

Frequently Asked Questions:

Why a Pool to Beach Program?

Beaches and swimming pools are a huge part of the Western Australian lifestyle. Scarborough Beach Pool's iconic beachfront location is the perfect setting for students to learn about controlled and natural open water swimming environments. We believe ensuring your child can swim safely and competently in both environments is vital.

When will the students have lessons at the beach?

- Tuesday & Thursday each week – January Holiday Program
- Week 3, Week 6 Week 9 of Term 1, 2019.

These are the proposed weeks/days; however, if conditions are not favourable, the beach lessons may be moved to another week, parents and students will be advised by their Instructors and Program Supervisor.

- Swimming lessons are not continued on the beach if the conditions are not favourable or if water temperature is low and there is a risk of hypothermia.
- Week 2, Week 4 and Week 8 – Last 5 minutes of class students, teachers and parents will assemble on deck to discuss muster point, equipment/preparation for the beach lessons.

What if my child has a medical condition?

As in all lessons (pool and beach) supervising staff and instructors must have full knowledge of student's medical conditions. Particularly; epilepsy, diabetes, asthma and heart conditions.

- If special precautions are required and the Swim School is not able to provide the necessary supervision, the parents/guardians must take responsibility for ensuring that safety requirements are met without interference with the swimming class supervision.

What do we need to bring to the beach lessons?

Normal bathers, water bottle, sunscreen and towel, all other equipment will be provided by Learn to Swim;

- Students will be protected from excessive exposure to sunlight and the resulting sunburn with: Long-sleeved hi vis rash vests and hats. (*Provided by Learn to Swim) Students are encouraged to apply sunscreen prior to lessons. Learn to Swim will have sunscreen on hand to reapply.

What if my child is not a strong enough swimmer to participate in the program?

Students must have passed RLSSWA Swim and Survive Stage 9 to participate in the program in Term 1, 2018.

- If a student's suitability for inclusion in the program is in doubt, instructors will consult the Learn to Swim Supervisor prior to Week 3 of term. Supervisors will then contact the student's parent to discuss ability and safety measures.
- Students will take part in a beach readiness session in Week 2. If they are assessed to be not yet ready, they will be offered an alternative program.

Can I drop my child off and leave?

Parents are expected to remain on the beach for the duration of the lesson. This will provide extra supervision and ensure parents are present in case the child requires assistance. i.e. going to the toilet. Remember to SLIP, SLOP, SLAP, and SLIDE

What if my child does not wish to participate in the Pool to Beach Program?

Students are **not** to be pressured by instructors, parents or peers to participate beyond their readiness. Instructors will prepare students by talking about the pool to beach program each week.

- Parents must play a part in psychological preparation, particularly for students who are anxious about participating. If a student does not wish to participate on the day, the student can either swim in another lesson running at the pool (if availability allows) or stand with the Supervisor for duration of the lesson (after safety briefing).
- There will be alternative programs on offer such as Marlins Squad or Pool Based Level 10-12/13-14 and JLC.

What type of activities will students participate in during the Pool to Beach Program?

Students will be guided through a comprehensive safety brief each week, surf negotiation, safety drills, rescues, strokes, fitness drills and survival skills.

Some activities include:

- Run, Swim, Run
- Dive through - under wave
- Surf and Beach Safety
- Survival Swim
- H.E.L.P Position and Group Huddle

Important Information

Please note this is a TRANSITION program, to educate students about the differences between swimming in controlled environments and natural open water environments.

Parents/Guardians are required to remain on the beach during the beach lessons, proposed beach sessions in **January 2019** are as follows:

Holiday Program 1	Tuesday 8 th	Thursday 10 th
Holiday Program 2	Tuesday 15 th	Thursday 17 th
Holiday Program 3	Tuesday 22 nd	Thursday 24 th

Proposed beach sessions in **Term 1, 2019** are as follows:

	TUESDAY	THURSDAY	SATURDAY
WEEK 3	Tuesday 19 th February	Thursday 21 st February	Saturday 23 rd February
WEEK 6	Tuesday 12 th March	Thursday 14 th March	Saturday 16 th March
WEEK 9	Tuesday 2 nd April	Thursday 4 th April	Saturday 6 th April

***These dates are subject to appropriate beach conditions.**

There will be no extra certification – they will still be assessed based on their respective RLSSWA Swim and Survive Level. All instructors are Austswim qualified and Surf Lifesaving volunteers who hold a current Community Surf Lifesaving Bronze Qualification.