SWIM KINGS

KINGS CAMPS

Contents

Programme

1. Kings Swimming Programme is an important part of the Multi Active programme delivered on camp and is designed to motivate and engage swimmers in fun, water based games and safe activities.
2. Swimming Coaches, along with Site Managers have a massive responsibility towards our swimmers at Kings Camps. Participation in swimming has been declining in the UK and the Amateur Swimming Association has identified that nearly half of children aged 7-11 years are unable to swim a length of an average sized swimming pool unaided (CAPT - Child Accident Prevention Trust [Making the Link] 2015).
3. Before implementing any activity in your swimming sessions, it is important that Swimming Coaches and Site Managers familiarise themselves with the venue's Normal Operating Procedures and Emergency Action Plans, as there might be restrictions in the type of activities allowed in the facilities, e.g.: Practicing Waterpolo or Diving.

Assessments

1. On the first swim session of camp, the swimming coach is to make the initial assessment on the ability of each participant to allocate the respective colour cap following Kings Camps Swimming Policy, as follows:
   a. 🔴 Red Hats & Armbands – Beginners, e.g.: non swimmers, no face in the water, may not be able to move in the water unassisted.
   b. 🟡 Yellow hats – Intermediate, e.g.: Capable to move comfortably in and out of the water, float and put their face in the water, but not strong enough to swim or be in the deep end.
   c. 🟢 Green hats – Competent, e.g.: Confident enough to swim in the deep end and complete lengths.
2. In some cases, participants will need to be assessed throughout the week, as they may not take part on the first swimming session due to illness or none attendance, etc. Swimming coaches are to be prepared for such scenarios and ensure that assessments are done as quickly and efficiently as possible to start sessions as programmed with the entire group.
3. Group Coaches must support the swimming coaches during sessions in safeguarding and assisting swimmers, in order to make the sessions more efficient e.g.: The Group Coach assists in the water during the initial assessments while the Swim Coach organises and assesses each individual, or helping their groups put the respective colour hat on prior to the session.
4. An example of how the assessments can be done efficiently is as follows:

SWIMMING POOL	DIAGRAM KEY
	☺ Swimming Coach
	✖ Swimmers to be assessed
	✖✖✖ Swimmers assessed
	✚ Support / Group Coaches
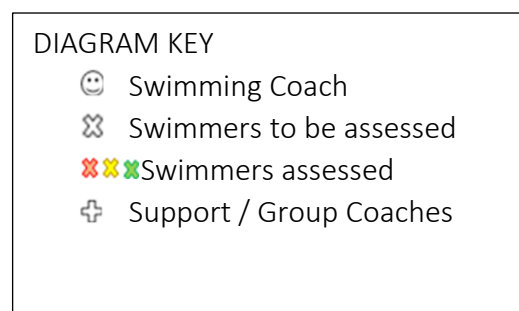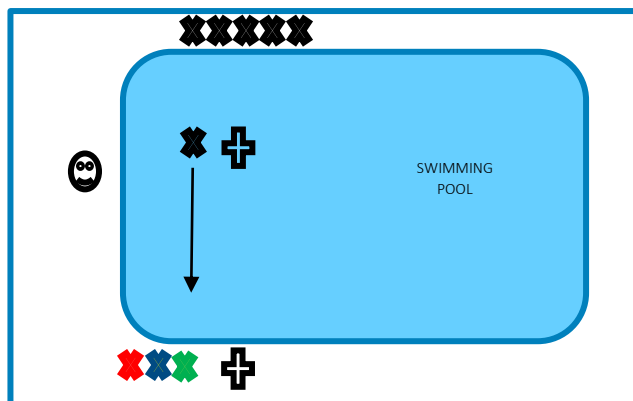
Scheme of Work

