

- **Duration:**
  - 16-20 hours (Theory & Practical Presentation)
  
- **Pre-requisites**
  - Age 16 or above
  - Able to complete Continuous Aquatic Sequence comprising of:
    1. Enter the water with an appropriate feet first entry
    2. Float, scull or tread water for 1-2 minutes with feet off the bottom of the pool
    3. Fully submerge and swim underwater for 2-5 metres and re-surface
    4. Swim 50 metres on front with face in water (Displaying comfortable breathing technique)
    5. Rotate or roll onto back
    6. Swim 50 metres on back
  
- **Content:**
  1. Overview of AUSTSWIM and the aquatic industry
  2. Legal responsibilities for the AUSTSWIM teacher™
  3. How people learn
  4. Being an effective teacher
  5. Aquatic safety, survival and rescue skills
  6. Principle of movement in water
  7. Water familiarization, buoyancy, mobility and safety
  8. Teaching safer diving skills
  9. Towards efficient stroke development
  10. Plan, deliver and review a lesson
  
- **Assessment**
  - During the course:
    1. Continuous Aquatic Sequence.
    2. Demonstrate competence in rescue techniques.
    3. Demonstration of skills for teaching purposes
    4. Lesson Planning
    5. Cardio Pulmonary Resuscitation (CPR) award
  - Completed after attending course:
    1. On-line theory assessment
    2. Practical demonstration of teaching skills, including the preparation of lesson plans.
    3. Practical teaching hours including observation, supervised teaching and verification of teaching competency.
    4. Teacher Declaration (completed on-line with theory exam).
    5. Submit photo for AUSTSWIM Teacher Licence™.

(\*All assessment components must be satisfactorily completed within 12 months of the course commencement date.)