

aquatic achievers
swim schools

Safe Corrections Guide



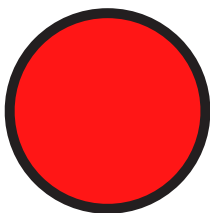
Safe Corrections Guideline



Front view

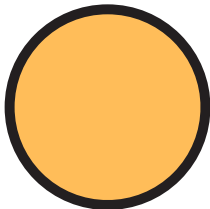


Back view



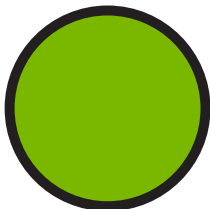
Red Zone

Do not touch these areas. The private areas of a child or young person NEVER require correction. It is NEVER appropriate to kiss a child or young person on any part of their body or for them to kiss you.



Orange Zone

Physical contact in these areas are to remain minimal and should never be with a firm grip. Where possible create visibility from the surface for how you are using your hands to correct.



Green Zone

These areas require the most correction. Only apply enough force as to assist the correct movement. Never apply force that could cause injury or harm to any child or young person.

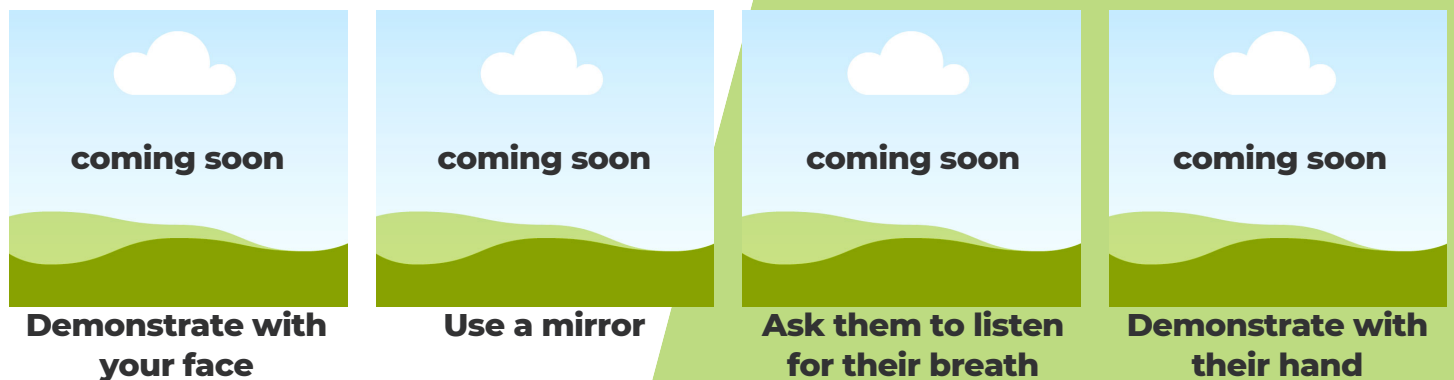
Toolbox Tips

Creating healthy boundaries

The Safe Corrections Guideline, alongside these tips and tricks are to assist our teachers to make confident corrections, and understand what is appropriate for the progression of children and young people in our program. It is an essential part of a teaching role to help children feel and replicate swim strokes correctly. Physical contact should not be avoided, but should always be done with a mindfulness of the safety and wellbeing on those in our care.

Breath control

To ensure a child is not uncomfortable with corrections related to breath control first demonstrate and explain what you are wanting from them. Avoid touching the lips where possible, see below for some tips that require minimal physical touch.

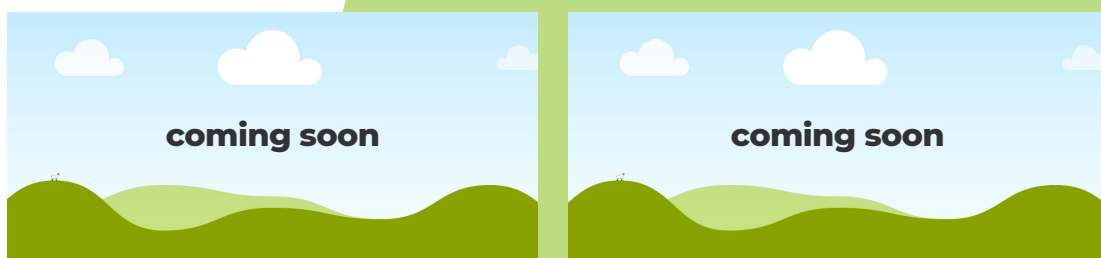


Body rotation

Be mindful of age and gender when you are correcting around the breast area. It may be necessary to assist a child rotate their body (think paddle and roll, breathing in Freestyle) when doing this correction ensure your hand is anchored further towards the stomach, or rotate the shoulder and support their side, as seen below.

Some tips to reduce physical touch:

- Talk about what the movement should feel like.
- Ask your PA to demonstrate with the individual outside of the water or show caregivers homework videos to practice the skill outside of the water.



