

# Existing Teacher & Coaches

If you are an existing Teacher or Coach and want to progress your skills and qualifications further you have a number of options

## Continuing Professional Development (CPD) Seminars

The IOS has developed a number of seminars and workshops that have been designed to give teachers and coaches more ideas for teaching or coaching session and highlight new ways of thinking. They range from new ways of teaching frontcrawl to coaching land-based sessions for divers. A list of upcoming seminars in London can be downloaded from [www.londonswimming.org](http://www.londonswimming.org)

## Further Qualifications

If you would like to progress your qualifications and undertake the next level of qualification or diversify your skill to teaching/coaching another discipline. Then please use the [Further Qualifications Pathway chart](#) on the following page to find out the pathway you need to take. The [Swimmer Pathway vs. Teacher/Coach Pathway chart](#) on the page after show the different pathways a teacher or coach can follow to work with different types of swimmers

## Teacher / Coach Licensing

The Teacher/ Coach licence is an accreditation following the achievement of an ASA teacher/coach qualification or equivalent. Teacher & coaches are invited to apply subject to meeting a number of specified criteria. The licence is valid for a three-year period and is renewed subject to the holder meeting additional specified criteria. The criteria are based upon accepted best practise but do not include a requirement for re-assessment. Whilst the licence requires the licensee to keep up to date, teaching and coaching quality will remain the responsibility of the employer, the club and the individual. The IOS recommends that all Teachers & Coaches apply for and maintain a licence. For more information on teacher coach licensing visit [www.britishswimming.org](http://www.britishswimming.org)

## Insurance

The IOS offers membership to all holders of ASA, STA and/or RLSS UK Teachers and Coaches Certificates in all disciplines of the sport. The benefits of an IOS Membership Include:

**Insurance**, Civil and Public Liability Insurance, Personal Accident Insurance, Loss of Income Insurance, and Corporate Insurance.

**Employment Opportunities**, Your details can be listed on the Institute's directory of qualified swimming teachers and coaches, which is available to local authorities, pool operators, LEA's and swimming clubs.

**Swimming Times Magazine**, all members automatically receive Swimming Times magazine every month.

**Discounts**, members get discount prices on a number of IOS Seminars and Workshops and a range of discounts on swimming publications, equipment and services (including 10% discount on items purchased from Swimrite mail order catalogue)

For more information on becoming an IOS member please visit [www.britishswimming.org](http://www.britishswimming.org)

## Just staying qualified

You not have to do anything extra to stay qualified; all current and past qualifications will remain valid. However it is recommended that all Teachers & Coaches apply for and maintain a licence. For more information on teacher coach licensing visit [www.britishswimming.org](http://www.britishswimming.org)

## Further Qualifications Pathway

If you would like to progress your qualifications, below is the recommended pathway.

For a more comprehensive recommendation of the best next step for you please visit [www.britishswimming.org](http://www.britishswimming.org) or contact your [education officer](#)

I Currently Hold	The Next Step is to either;		
	Aquatic Teaching	Swimming Coaching	Coaching Other Disciplines (Synchronised Swimming, Water Polo, Diving)
No Qualification	ASA/UKCC Level 1 Teaching Aquatics – Units 1 & 2	ASA/UKCC Level 1 Coaching Swimming - Units 1 & 2	ASA/UKCC Level 1 Coaching (Discipline) - Units 1 & 2
ASA Level 1 (Assistant) Teaching Swimming	ASA/UKCC Level 2 Teaching Aquatics Units 1 – 6 (All)	ASA/UKCC Level 1 Coaching Swimming (To achieve this you only need to pass Unit 2 in Coaching Swimming)	ASA/UKCC Level 1 Coaching (Discipline) (To achieve this you only need to pass Unit 2 in the chosen discipline)
ASA Level 2 (Teacher) Swimming (Units 1-3)	ASA/UKCC Level 2 Teaching Aquatics Units 1-6 (All) <b>OR</b> ASA Adult & Child <b>OR</b> ASA Level 3 Teaching Aquatic (Available April 2008)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the coaching swimming) <b>Then</b> ASA/UKCC Level 2 Coaching swimming Units 1-6 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) <b>Then</b> ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 2 (Teacher) Swimming (Units 1-4)	ASA Level 3 Teaching Aquatics (Available April 2008) <b>OR</b> ASA Adult and Child <b>OR</b> ASA/UKCC Level 2 Teaching Aquatics – Units 1-6	ASA/UKCC Level 2 Coaching Swimming Units 1-6 (All) <b>OR</b> With an acceptable CV of Current Competency candidates may progress directly to the ASA/UKCC Level 3 Coaching (Swimming only) Units 1 –11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) <b>Then</b> ASA/UKCC Level 2 Coaching (chosen discipline) Units 1-6 (All)
ASA Level 3 Club Coach	ASA/UKCC Level 3 Teaching Aquatics (Available April 2008)	ASA/UKCC Level 3 Senior Coach (Swimming only) Units 1- 11 (All)	ASA/UKCC Level 1 Coaching (To achieve this you only need to pass Unit 2 in the chosen discipline) <b>Then</b> ASA/UKCC Level 2 Coaching (chosen discipline) Units 4-6

# Swimmer Pathway vs. Teacher/Coach Pathway

This chart shows the route a swimmer and coach can take

Swimmer Development Pathway	Swimmers Development Stage	Swimming Ability	Swimmer Age	What is required of the Teacher/Coach	ASA/UKCC Level			
					Level 1	Level 2	Level 3	Level 4
					Assist more qualified coach / teacher, under direct supervision	Prepare, deliver and review coaching / teaching sessions	Annual coaching programmes	Long-term, specialist coaching programmes
					Equivalent to an			
					GCSE Grade D-F	GCSE Grade A-C	A Level	TBC
Swimmer Development Pathway	<b>TRAIN to WIN</b>	Physical, technical, tactical and mental capacities established	M: 18+ F: 16+	Ability to manage and coach a team of experts	Support Coach	Coach	Senior Performance Coach	Train to Win Master Coach
	<b>TRAIN To COMPETE</b>	Development of physical & competition capability	M: 15-18 F: 14-16	Understanding of fitness and skills training programmes				Train to Compete Master Coach
	<b>TRAIN to TRAIN</b>	Technical aquatic strand specific skills	M: 12-15 F: 11-14	Strong understanding of child and adolescent growth and development				Train to Train Master Coach
	<b>Aquatic Strand Specific SKILLS</b>	Specialising in one or more aquatic strand (NPTS 8-10)	M: 9-12 F: 8-11	Knowledge of how skills are developed				Swim Skills Master Coach
	<b>FUN-damentals</b>	Non-Swimmer to Lane Swimming (NPTS 1-7)	M: 6-9 F: 5-8	Understanding of a range of core movement skills and how to deliver these skills in a "fun" environment				Support Aquatics Teacher
					<b>Coach Development Pathway</b>			
					NB. Coach could be in any aquatic strand (Competitive Swimming, Diving, Syncro, Water Polo)			

Aquatics Teachers teach swimmers at the FUN-damental stage of the swimmers development, as the swimmer progresses the Coach in their chosen discipline/aquatic strand takes over. As the Teacher or Coach develops they start to specialise in one stage of the swimmer development, and are able to deliver better programmes