1. Swimming coaches and site managers on camps have the opportunity to build confidence in every child taking part as well as delivering a unique and enjoyable group session to children who may never have taken part in a swim session before, as well as children who may swim competitively for their local clubs.
2. The length of each session will vary based on the swimming pool availability and the number of groups on camp. This is normally given by the venue and passed on to the Site Managers from Head Office. The recommended length for each session is:
   a. Children under 8s: 30 minutes long.
   b. Children over 8s: 45 minutes long.
3. The swimming coach is to plan and deliver a balanced session with swimming games and drills based on the abilities of the participants and context provided, e.g.: space, depth, equipment, etc. The ideal session structure is:
   a. Warm up: Fun activity that involves all children moving and getting used to the water.
   b. Skill: Fun activity that aims to work on the main part of the session. It normally builds up progressively, always maintaining the fun element.
   c. Main: Deliver a fun and inclusive activity that develops on the main objective of the session.
   d. Cool Down: Deliver a fun activity that helps children bring their heart rate down and prepare them to leave the pool.
4. Swim sessions will have two or three different ability levels within the same group. Coaches are to plan the main objective of their sessions thinking of the majority of the group and aiming to cover as many skills as possible by the end of the week. Bearing this in mind, coaches should incorporate adaptations in the form of games and activities that are instructive, inclusive and enjoyable for all, e.g.: yellow hats collect objects from the bottom of the pool, while red hats fetch objects floating on the surface of the water.
5. It is also recommended that swim coaches get assistance from the group coaches to deliver more specific drills and feedback swimmers more accurately, especially when working with large groups of different abilities, e.g.:
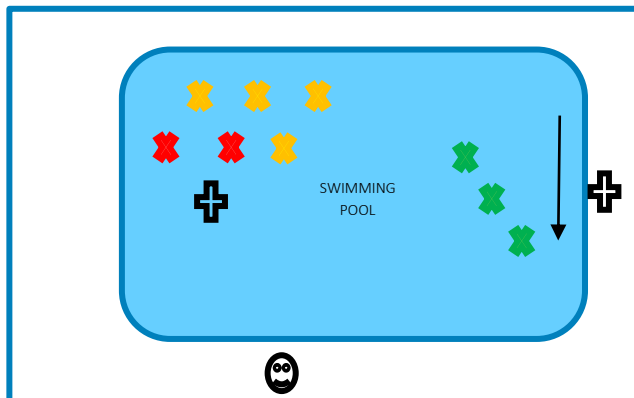
DIAGRAM KEY
☺ Swimming Coach
✙ Group Coaches Assisting
✖✖✖ Swimmers subdivided in abilities, assisted by the Group Coaches

1. In some cases, swimming coaches can organise their sessions so the groups are arranged by abilities. However, this is something that would need to be discussed with the Site Manager and Group Coaches in advance in order to work out the logistics and remain within the correct ratios of participants per coach.
2. The equipment used should also be considered ahead of the lesson to ensure that all swimmers get the chance to use what they need to achieve the goal of the activities, and ultimately the session.
3. A recommended weekly structure following stroke development, can be seen in tables 1, 2 and 3. All these daily structures follow the following activity pattern:

Warm Up / Skill Development-Main Activity / Cooldown Game

Table 1 – Scheme of Work Example Week

RED HATS 🔴	Goal of the Lesson	Activities/Games	Notes for Coaches
Monday	Assessment Movement & Balance	Individual Assessments **Fishy - Fishy, Sharky - Sharky** **Fruit Salad**	Complete all assessments as quick and efficiently as possible. Encourage movements in different directions across the water. Build water confidence.
Tuesday	Forward Movements Aquatic Breathing	**Aqua Fun Aerobics** **Races & Relays** **Head Shoulders Knees & Toes**	Introduce Front Crawl. Encourage balance & forward movements: walking, running and kicking action. Introduce & encourage face under the water.
Wednesday	Backwards Movements Buoyancy	**Floating Shapes** **Numbers Swim** **Wacky Races**	Introduce Back Stroke. Encourage balance & backwards movement: walking and kicking action, always with the head back. Introduce floating challenges.
Thursday	Simultaneous Actions Unassisted Movements	**Buried Treasure** **Woggle Train** **Splash Competition**	Introduce Breast Stroke. Encourage simultaneous circular motion with arm/leg action.
Friday	Fun Friday Various Activities	**Simon Says** **Seahorse Races** **Buried Treasure**	Deliver a fun session. Encouraging the skills learned throughout the week, and highlighting the new skills acquired. Encourage unassisted movements.

Table 2 – Scheme of Work Example Week

YELLOW HATS 🟡	Goal of the Lesson	Activities/Games	Notes for Coaches
Monday	Assessment Buoyancy & Breathing	Individual Assessments **Head Shoulders Knees & Toes** **Captain's Coming**	Complete all assessments as quick and efficiently as possible. Encourage floating balance & face under the water.
Tuesday	Intro to Front Crawl Submersion	**Traffic Lights** **Races & Relays** **Name That Tune**	Improve Front Crawl. Encourage correct kicking and develop arm action. Encourage controlled breathing under water.
Wednesday	Intro to Back Crawl Gliding Motion	**Duck & Dive** **Splash Signals** **Wacky Races**	Improve Back Stroke. Encourage correct kicking and develop arm action. Include Push & Glide challenges.
Thursday	Intro to Breast Stroke & Dolphin Kick Action	**Water Tag** **Quidditch** **Water polo Ten Passes**	Improve Breast Stroke. Encourage correct kicking and correct arm action. Introduce body undulation. Play game encouraging simultaneous leg/arm action.
Friday	Fun Friday Various Activities	**Cutlery Game** **Pool Volleyball** **Survivor**	Deliver a fun session. Encouraging the skills learned throughout the week, and highlighting the new skills acquired.

