

***Adjust training based on what level is being taught**

Training Activity 1:

- Need the level's common issues and fixes document as a reference

LC chooses 2-3 common issues and reviews what their fixes are with the swim instructors that are present. Swim instructors can be in or out of the water.

Create groups of 3-4 people. Assign one person to be the instructor who will do 2 level appropriate skills. EX: Supported front glide and supported back glide for level 1. Other instructors in the group can choose one of the 2-3 issues reviewed. They should behave as if they have that common issue. Instructor should practice the fixes reviewed before. Rotate instructors after the 2 skills have been taught. Move quickly each instructor should take 5 minutes or less.

Regroup and discuss what went well and what can be improved. Repeat all steps until the whole level's issues and fixes have been discussed and practiced.

Training Activity 2:

- Need the level's common issues and fixes document flashcards

LC should create groups of 3-5 people. Assign one person to be the instructor. LC should then distribute flashcards one to each additional instructor. Instructor will then do 2 level appropriate skills. EX: Supported front glide and supported back glide for level 1. Other instructors in the group should behave how their issue card tells them to. Instructors should respond accordingly to the behavior with the fixes. Move quickly through the skills. Shuffle cards redistribute and rotate.

Regroup and discuss what went well and what can be improved

Challenge:

LC should write a sentence down that an instructor would say during the lesson. EX: Push off in streamline to the flags. Each instructor should go around in a circle saying both the sentences in a very monotone, boring voice and overly excited voice then moving on to the next person. This is to find an inbetween.