AUSI SNORKEL SWIMMING INSTRUCTOR

TEACHING GUIDELINES

COURSE PLANNING 1

INSTRUCTOR DEVELOPMENT 3

ASSESSMENT GUIDELINES 6

DETERMINING RESULTS 7

REGISTRATION PROCEDURES 7

COURSE MATERIALS 9

- **AUSI MEDICAL HISTORY FORM**
- **AUSI INSTRUCTOR TRAINING PROGRAM APPLICATION FORM**
- **AUSI SNORKEL SWIMMING INSTRUCTOR TRAINING RECORD**
- **AUSI PROFESSIONAL REGISTRATION FORM**

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

COURSE PLANNING

The AUSI Snorkel Swimming Instructor Training Program is designed to train the prospective instructor to the key areas of supervising snorkel swimming, namely:

1. Theory Knowledge,
2. Skills Development, and
3. Leadership Development

The AUSI Snorkel Swimming Instructor is able to conduct AUSI Snorkel Swimming programs in enclosed water unsupervised and supervise snorkel swimmers in open water under the supervision of an AUSI Snorkel Diver Instructor or higher and must demonstrate the appropriate skills and knowledge to do so by undergoing training and assessment.

The training process involves the following:

1. Instructor Development Lectures, and
2. Assessment on practical aspects of the AUSI Snorkel Swimmer program.

Before being certified as an AUSI Snorkel Swimming Instructor, the candidate must complete both the training and assessment phases.

Training can be conducted either:

1. As an in-facility program where the training and assessment phases are conducted over any time frame that satisfies both the AUSI Snorkel Diver Instructor conducting the training course and the candidate.
   In-facility programs require that the AUSI Snorkel Diver Instructor conducting the training submit an *AUSI Instructor Training Program Application Form* to AUSI Head Office 60 days prior to the proposed examination date.
   or
2. As a one day AUSI Snorkel Swimming Instructor Training Program which includes training and assessment. To avoid duplication of such programs in any one region AUSI Snorkel Swimming Instructor Training Programs must have AUSI Head Office approval. To gain approval the AUSI Snorkel Diver Instructor conducting the training course must submit an *AUSI Instructor Training Program Application Form* to AUSI Head Office at least 60 days in advance.

Prerequisites

Prior to participating on an AUSI Snorkel Swimming Instructor Training Program candidates are required to meet the AUSI Snorkel Swimming Instructor course prerequisites, which are:

1. Be at least 16 years of age,
2. Be certified medically fit to snorkel dive by a medical practitioner,
3. Be able to swim 200 metres (220 yds) unaided in no more than five minutes and then immediately stay afloat for at least 10 minutes,
4. Have a current work place first aid certificate or approved equivalent,
5. Have a current CPR certificate or approved equivalent, and
6. Have a current oxygen provider certificate or higher or approved equivalent.

Instructor

The course can only be conducted by an AUSI Snorkel Diving Instructor or endorsed AUSI scuba Instructor or approved equivalent.

Ratios

Training ratios must not exceed 12 candidates per instructor.

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

Materials

During the course it is compulsory for the instructor to use the following:

1. **AUSI Snorkel Diver Manual** or relevant AUSI Course Notes,
2. **AUSI Snorkel Swimming Instructor Course Notes**,
3. **AUSI Snorkel Swimming Instructor Workbook**,
4. *AUSI Medical History Form*,
5. *AUSI Snorkel Swimming Instructor Training Record*, and
6. *AUSI Professional Registration Form.*

Items 1, 2 & 3: Hard copy can be purchased from AUSI Head Office; in lieu of Items 1 & 2 the relevant AUSI Course Notes can be downloaded from www.ausi.com.au.

Items 4, 5 & 6: Can be photocopied from the Course Materials section of the AUSI Instructor Manual.

All items: Can be downloaded from www.ausi.com.au however only registered instructors can download Items 3, 4, 5 & 6 as part of the AUSI Snorkel Swimming Instructor Trainer Pack.

