

Swim Test:

Enter pool at shallow end. Swim one length under the observation of the club supervisor, climb out of the pool at deep end and jump back in to swim another length back to the shallow end.

Any stroke can be used. Time taken is not a factor.

Equipment:

Introduce paddler to the boat and spray deck. Note different types of boat available in pool. Check spray deck to ensure grab loop is intact.

Advise on how to adjust different footrest types.

Advise of the method of getting into boats from the poolside, ensuring all are made aware of the danger of losing balance on entry. i.e. Banging head on poolside.

Capsize Drill:

Initial capsize – without spray-deck. Involves capsizing, exiting from boat using forward roll and to retain hold of boat when surfaced. Boat to be left upturned. Re-assure that they will not hit their head on bottom of the pool.

Initial capsize – with spray-deck. Involves capsizing, release of spray-deck, exiting from boat using forward roll and to retain hold of boat when surfaced. Boat to be left upturned.

Empty the boat using either; the side of the pool or using legs when sitting on side of the pool. Allow the boat to drain slowly. Lift the boat keeping a straight back.

Repeat capsize drill if necessary until you are confident the paddler is safe.

Spend five minute with the paddler to encourage paddling and re-assuring them. Advise that they can speak to anyone at the pool if they need further assistance.

Remind newcomers of BCC's West Wickham Leisure Centre Swimming Pool Rules policy.

General

No newcomer is exempt from the swim test. If in doubt of anyone's ability, seek advice from a level 3 coach.