Table 3 – Scheme of Work Example Week

GREEN HATS 🟢	Goal of the Lesson	Activities/Games	Notes for Coaches
Monday	Assessment Coordination & Agility	**Individual Assessments** **Buried Treasure** **Simon Says**	Complete all assessments as quick and efficiently as possible. Encourage movements in different directions across the water.
Tuesday	Front Crawl Diving	**Kicking Duel** **Races & Relays** **Diving Competition**	Refine Front Crawl Technique. Encourage side breathing and controlled movements. Introduce diving safely.
Wednesday	Backstroke Sculling	**Video Game** **Numbers Swim** **Wacky Races**	Refine Back Stroke Technique. Encourage correct body position and stroke timing.
Thursday	Breast Stroke & Intro to Fly Treading Water	**Stuck in the Mud** **Caterpillar Swim** **Save the Dolphins**	Refine Breast Stroke and Introduce Butterfly. Encourage correct stroke and timing. Introduce Fly arm action.
Friday	Fun Friday Various Activities	**Under & Under Races** **Pool Rounders** **Virus Tag**	Deliver a fun session, encouraging the skills learned throughout the week, and highlighting the new skills acquired.

Games & Activities

Aqua Fun-Aerobics

Levels: 🔴 🟡 🟢

Objectives: To follow the leader and warm up in a fun and active way.

Time: 5 mins.

Equipment: N/A

How to play:

Players stand in a space facing the coach.

Play loud energetic music playing.

The coach leads the players in an aerobics warm up.

Example fun-aerobic moves:

    I.   Clap hands in the air and jump on the spot

    II.   Push water to the side / to the front

    III.   Walk side to side

    IV.   Jumping Jacks

Adaptations:

Perform the session in the deep end for competent swimmers.

Buried Treasure

Levels: 🔴 🟡 🟢

Objectives: To be the fastest team to collect the treasure and/or finish the challenge.

Time: 5-10 mins.

Equipment: As much equipment or toys as you can get as 'treasure'. This can be hula hoops, soft balls, sinking toys, rubber hands and rubber feet, etc.

How to play:

Divide the players into 2 or more teams, e.g.: sharks and dolphins.

Sharks hold onto one side of the pool, dolphins hold onto the other.

Each team has a float or hoop on their side where they must put their treasure.

Each team member can only collect one piece of treasure at a time.

For younger swimmers by either using floating toys or placing toys on top of floats so they can swim to them and then bring them back.

For competent swimmers, players must swim to the 'sunken ship' through the port hole (through the hula hoop) and collect a piece of treasure (sinking toys).

Weaker swimmers can also be given woggles to aid them.

During the game no throwing of 'treasure' is allowed, players must stay in the water and they should not touch the opposing teams 'treasure'.

The game end once all the 'treasure' has been collected, where the fastest team wins.

Adaptation:

Alternatively, the game can be extended to include a building challenge.

During the building challenge players can climb out of the pool to make whatever you have described, e.g.: Tallest tower, castles, spaceships, etc. Award points to each team for their creative attempts.

Link the game and the team names to fit in with a theme being presented in camp.

Caterpillar Swim

Levels: 🟡🟢

Objectives: To be the first team to swim under the legs of all its players and complete the set goal.
Time: 5 mins.
Equipment: N/A
How to play:
Make teams of 3 to 4 players.
Players line up in their teams one behind the other with their legs open.
When the coach shouts GO the first person in the line will swim under the legs the legs of their line back of the line.
The next player in front will do the same, and so on until the team reaches a specific goal.
The first team to complete the challenge wins.
Adaptations:
Simplify the game by running or paddling instead of swimming through the legs, for younger swimmers.

Cutlery Game

Levels: 🔴🟡🟢

Objectives: To follow the coach's instruction without making a mistake.
Time: 5 mins.
Equipment: N/A
How to play:
As the coach calls out the different pieces of cutlery, players will make the shapes to represent them, e.g:
'Knife' – stand straight up with arms together above the head
'Fork' – arms out to the side
'Spoon' – touch toes
'Whisk' – spin around
'Plate' – lie flat on top of the water like a star fish float
Adaptations:
Tell the players a story about making a cake or what you did that morning. The story should involve words that relate to movements so as the players listen to the story they complete different movements.
Add a competitive element, where the last swimmer to complete the instruction or making a mistake has to enter the "splashing zone" for 10 seconds; this is where all the swimmers splash the player.

