



New Instructor Welcome

Welcome to Alsager Swans Disabled Swimming and Water Therapy Club. We are delighted that you are interested in joining us. We offer water therapy (not just swimming) using the Halliwick method and focus on ability not disability.

During your first few months you will be "buddied" with a Club instructor, working with them and a swimmer whilst you "learn the ropes".

To become an instructor with us you will be expected to swim 2 lengths to demonstrate your swimming ability and water confidence. We will require you to apply for a DBS (Disclosure and Barring Service) Check or provide us with a recent Disclosure certificate. The Club will pay for this and you will be provided with the details on the process for this in the next few weeks. You will need to complete a Volunteer Application Form- if you have not already done so please ensure you have completed this and handed it to the Chief Instructor or Training Instructor before you enter the water this evening. If you have not got a form we have plenty of spares so please just ask!

Our swim sessions are every Sunday. We also have an instructor training sessions periodically . These are usually the last Sunday of the month but do vary due to Bank Holidays and functions. Please look at the calendar on our notice board in the main corridor for dates. Training sessions are usually run in the pool after the normal swim session.

We are a registered charity and are lucky enough to benefit from a variety of grants and donations throughout the year. However, all Club members are required to pay £10 subs each year to cover insurance. As instructors we pay a small weekly subs amount (currently £1) If you are in full time education the Club will cover your subs for you.

If you are unable to attend a week then please let one of the following people know:

Lisa Alcock - Chief Instructor

Ann Parton – Training Instructor

Before you enter the water this evening, please familiarise yourself with the following safety information:

- Only enter the water, or allow your swimmer to enter the water, once a lifeguard is present and the Chief Instructor or Training Instructor says it is safe to do so.
- 1 whistle blow = attention - stop what you are doing and listen;
2 whistle blows = 5 minute warning until the end of the session
3 whistle blows = emergency - take your swimmer to the side of the pool & await instructions
- Instructors are responsible for their swimmers from the moment they enter the poolside environment until the moment they leave the poolside environment at the end of the session.
- If a swimmer needs to leave the pool to go to the changing rooms during a session and requires supervision then please do not go with them alone.
- Do not drink any alcohol before a swim session.
- Remove all jewellery (except wedding rings) before entering the pool.

- There is a “blue line” near the shallow end (please ask someone to point it out if you are unsure where it is) – non-swimmers are not allowed past this without express permission from the Chief Instructor or Training Instructor (every time i.e. every session)
- There is no such thing as a silly question so please just ask!

Finally, on behalf of the club and the swimmers we serve, a huge “thank you” for joining the team, your time will enable a swimmer to enjoy an hour in the pool every week.

Kind Regards Chief Instructor