

Caregivers

information pack



IMPORTANT INFORMATION - PLEASE READ IN FULL

www.houtbayswimmingacademy.com



Introduction

In these modern times, when many parents are out at work, children are cared for by nannies, au pairs, and caregivers.

Therefore, for households that have a swimming pool on the property, it is imperative that caregivers are confident in the water should a child fall into the pool.

Aims & Objectives

- Our aim is to provide professional and affordable swimming lessons to caregivers, making swimming more accessible to everyone.
- To introduce caregivers to water in a safe and friendly environment.
- To instill confidence in the caregiver to enable them to perform a rescue should the child/ren in their care fall into a pool.
- To encourage, empower and uplift caregivers and give them a sense of achievement.



Each weekly lesson will be focused on confidence and, in many cases, overcoming many years of fear of the water.

Each week will introduce a new skill, whilst repeating and reiterating skills already learned.

#weteachwithlove

We are committed to our student's well-being and understand the mental, emotional, and sometimes physical hindrances that may arise with learning a new skill such as swimming.

Therefore, we teach with patience, empathy, and a whole lot of fun. We have found that the encouragement within the group dynamic has been incredible and the friendship and bonding between our students has aided with their progress.





#safetyfirst

We ensure the caregivers are aware of all safety aspects that may arise when caring for a child (and their friends) while swimming. Being prepared for ANY incident and being knowledgeable regarding their own safety is a priority.

Key Elements of Swimming

Swimming is not only fun and enjoyable, it is also an excellent brain exercise. Caregivers will learn about the dynamics of water and how to manipulate the water to suit their needs whilst swimming.

The Law

Legally, a caregiver is not obliged to jump into the pool to save a drowning child. However, most terrific nannies will jump in to save the little ones under their care. This often leads to disaster if the caregiver is not water safe.

We educate caregivers on their responsibilities as a childminder in an aquatic environment.



What to expect

While we focus primarily on water safety, we first need to learn to swim! Caregivers will be taught the nature and dynamics of water, enabling them to understand how to swim before actually swimming.

At Hout Bay Swimming Academy, we know that fear is a controlling emotion and swimming is extremely difficult for those who are scared. We gradually introduce our students to the water in a loving and imaginative way before slowly working through the fear.

At the end of the course, when caregivers are able to swim and enjoy the water, they will feel like a new person! The sense of achievement, independence, and strength is undeniable!

Home practice

One of the best things about this course is the skills caregivers take home with them. They will be able to practice fun, safe water activities with the children in their care, in the pool at home.

So, let's take the plunge!

Course Structure

COURSE BREAKDOWN



BEGINNER PHASE (1st 8 WEEKS) ~ Tues 8.30 – 9.00 am

The initial 8-week beginner phase introduces caregivers to the water and to the basic principles of swimming.

INTERMEDIATE PHASE (2nd 8 WEEKS) ~ Tues 8.30 – 9.00 am

The second 8-week phase prepares caregivers for rescues and more advanced swimming. This phase of the program covers the skills needed to obtain a certificate at the end of the phase. These include:

- Swimming safely for 13 meters or more and be able to reach the sides of the swimming pool.
- Float on the back for over 1 minute.
- Be able to retrieve an object from a depth of 1.5 m.
- Be able to jump into the pool from the side and retrieve a floating object.
- Be able to jump into the pool from the side and retrieve a submerged object at a depth of 1.5 m.
- Perform a rescue from the side of the pool using an object such as a noodle.
- Knowledge of the relevant emergency numbers.

ADVANCED PHASE (OPTIONAL) ~ Tues 9.00 – 9.30 am

For most of our caregivers, the first two phases are a huge highlight. We, therefore, introduced our Advanced Swimming Program for those who wish to learn more advanced techniques and styles. We have found this hugely empowering and transformative.

Practical Information

ALL YOU NEED TO KNOW!



OUR ADDRESS

Our pool is situated on the ground floor of the Village Square apartment block. The entrance can be found down a short alley between The Beach Clinic and Signature Real Estate on Beach Crescent, in Hout Bay.

PARKING

There is plenty of off-street parking available.

FEE INFORMATION

- **8-week Beginner** R300 for 8 successive lessons
- **8-week Intermediate** R300 for 8 successive lessons
- **Ongoing Advanced swimming** R300 per month

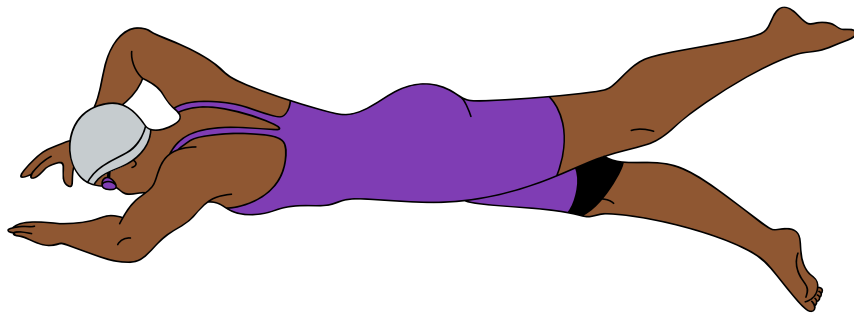
PLEASE NOTE:

The progress of each individual caregiver is dependent on many factors. ie. the fear of the water, the fear of submersion, etc. Therefore, not everyone will progress at the same rate.

What to wear & bring

Checklist below!

- Women - A full-piece swimming costume is ideal. However, we understand that this is not always comfortable, therefore, a T-shirt with leggings is always a great option.
- Men – Preferably a pair of swimming shorts or shorts. Cycling-type leggings are also an option. Many men also prefer to wear a T-shirt to feel more comfortable in the water.
- A towel and something warm to wear after the lesson.
- Swimming is excellent exercise, so be sure to bring a small snack for afterward.



Yours in swimming, Wendy & the HBSA Team