Diving Competition

Levels: 🟢

Objectives: To make the best dive and score the most points.
Time: 5-10 mins.
Equipment: N/A
How to play:
Each player / team dives safely from the side and into clear water.
Each dive is marked out of ten.
The team with most points at the end of the challenge wins.
Ensure safety is enforced for players coming out of to jump, and those staying in. Not running off the side.
Adaptation:
Most outrageous shape in the air before diving
Furthest dive away from the side.

Duck 'N Dive

Levels: 🟡 🟢

Objectives: To catch the sinking object before it reaches the bottom of the pool.

Time: 5 mins.

Equipment: Slow sinking toys.

How to play:

Players are arranged in circles and numbered, e.g.: 1-6.

One player is given a slow sinking object such as a dive stick, which is dropped in the middle of the group.

At the same time as dropping the stick they shout a number in their group.

The player with that number then has to try and catch the stick before it reaches the bottom of the pool, they will do this by performing a surface dive.

They then drop the stick and shout another number and the game continues.

The idea is that everyone in the group gets a go.

You can score the game either by losing a life if you miss the stick and once you've lost your lives you are out, or you can award points for successful catches.

Adaptations:

The game can be progressed from shallow to deep water.

Fishy-Fishy, Sharky-Sharky

Levels: 🔴 🟡

Objectives: The aim of the game is for the fishes to get across to the other side of the pool, without being eaten by a shark!

Time: 5-10 mins.

Equipment: N/A

How to play:

Players stand on one side of the pool (width).

The swim coach will pick 2 or more players to be the "sharks", while the rest of the players will be fishes (the Rookies could also be used as sharks).

To start the game the sharks have to shout to the fishes "Fishy Fishy Fishy, come swim in my sea!"

The fishes will then shout back "Sharky Sharky Sharky you can't catch me!" before swimming to the other side of the pool.

If a fish gets caught by a shark then the fish will become funky seaweed.

Funky Seaweed can only move their arms to catch fishes and must not swim/walk they must stay in the place they were caught.

The game finishes when there is only one fish left who wins the round.

Adaptations:

For younger swimmers, allow them to move around when they are caught, so they too become sharks.

Floating Shapes

Levels: 🔴 🟡 🟢

Objectives: To hold in the shape challenged the longest.

Time: 5-10 mins.

Equipment: N/A

How to play:

Players must make the floating shape in the water as called by the coach, e.g.: Mushroom Float:

- I. Head should be in the water
- II. Chin on the chest
- III. Knees to chest
- IV. Arms should be wrapped around their knees o Knees to chest

Each player keeps the floating shape for as long as possible.

The player that stays in the shape for the longest will be the winner.

The challenge can be made with different shapes, e.g.: Star, Pencil, etc.

Adaptations:

The challenge can be adapted to encourage players changing shapes as quick as possible, where the last player changing or doing the shape correctly completes a forfeit.

It can also be adapted for players to hold the shape following a jump in the pool.

Four Ball

Levels: 🟡 🟢

Objectives: To pass the ball and swim to the next corner before the ball gets back.

Time: 5-10 mins.

Equipment: A ball

How to play:

Split the group into 4s, each group has a ball.

The 4 players in each group stand on the four corners of a square in the pool.

Each player passes the ball to their right and swims in that direction to the next corner.

Adaptations:

Make the square progressively bigger.

Simplify by adding more players to the game, instead of four.

Progress the game by asking swimmers to swim with the ball instead of passing it (Waterpolo Drill).

Fruit Salad

Levels: 🔴 🟡 🟢

Objectives: To jump in safely only when the coach calls your fruit, or fruit salad.

Time: 5 mins.

Equipment: N/A

How to play:

Swimmers line up along the pool side, with sufficient space between them as this is a 'jumping in' game.

Give different fruit names to the swimmers, e.g. apples, oranges and bananas.

When the coach shouts out the name of the fruit, all those swimmers jump in.

If the coach shouts out 'fruit salad' all the swimmers can jump in.

Ensure the water is clear from other swimmers before calling the next "fruit".

Adaptations:

It can also be applied to ducking underwater or swimming instead of jumping.

