

COACHING – COACH ATHLETE RATIOS

The Club follows minimum ASA Guidance for its Coach Athlete ratios. It is highly unlikely that any teaching will be undertaken at ratios that exceed 12:1.

The ASA Guidance for Coach Athlete ratios for activities undertaken by the Club is: -

“It is recommended that in the vast majority of cases encountered, pupil: teacher ratios should not exceed 20:1 – and in some cases should be less than that. These ratios are based upon safety requirements and not the criteria for teaching.

The recommendations here should be helpful in determining actual ratios for programmes swimming activities. The ratios given are for pupils in the water. Where the teacher is also responsible for pupils not in the water but on the poolside, then the ratios may need to be smaller.

The ratios – not to be exceeded

Non-swimmers and beginners 12:1

Young children, normally of First School age being introduced to swimming

Actual: First Session Beginners Group: Not more than 12 children being taught by one ASA level 2 Teacher plus one STA Beginner Teacher assisting. Also older competent swimmers assisting in the water.

Improving swimmers 20:1

Actual: First Session Lower Improvers: Not more than 12 swimmers being taught by 2 ASA Level 1 teachers with an ASA Level 2 Teacher supervising

First Session Upper Improvers: Not more than 8 swimmers being taught by 1 ASA Level 1 teacher with an ASA Level 2 Teacher supervising

Competent/competitive swimmers 20:1

Those swimmers who can swim at least 25 metres competently and unaided on front and back, and can tread water for two minutes.

Actual: Second Session : Lane ropes are used and all 6 lanes employed with a maximum of 5 or 6 swimmers in each lane. Each lane is taught by either an ASA Level 1 or ASA Level 2 teacher with the ASA Level 2 teacher taking overall responsibility for the session. Each lane will have its own teacher

Water Polo 20:1

Actual: One lead ASA Level 2 swimming teacher plus 2 level 1 swimming teachers for a group maximum of 25.

Diving – beginners and improver divers 12:1

Actual: Small groups of divers (not more than 10) of similar ability who are comfortable and confident in deep water. Occasional diving sessions led by ASA Advanced Teacher and ASA Assistant Diving Teacher

Swimmers with disabilities 8:1

(With an appropriate number of helpers). Each situation must be considered independently as people with disabilities do not form a homogenous group. Care must be taken to ensure that there are sufficient helpers in the water to provide a 1:1 ratio for those needing constant support and a sufficient number of other helpers to provide the degree of support demanded by the range of disabilities within the group. There are national organisations for specific disabilities from whom further guidance may be obtained.