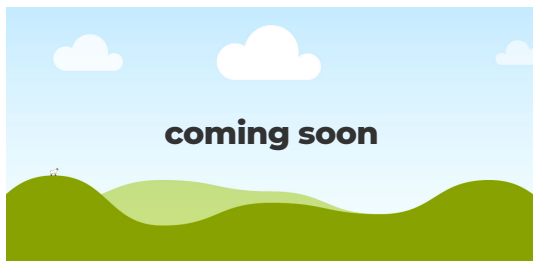
Toolbox Tips

Swimwear malfunctions

If a child asks for assistance adjusting their swimmers or for help related to their private parts direct them to their parent/caregiver. If a child has a toileting incident always refer to parent/caregiver, and follow the amenities policy.

Supporting streamline position

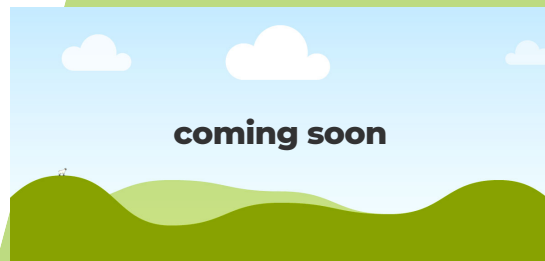
Streamline positioning is extremely important to the effectiveness of a swim, here are some ideas on how to correct body position in orange zones:



coming soon

Use Arm as a Platform:

Face palm to the floor to support their body (where possible extend arm to create visibility).



coming soon

Hot Potato Technique:

Support through lifting and letting go in short burst with fingers.

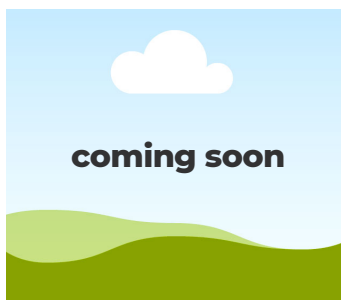
Adjustment of Head or Neck Position:

Be mindful of any correction involving the head and neck, corrections should always be gentle and NEVER be forceful.

Swimming on front

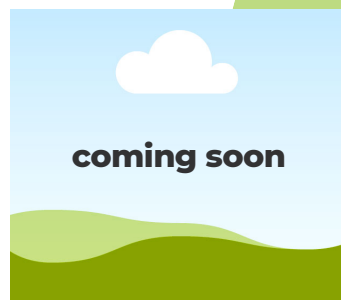
Front with rotation

Swimming on back



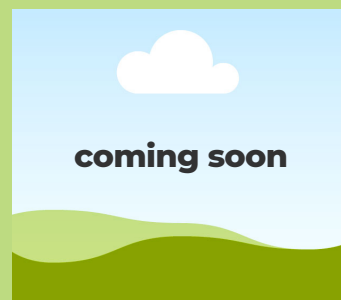
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Point to the floor



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Look for crown of head/hairline in the water & arms behind ears.



coming soon

Gently touch or rotate with forefinger to guide movement



coming soon

Support at neck, look at you or ceiling

What if Someone is in or Becomes a Danger?

Physical contact may be necessary to prevent injury or harm to a child or young person or to those around them, in which case: physical restraint should be a last resort and the level of force used must be appropriate to the specific circumstances. Such incidents must be reported to Leadership as soon as possible.

Creating a safe space to learn

Good behaviour guidelines

- Introduce yourself to (the parent/caregiver in infant classes and) the child or young person if they are unfamiliar with you.
- Follow Safe Corrections Guideline.
- Avoid being with a child or young person in a one-to-one, out of sight situations.
- When introducing new skills or you are unfamiliar with the child or young person explain and demonstrate all corrections at their level of ability and understanding.
- Seek permission to make physical contact where possible. For example: applying first aid, assisting safety falls, demonstrating homework, in infant classes with parents/caregivers, children and young people.
- Always act in the best interests of the child, behaving in a way that instils trust.
- Avoid practices of exclusion - explain your expectations and potential consequences. For example, if a child needs to sit out of the water for their safety.
- Respect and respond to signs that a child or young person is uncomfortable with touch or specific corrections, problem solve with them and take on their feedback.
- Be responsive and positive when communicating.
- Know and follow Aquatic Achiever's Amenities Policy.
- When children indicate they want comfort, ensure that it is provided in a public setting and remains appropriate for the situation.
- Signs of discomfort in children such as stiffening or pulling away should be respected. Monitor their distress and safety if they continue showing these signs. PA's and Leadership Team should be used to support in these circumstances.
- Children must not be left in states of high distress for extended periods. Parents/Caregivers need to be informed and advised of possible solutions.

In some circumstances, team members may need to discourage children or young people from inappropriate expectations of hugs or cuddles. This should be done gently and without embarrassment or offence to the child.