Head Shoulders Knees And Toes

Levels: 🔴 🟡

Objectives: To follow the leader's instructions following the song.
Time: 5 mins.
Equipment: N/A
How to play:
The swimmers will need to stand in a space facing the swim coach.
The swim coach will tell the swimmers to sing "head shoulders knees and toes"; but they are not allowed to move their feet off the floor.
All the swimmers will have to go underwater when they sing knees and toes.
See how loud/ fast the swimmers can sing it.
Adaptations:
Make a competition out of the game, where each player has a go and the loudest wins.
Add a competitive element, where the last swimmer to complete the instruction or to make a mistake has to enter the "splashing zone" for 10 seconds; this is where all the swimmers splash the player.

Kicking Duel Or Push Of War

Levels: 🔴 🟡 🟢

Objectives: To push the opponent by kicking, to win the challenge.
Time: 5 mins.
Equipment: Kickboards or Woggles
How to play:
Players need to pair up with a kickboard between two.
Within each pair the players hold on to opposite ends of the kickboard with their arms locked out straight.
They must then both lay out and kick as hard as they can to either push their opponents backward or make then bend their arms – kind of like a tug of war in reverse.
Make sure all the pairs are lined up in the same direction to avoid kicking each other.
Adaptions:
Make a tournament where the last one standing wins.

Knock The Tower Down

Levels: 🔴 🟡 🟢

Objectives: To knock down the tower.
Time: 5 mins.
Equipment: Floats and balls
How to play:
Build a tower of floats.
Using 3 balls try to knock the tower down. The player who knocks the most down wins.
Adaptations:
Apply this game to a waterpolo match, where the blocks knocked down represent points for the teams.

Name That Tune...

Levels: 🟡 🟢

Objectives: To guess the tunes hummed by the players.
Time: 5 mins.
Equipment: N/A
How to play:

A player is selected to start.

The whole group goes underwater and that first players hums a tune.

Everyone will need to be quite close to hear.

The other players have to guess what they were humming.

Adaptation:

Humming underwater while other players in/out of the water guessing.

It can also be done as a team challenge, between two or more teams guessing the tunes.

Miming/dancing an action instead of humming, e.g.: Gangnam Style.

Numbers Swim

Levels: 🔴 🟡 🟢

Objectives: To be the fastest getting the ball to their team side.
Time: 5-10 mins.
Equipment: A ball
How to play:

Two, three or four teams of equal numbers sit on the side of the pool, some on one side of the pool and some on the other – use widths.

Every team member is numbered.

The coach throws a ball into the centre of the pool then calls out a number.

The player with that number must jump in and try to get the ball to one of their teammates standing/seating on the side.

The ball can be thrown, but it must be done safely.

If the ball is dropped or missed then it must be returned to the middle.

Adaptations:

Progress to more than one number in the pool at a time and they can pass to each other, before getting it to their teammates on the side.

Pirate Adventures / Captain's Coming

Levels: 🔴 🟡 🟢

Objectives: To follow the leader's commands correctly.

Time: 5-10 mins.

Equipment: N/A

How to play:

Get all the players moving around the pool and listening for the coaches' instructions, e.g.: "Pirates…

I.   …Captains coming!" swimmers stop and salute.

II.   …Save the whale!" all swimmers hold hands in a circle to protect the whale.

III.   …Shark!" swimmers swim as fast as they can to a certain point of the pool.

IV.   …Dolphin!" swimmers plunge in and out of the pool like a dolphin.

V.   …Crab!" swimmers move sideways.

VI.   …Get the treasure!" swimmers have lots of sinking toys at the bottom of the pool that they must collect.

VII.   …Drop the treasure!" swimmers drop the treasure to the bottom of the pool and shout "Oh ah me harties!"

The last swimmer to complete the instruction or to make a mistake has to enter the "Plank" for 10 seconds; this is where all the swimmers splash the player.

Pool Rounders

Levels: 🟡 🟢

Objectives: To score as many points as possible by running around the bases.

Time: 10 mins.

Equipment: Three sinkers and markers for the bases, e.g.: cones, hoops, etc.

How to play:

Split the group into two teams and set up the playing area as you would with a normal game of Rounders on land, with four bases and a batting area.

In turns, each batter will be given 3 sinking toys which will be used to throw around the pool, cautious of the players fielding.

Once all three sinkers are thrown, the fielding players spread around the pool will try to collect all three sinkers and get it back to the batting area, whilst the batter tries to run around the bases and back to the starting point.

Batters will be given points according to the bases reached, e.g.: First base=10 points, second base=20 points, and so on.

Once all three sinkers are back in the batting area the batter stops and another player has a go.

Once all batting players have a go, the teams swap over, so batters become fielders and fielders become batter.

The team with most points at the end of the game wins the match.

Adaptations:

Play with fewer bases to simplify the game.

Advance the game by asking fielders to pass the sinkers among the team instead of running with them when collecting them.

