with basic knowledge of the Amateur Swimming association (ASA) competition structure
 - 4.7 to equip candidates with knowledge of the benefits of swimming
 - 4.8 to equip candidates with knowledge of the Club or group expectations.
5. **Methods of assessment**
By verified attendance only. An attendance certificate will be issued by the ASA.
6. **Syllabus**
 - 6.1 **Disability awareness issues**
 - (a) emphasis on ability
 - (b) appropriate language and activities for varying ability levels.
 - 6.2 **Technical knowledge**
 - (a) beginners in the discipline
 - (b) basic techniques of balance and propulsion
 - (c) use of equipment in the discipline environment
 - (i) storage arrangements
 - (ii) issuing arrangements
 - (iii) setting up
 - (iv) clearing up arrangements
 - (v) safe use.
 - 6.3 **Safety**
 - (a) the general swimming environment Emergency Operating Procedure (EOP).
 - (i) people behaviour – the ISRM chart and why
 - (ii) the role of the lifeguard
 - (iii) use of visual and auditory signals
 - (iv) safe methods of entry and exit
 - (v) safe methods of support in the water.
 - (b) The discipline specific environment.
 - 6.4 **Instructing methods:**
 - (a) basic communication techniques
 - (b) basic positioning.
 - 6.5 **An outline of the ASA Education and Training structure**
 - (a) club Helper through to Senior Coach.
 - 6.6 **An outline of the competition structure for people with disabilities**
 - (a) club, County, District and National
 - 6.7 **Benefits of swimming**
 - (a) enjoyment, general health, specific health in relation to disabilities, fitness and safety.
 - 6.8 **Club or group behaviour expectation**
 - (a) club or group 'rules';

- (b) club or group behaviour expectations in general
- (c) expected behaviour of Helpers
- (d) dress expectations for Helpers
- (e) club or group organisation.

7. Time allocation

7.1 At least 50% of the course will be practical activities.

8. Length of course and organisation responsibilities

8.1 Total length of the course will be 6-8 hours.

8.2 Administration and organisation will be by Club or Group initiating the course.

8.3 Regulations and certificates will be obtained from ASA Director of Education for issue by the Club or group initiating the course.

8.4 The maximum number of candidates is 12

9. Resources

9.1 Books:

Selected references from:

See the Assistant Teacher Certificate (Swimming for people with disabilities)

ASA, ISRM, ISTC, RLSS (UK), Safe Supervision for Teaching and Coaching Swimming

NB: Additional and wider reading will enhance the candidates understanding.

9.2 Journals:

The ASA Awards Centre

9.3 Videos:

Contact ASA Awards Centre Ltd (Publications) for current videos. Tel: 0800 220292

9.4 Other resources:

ASA, ISTC, Coach Associations, Sportscoach UK, Lifesavers, RLSS (UK), Other Disability Organisations.