



# COACHING RATIOS

## CLUB POLICY DOCUMENT

### Risk Assessment

The following ratios are **recommended guidelines only**. A risk assessment should be carried out for each occasion and considerations should be given to:

- Age of athletes, age range of the whole group and their general maturity
- Gender mix
- Athletes experience and ability relating to the nature of activity
- Educational / physical needs / disabilities
- General behaviour history
- Facility – e.g. pool layout, depth, lifeguard cover
- Equipment available
- Duration and nature of event / journey / activity
- Staff experience, qualifications and ability

### Recommended Ratios – Guidelines

#### Club Sessions

As a general guide, the following MAXIMUM ratios are recommended:

Teacher/Coach Qualification	Max ratio
Level 2: Improving Swimmers (swim at least 10m)	20:1
Level 2: Mixed Ability Groups	20:1
Level 2: Competent Swimmers	20:1
Level 2/3: Competitive Swimmers	30:1

#### Addition notes and points to consider

- A level 1 coach should be supervised by a level 2/3 coach at all times
- A level 2 means an individual who has a level 2 teaching or coaching qualification as appropriate or equivalent qualification for example SSTQ or SSCQ
- Consideration for safe supervision is important particularly if covering coaches are used for sessions utilising Tank A
- For activities away from home facility including team travel and overnight stays please refer to the Overnight Trips policy for more information

#### Temporary use of Level 1 Coaches

Where a club has no level 2 coach available to deliver a squad session, it is permissible for an experienced level 1 to deputise on a temporary (short-term) basis till a level 2 can take over again. Best practice would be always having a level 2 in charge of the squad, and this would be the preferred position for clubs to operate. Where this is not the case the following points should be considered before allowing a level 1 to deliver sessions unsupervised.

- A risk assessment must be in place covering the relevant coaching activity. The risk assessment must include:
  - Consideration of the age and ability of the group that the individual would be coaching
  - Consideration of the Level 1's confidence and experience to deliver the squad level
  - Consideration of the Level 1's technical competence to deliver the squad level
  - Consideration of the number of swimmers and the number of lanes/pool space available for the squad
  - Consideration of any swimmers with a disability/impairment or swimmers requiring additional support within the squad



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- Consideration of the safe supervision requirements of the session (i.e. is a lifeguard present?, Role of the coach in emergencies?), safety of the participants must not be compromised.
- Consideration of any additional level 1s or poolside helpers that would be at the session(s) to support the running of the session
- No diving (from deck or platforms) or complex higher risk session content (Vo2M / lactate development sets etc) as a level 2 must be present to allow these types of activities to be carried out
- Maximum ratios that a level 1 can deliver a session to:
  - Development swimmers max 12
  - Age Group swimmers max 20
- This arrangement applies to coaching swimming only and not learn to swim or coaching of the other aquatic sports. For further information please contact the Scottish Swimming Team for more information.