Pool Volleyball

Levels: 🟡 🟢

Objectives: To be the team to score most points at the end of the match.
Time: 5-10 mins.
Equipment: A soft volleyball or a balloon and markers cones/floats/ropes for the net.
How to play:
Teams have 3 touches to get the ball/balloon over the net to their opponents' side.
If any team lets the ball/balloon fall in the water, the opposite team scores a point.
When a team wins a point they also win the right to serve.
The team to score most points at the end of the game, wins the match.
Adaptations:
Increase or decrease the number of touches to pass the ball over in order to match the ability of the teams, e.g.: more touches will be easier for younger swimmers.

Quidditch

Levels: 🟡 🟢

Objectives: To be the team to score most points at the end of the match.
Time: 10 mins.
Equipment: As many woggles as players, cones/floats for the goals, a sinker and a ball.
How to play:
Divide the group in two teams to play Water Polo – Harry Potter style.
All players have a woggle, can either be to play with it between their legs or to push the ball with it.
Players score by throwing/pushing the ball into the goals.
The team to score more goals wins the match.
Progression:
Add a "golden snitch" (a sinker), which is dropped half way through a play, so if players get it, they get extra points for their teams.

Races & Relays

Levels: 🔴 🟡 🟢

Objectives: To be the first one finishing the race.
Time: 5-10 mins.
Equipment: Various equipment (floats, sinkers, balls, etc.)
How to play:
As well as straight swimming races, you can introduce challenges within the races.
These could include:

1. Running.
2. Kicking Only.
3. Arms Only
4. Swimming Specific Strokes.
5. Medley Swimming.
6. Sculling Races.
7. Picking Equipment (while swimming each leg, e.g.: floats, sinkers, etc.).
8. Carrying equipment (while swimming each leg, e.g.: floats, sinkers, etc.).

All these races can be played individually or as a team in a relay style. It is recommended to have not more than 4 players per team.

Save The Dolphins

Levels: 🔴 🟡 🟢

Objectives: For the dolphins to avoid getting caught by the sharks.
Time: 5 mins.
Equipment: Woggles
How to play:
Choose two or more players to be the sharks and two or more to be the dolphins.
The rest of the group hold onto the ends of the woggles and link together in a circle.
Once in a circle this dolphin sanctuary is closed, if the players lift their arms together the dolphins may swim into the sanctuary and be safe.
Players decide when the sanctuary is open and when it will be close.
Sharks have to try and catch the dolphins before they enter the sanctuary.

Seahorse Race

Levels: 🔴 🟡 🟢

Objectives: To win the race whilst keeping the woggle between the legs.
Time: 5 mins.
Equipment: As many woggles as players.
How to play:
Each player places a woggle between their legs like riding a horse.
At the go, all players race across the pool without letting go of the woggle.
Players can swim with the woggle or simply run.
Adaptations:
Adapt the length of the race to match the ability of the swimmers, or make it more challenging.

Simon Says

Levels: 🔴 🟡

Objectives: To follow the coach's instruction without making a mistake.
Time: 5 mins.
Equipment: N/A
How to play:
Exactly as you would play it on land.
The coach leads the group by calling out commands that are preceded by the words 'Simon Says'.
If a command is called without these words, the swimmers should not follow.
Ideal commands include blowing bubbles and actions that encourage movement through the water.
Adaptations:
Add a competitive element, where the last swimmer to complete the instruction or making a mistake has to enter the "splashing zone" for 10 seconds; this is where all the swimmers splash the player.

Splash Competition

Levels: 🔴 🟡 🟢

Objectives: To make the biggest splashes and score the most points.

Time: 5-10 mins.

Equipment: N/A

How to play:

Each player / team jumps safely from the side and into clear water.

Each jump is marked out of ten. The bigger the splash the more points they get.

The team with most points at the end of the challenge wins.

Ensure safety is enforced for players coming out of the water to jump, and those staying in. Not running and feet first jumps at all times.

Adaptations:

Loudest shout of Geronimo.

Most outrageous shape in the air.

Furthest jump away from the side.

Splash Signals

Levels: 🟡 🟢

Objectives: To be the first team completing the Splash Signal.

Time: 5 mins.

Equipment: Various equipment (floats, sinkers, balls, etc.)

How to play:

Divide the group into teams.

Each team collects one item from the pool.

The items can be floating or be on the pool floor.

Only one player from each team can go at a time and bring their item back to the side.

Once all the items have been taken from the pool the team will then have to make a "Splash signal" – this can be anything that the swim coach wishes, e.g.:

    I.   A smiley face.

    II.   A fish.

    III.   Spelling the letters KINGS.

The team to complete the Splash Signal first, wins the challenge.

