

## Forming links

*Swimming will have strong links and partnerships with stakeholders, kindred organisations, schools and others*

### STRATEGIES

#### Establish links with kindred organisations

- Education/Schools (Active Australia School's Network)
- Facility owners (private)
- Government providers and state bodies
- AUSTSWIM
- Other peak bodies
- Other sports and the opportunities they can provide

#### Provide ongoing support for the people who supply the infrastructure to enable junior swimming to happen

- Promoting the codes of behaviour
- Regular communication to young people, parents and carers, teachers, coaches, technical officials, administrators and volunteers involved with junior swimming.



## Quality coaching of junior swimmers

*Swimming will have a system that will recognise and support the developmental coaching of junior swimmers*

### STRATEGIES

#### Develop clear pathways for coaches of junior swimmers (Professional development and recognition)

- Development of a specific coach accreditation scheme for coaches of junior swimmers
- Developing a junior coaching course content that emphasises the specific needs of junior swimmers

#### Provide professional development of club coaches

- Linkages with Swimming Australia's Go Club education program

#### Provide quality coaching for all levels

- Develop a range of mentoring opportunities

#### Talent ID and 'Assistant coach' role

- Development of a talent ID program
- Involvement of parents/youth swimmers in assistant coaching roles

## Making swimming safe

*Swimming will have standards/policies/guidelines for safe junior swimming*

### STRATEGIES

- Ensure the Member Protection Policy and its key objectives are actively promoted throughout the swimming community
- Promote a safe and harassment free environment
- Continued promotion of the MPP

## Ensure the swimming membership positively embraces the codes of behaviour

- Development of a Codes of Behaviour brochure
- Promotion of the Codes of Behaviour

## Develop national guidelines for facilities and equipment

- Development of guidelines for safe pool operations (i.e. RLSSA)

## Develop national guidelines for safe pool practices in training and competition

- Development of Risk Assessment checklists for running events

## Develop other Safe Health policy and guidelines

- Psychological/physical, Overload, Nutrition, Parent Education, Medical History, Drugs, Hydration and Sun Protection



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SWIMMING AUSTRALIA

# JUNIOR SPORT POLICY



'The purpose of this junior sport policy for Swimming Australia is to assist in the provision of quality sport experiences for young people. It will encourage the provision of safe, enjoyable and accountable environments for everyone involved in junior swimming.'

Approved Nov 2004



Australian Government  
Australian Sports Commission



## Introduction

Swimming Australia believes that Junior Swimming provides the foundation for a unique life skill and sporting experience in the water, from the Learn to Swim Program through to a variety of programs and experiences within the comprehensive swimming club structure.



As duty of care issues become increasingly important, providers of junior swimming must be familiar with, and put into practice, procedures to ensure young people have a positive experience in our sport. The health and welfare of junior swimmers must be central to all objectives, which include providing:

- Fun experiences
- Safe and supportive environments
- Skill development, challenge and the joy of achieving
- Access for all to participate
- A clear pathway for improvement
- Equal opportunities for all young people.

This policy contains guiding principles to assist in achieving the objectives. They are provided in the following key areas:

### 1 Getting young people involved for the long-term

Getting young people active is important because it is an integral component of a healthy lifestyle. Swimming assists in preventing lifestyle diseases and promotes physical, psychological and social well-being. Quality experiences in junior swimming provide the entry to a lifelong involvement in the sport for enjoyment, recreation and fulfilling potential.

### 2 Swimmer development and pathways

Years 5 to 17 are a time of tremendous development for young people on all levels – physically, psychologically, emotionally and socially. Planning for the progressive development of swimming skills in young people requires consideration of stages of development, different levels of ability, different rates in gaining swimming skills, and different interests of young people in the sport.

### 3 Forming links

Consultation and co-operation are essential for effective and efficient junior swimming participation.

A number of agencies have responsibilities for organising and conducting sport including sporting organisations, schools, commercial and non-profit providers, government (local, state and federal), and non-government agencies.

### 4 Quality coaching of junior swimmers

Understanding the learning process and the developmental stages in this process are necessary for quality junior swimming experiences. Young people have preferences for how they like to learn, and their preferences might change depending on the type of task and their prior experiences.

### 5 Making swimming safe

Swimming organisers have a legal duty of care to not expose young people to risk in any aspect of providing the swimming experience. Areas of concern for which advice, training and procedures (written where possible) should be in place include facilities and equipment, the environment, training and competition, infectious diseases, medical conditions, drugs, weight control and dealing with emergencies.

## Getting young people involved long-term

*Swimming will cater for all levels of junior swimmers with flexible and appropriate rules and practices*

### STRATEGIES

**Enable equity of access to all junior programs by coaches, officials and swimmers**

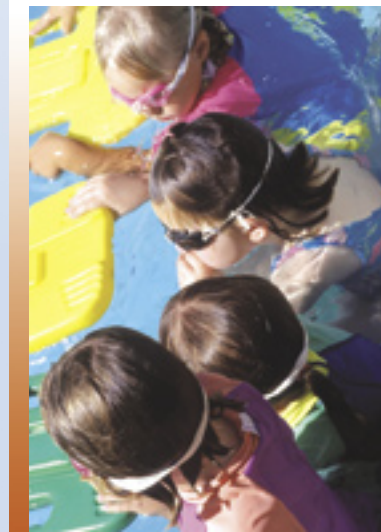
- Recognising and addressing issues associated with ethnicity, disability, gender, sexuality, socio economic status, body shape, ability and geographical location
- Flexible membership categories
- Affordable programs

**Provide equal opportunity for young people regardless of their ability**

- Appropriate and varied training methods
- Re-defined competition (across all spectrums)
- Recognition of all levels of achievement
- More flexible and varied competition programs to cater for all

**Establish an appropriate club environment**

- Family involvement and activities
- Developing a club 'culture'
- Promotion of healthy lifestyle
- Re-defining the role of the club
- Utilisation of the National Club Standard measurement system
- Development of a New Members Kit
- Encouraging young people to become involved as administrators, coaches etc.



## Swimmer development and pathways

*Junior swimming practices will reflect the junior swimming development model*

### STRATEGIES

**A clear development model for junior swimmers**

- Developing a non-competitive/recreational model to include young people as administrators, officials and coaches

**Pathways from learn to swim to swimming clubs**

- Fostering relationships with learn to swim programs and providers
- National badging/certification scheme for junior swimmers
- Recruitment of new members
- Define the progression of junior swimmers

**Create a clear development model for young people as volunteers**

- Diverse roles and responsibilities
- Create junior volunteer model/pathways

**Recognise and cater for physical and psychological maturation**

- Education and policies addressing psychological burnout, eating disorders, growth, maturation and body image.

*The Junior Sport Policy is visionary and embraces the need for change within the sport of Swimming*

Judy Flanagan, Manager  
National Junior Sport Program