Equipment

Each instructor and candidate shall use the following equipment during all practical training and ocean diving throughout the course:

1. Mask, snorkel and fins,
2. Adequate exposure protection, and
3. If a neoprene exposure suit that provides significant positive buoyancy is not used then a buoyancy device that provides positive buoyancy at all times must be worn.

Suggested Timetable

The following is a suggested one-day course timetable, suggested presentation time in brackets:

0730 **Introduction** (30 minutes)

0830 **Theoretical Aspects of Snorkel Swimming** (60 minutes)

1000 **Personal Skill Development** (90 minutes)

1200 Lunch

1230 **Practical Aspects of Snorkel Swimming** (60 minutes)

1400 **Leadership Development** (90 minutes)

1600 **Professional Responsibilities** (30 minutes)

1700 **Debrief** (30 minutes)

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

INSTRUCTOR DEVELOPMENT

Introduction

The following materials are required for the Introduction Session:

1. **AUSI Snorkel Diver Course Notes,**
2. **AUSI Snorkel Swimming Instructor Workbook,**
3. *AUSI Medical History Form*, and
4. *AUSI Snorkel Swimming Instructor Training Record*.

During the introductory session, which must be done before any practical sessions are conducted, the instructor is required to do the following:

1. Have student complete the *AUSI Medical History Form* or approved equivalent and check carefully,
2. Sight evidence that the student meets all the prerequisites for the course,
3. Check that the candidate meets the prerequisites and record on the *AUSI Snorkel Swimming Instructor Training Record*,
4. Explain the AUSI Pathway and where the current course fits in,
5. Explain the structure of the AUSI Snorkel Swimming Instructor Course,
6. Explain assessment procedures,
7. Discuss the timetable for the course,
8. Explain certification requirements, and
9. Explain the requirements for Annual Renewal.

The recommended text for those students wishing to do further reading is:

Recreational Scuba Diving – Sinclair & Kenley.

This text is available from AUSI Head Office.

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

Theory Sessions

The AUSI Snorkel Swimming Instructor course consists of three Instructor Development Lectures with lesson reviews. Instructor Development Lectures should be conducted in accordance with the Classroom Presentation section of the **AUSI Snorkel Instructor Course Notes**.

The topics covered in lecture form are listed below:

Session 1: Theoretical Aspects of Snorkel Swimming

Equipment
Basic Physics
Ears & Diving
Diving Gases
Exposure
Potentially Dangerous Marine Animals
Practical Skill Training

Session 2: Practical Aspects of Snorkel Swimming

The Buddy System
Understanding Water Movement
Boat Diving
Hunting & Spearfishing
Incident Management
Accident Management
Dive Leadership

Session 3: Professional Responsibilities

Professional Obligations
Legal Aspects
Participant Screening

Students must have their own current edition of the **AUSI Snorkel Diver Manual** or relevant AUSI Course Notes, **AUSI Snorkel Swimming Instructor Course Notes** and the **AUSI Snorkel Swimming Instructor Workbook.**

After each lecture has been attended the student must complete the relevant lesson review found in the **AUSI Snorkel Swimming Instructor Workbook**.

The *AUSI Snorkel Swimming Instructor Training Record* is to be updated at the end of every session.

NOTE: Certification will not be issued until the candidate has satisfactorily completed the theory reviews contained in the **AUSI Snorkel Swimming Instructor Workbook.**

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

Practical Sessions

The AUSI Snorkel Swimming Instructor course consists of two practical presentations. These sessions should be conducted in enclosed water in accordance with the Practical Presentation section of the **AUSI Snorkel Instructor Course Notes**.