Stuck In The Mud

Levels: 🟡 🟢

Objectives: To avoid getting "stuck in the mud" by the taggers.

Time: 5 mins.

Equipment: N/A

How to play:

One or two swimmers can be picked as taggers and they have to chase and tag the rest of the group.

Any swimmer who is 'tagged' has to stand still with the legs open, until a free swimmer swims between their legs (or under an arm for weaker swimmers).

Adaptations:

Simplify the game by simply asking free swimmers to free those "stuck in the mud" by tagging them on the back, instead of swimming between their legs.

Play in teams, where one team is tagging and the other is "free".

Adapt it for deep water where players float on their back when tagged.

Survivor

Levels: 🟡 🟢

Objectives: To get to the other side without being tagged.
Time: 5 mins.
Equipment: N/A
How to play:
Select a player to be on, with the rest of the group being swimmers.
The aim is for the swimmers to get to the other side without being tagged. If they do get caught then they become a tagger too.
The game then continues until all players are caught.
Last player standing is the "Survivor".
Adaptations:
Add different rules, e.g. the swimmers cannot be caught if they are under water, but they must surface at least twice in the width.
For older swimmers, adapt the game in the deep end or in a bigger space.

Traffic Lights

Levels: 🔴 🟡 🟢

Objectives: To follow the coach's instruction without making a mistake.
Time: 5 mins.
Equipment: N/A
How to play:
Similar to Cutlery Game and Simon Says.
Players follow the coach's instructions as follows;
1. Red – Stand still
2. Amber – Jogging on the spot
3. Green – Run/Swim around
4. Roundabout – Spin on the spot
5. Country lane – 'Wind' through the water
6. Motorway – Run/Swim as fast as possible
7. Crash – This can be as dramatic as the swimmers want, with noise and splashing! (less confident swimmers can simply blow bubbles)

Adaptations:
Add a competitive element, where the last swimmer to complete the instruction or any player making mistakes has to enter the "splashing zone" for 10 seconds; this is where all the swimmers splash the player.

Under & Under Races

Levels: 🔴 🟡 🟢

Objectives: To be the first team to pass the ball under the legs of all its players.
Time: 5 mins.
Equipment: A ball.
How to play:
Make two or more teams.
Players line up in their teams one behind the other.
The person at the front of each team will have a ball.
When the coach shouts GO the first person in the line will pass the ball under the legs to the next person in line, they will then swim to the back of the line.
This will continue until the team reaches a specific goal.
The first team to complete the challenge wins.
Adaptations:
Simplify the game by playing "Over & Over" or "Under & Over", for younger swimmers.
For competent swimmers, play the game in the deep end.

Under Water Tag

Levels: 🟢

Objectives: To get the whole team from one side of the pool to the other side.
Time: 5 mins.
Equipment: N/A
How to play:
For to be swam in lengths.
This tests the ability for competent swimmers to swim underwater - the further they can swim underwater the better.
Divide the group into 3 or 4 teams who congregate on the right end of the pool. Have one person from each team at the left end of the pool.
The first person on the right sets off swimming as far as they can underwater.
When they come up for air they must stay where they are.
The person at the left side sets off swimming normally and tags them and they both turn back and go to the left end of the pool.
The next person on the right sets off swimming underwater and again stops when they come up for air.
The first underwater swimmer (now on the left) goes to collect them and both swim back to the left side and so on until the whole team are on the left side
The first team to get all its player to the other side wins.
Adaptations:
Play the game in the deep water.
Instead of moving the team from one side to the other, you can add three or more sides the need to get to before they complete their movement, e.g.: Go from A to B, then B to C and finally C to D, each journey to be completed in the same manner.

Video Game

Levels: 🔴 🟡 🟢

Objectives: To follow the coach's instruction without making a mistake.
Time: 5 mins.
Equipment:
How to play:
Similar to Traffic Lights, Cutlery Game and Simon Says.
Players follow the coach's instructions;
1. Play – walk or swim around normal speed
2. Rewind – walk or swim backwards
3. Fast Forward – run or swim around as fast as possible
4. Pause – jump up and down on the spot
5. Stop – stand completely still
6. Eject – bob down under the water and jump up as high as possible!
7. Tracking – all stand in a line
8. Record – get into twos and copy what the other is doing
9. Interference – go crazy, splash water up in the air with hands so it feels like rain

Recommended for warm up.

Adaptations:
Add a competitive element, where the last swimmer to complete the instruction or making a mistake has to enter the "splashing zone" for 10 seconds; this is where all the swimmers splash the player.