The topics covered are listed below:

Session 1: Personal Skill Development

Equipment Handing

1. Mask – defogging, fitting, clearing
2. Snorkel – fitting, clearing
3. Fins – fitting and usage
4. Buoyancy devices – fitting and usage

Entries & Exits

1. Shallow water entry
2. Step entry
3. Backward roll entry
4. Pool exit
5. Ladder exit
6. Boat exit

Snorkelling Skills

1. Snorkel clearing
2. Finning techniques
3. Mask Clearing
4. Duck diving

Fitness Tests

1. 200m (220 yd) swim
2. 10 minute tread
3. 3m (10 ft) duck dive
4. 25m (30 yd) underwater swim

Session 2: Leadership Development

Rescue Techniques

1. Entanglement
2. Cramp
3. Asthma management
4. Tired swimmer tows
5. Panicking swimmer
6. Unconscious swimmer tow & egress

Leadership Skills

1. Teaching skills
2. Group control
3. Scenarios

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

ASSESSMENT GUIDELINES

Assessment of an AUSI Snorkel Swimming Instructor is primarily based on satisfactory participation in all aspects of the course. The following areas must be completed in order to achieve a successful outcome and certification:

1. Knowledge Development,
2. Practical Skills, and
3. Fitness Tests.

All assessment records must be kept in the candidate's course file and all final results summarised on the *AUSI Snorkel Swimming Instructor Training Record*.

Theory Knowledge

1. The candidate must attend each Instructor Development Lecture and
2. Complete the **AUSI Snorkel Swimming Instructor Workbook**

Practical Skills

1. The candidate must attend both practical sessions and be actively involved to the satisfaction of the AUSI Snorkel Instructor conducting the course

Fitness Tests

During the course the AUSI Snorkel Swimming Instructor candidate must:

1. Swim, without the use of aids, 200 metres (220 yds) in no more than five minutes then immediately stay afloat for no less than 10 minutes
2. Duck dive and retrieve an object from a depth of no less than three metres (10 ft) and no deeper than five metres (15 ft)
3. Swim underwater a distance of 25 metres (30 yds) on one breath.

NOTE: These tests can be done in a suitable swimming pool.

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

DETERMINING RESULTS

The AUSI Snorkel Diving Instructor conducting the course is to review the candidates *AUSI Snorkel Swimmer Instructor Training Record* to determine an overall result based on the following criteria:

Pass

A pass is awarded when the candidate participated satisfactorily in each session and passed the Fitness Tests.

Provisional

Provisional status can only be awarded to a candidate who has attended every session but failed to complete the Fitness Tests.

The candidate shall be given a minimum of one week and a maximum of one month to complete a full retest of the fitness tests.

Fail

A candidate who does not attend every session is deemed to fail the course.

REGISTRATION PROCEDURES

At the conclusion of the course the AUSI Snorkel Diving Instructor who conducted the course is to forward the following to AUSI Head Office:

1. Completed *AUSI Snorkel Swimming Instructor Training Record,*
2. Completed **AUSI Snorkel Swimming Instructor Workbook,**
3. Completed *AUSI Professional Registration Form,*

   NOTE: The candidate has 14 days from the completion of the course to satisfactorily complete the lesson reviews in the AUSI Snorkel Instructor Workbook

4. Two passport photographs, and
5. Appropriate AUSI Fee.

AUSI Head Office will forward certification card and wall certificate to the candidate. These can be ordered prior to the course but can only be presented when the above items are satisfactorily completed.

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

Copyright 2005 AUSI Pty Ltd ACN 062 887 969

AUSI SNORKEL INSTRUCTOR

COURSE MATERIALS

AUSI MEDICAL HISTORY FORM

AUSI INSTRUCTOR TRAINING PROGRAM APPLICATION FORM

AUSI SNORKEL SWIMMING INSTRUCTOR TRAINING RECORD

AUSI PROFESSIONAL REGISTRATION FORM

Please photocopy the forms for use as necessary from this section of your AUSI Instructor Manual.
OR
Registered instructors can download an AUSI Snorkel Swimming Instructor Trainer Pack from www.ausi.com.au.

Copyright 2005 AUSI Pty Ltd ACN 062 887 969