Virus Tag

Levels: 🔴 🟡 🟢

Objectives: To pass the virus to the whole group.
Time: 5 mins.
Equipment: As many woggles as players.

How to play:
A player is chosen to be 'it' who will start the game with a "Virus".
The "virus" players will have a woggle between the legs, while the rest of the players places their woggles under their arms.
Those tagged must place their woggles between their legs and help tagging everyone else.
The game will end once all players have been tagged.
Last player standing will be chosen to be it for the next round.

Adaptations:
The game can be played so the virus can only be passed to one player at the time.
Adapt the game to allow players to protect from themselves from the virus by swimming underwater, so they cannot be tagged whilst submerged.

Wacky Races

Levels: 🔴 🟡 🟢

Objectives: To be the first one to complete the race.
Time: 5 mins.
Equipment: Various equipment (floats, woggles, sinkers, cups, balls, t-shirts, balloons, etc.)
How to play:

Make two or more teams.
Each team will select a player to complete the wacky race against the other players.
The wacky race can be anything, e.g.:

1. Backwards running race
2. Seahorse Race
3. Underwater Race
4. Woggle on your head as a hat race
5. Woggle tied around 1 arm race
6. Woggle tied around 1 leg race
7. Cup Races: carrying a cup of water without spilling it, or balance it on their head.
8. Armbands Races: Makes it harder for competent swimmers.
9. T-shirt Races (only to be done with competent swimmers).
10. Balloon Head Race: They must propel a balloon along the water whilst swimming but without using their hands.

All these races can be played individually or as a team in a relay style. It is recommended to have not more than 4 players per team.

Water Polo

Levels: 🔴 🟡 🟢

Objectives: To be the team to score most points at the end of the match.
Time: 10-15 mins.
Equipment: A ball and cones/floats for the goals. Alternatively, use colour woggles or sashes to colour code the teams.
How to play:

Divide the group into two teams, and place the cones/floats as 'Goals' at each end of the pool.
The aim of the game is for teams to pass the ball around, working together in order to score a goal.
The coach can decide how basic or complicated to make the rules. The ability and age of the swimmers must be taken into account. Some suggestions:

1. No contact – swimmers should be reminded that it is a non-contact sport.
2. No snatch – swimmers cannot snatch the ball if someone has it in their hands.
3. No 'travelling' with the ball – the only movement with the ball is if it is in front of you and not held in your hand.
4. Only one hand may be used (except by the goalkeepers).
5. One minute goalies – Ensure all the swimmers are involved (swap goalies!).

Adaptations:

This game is best played in shallow water but can be moved to deeper water for more confident swimmers.
If they are not passing to everyone in their team introduce a passing rule – they have to pass the ball 3 or more times before they are allowed to score.

Waterpolo Drills - Passing

I. Drill One

The group forms a circle and passes the ball around.

The coach should be looking for a 'scooping' action and ball control.

This drill can also improve communication within the group and the swimmers should be calling out the name of the player they are passing to.

II. Progression

This can be turned into a race, with one swimmer swimming around the outside of the circle as the remainder of the group pass the ball in the same direction.

I. Drill Two

The group line up in two lines and the ball starts at the end of one line and is passed diagonally down the line.

II. Progression

As the swimmers improve, the distance between the lines can increase.

Waterpolo Drills - Dribbling

I. Drill One

This can be done in a number of ways, but the coach should be encouraging ball control at all times.

Ideally, the swimmers should be swimming Front crawl with the head up and the ball bobbling along between the arms just in front of the nose.

II. Progression

The group is split in two and line up on opposite sides of the pool.

The first swimmer dribbles to the middle of the pool, then scoops and passes to the next swimmer, and so on.

I. Drill Two

The group to forms a line and the last swimmer has to dribble around them, to then pass it to the last person on the line who has to do the same, and so on.

II. Progression

As the swimmers improve, increase the distance between players lined up.

Waterpolo - Ten Passes

Levels: 🟡 🟢

Objectives: To complete 10 passes without any interception.

Time: 5-10 mins.

Equipment: A ball

How to play:

Coach arranges the group into two equal teams and decides who will begin.

The players in that team then try to complete ten passes, while members of the other team attempt to intercept.

If the ball is intercepted by the other side then that side gains possession.

The team to complete ten passes gets a point.

The team with most points at the end of the match wins the game.

Adaptations:

The number of passes can be increased or decreased to match the ability of the group.

This game can be played in shallow water and then developed into deep water so that the same exercise has to be done whilst treading water.

Woggle Train

Levels: 🔴 🟡 🟢

Objectives: To be the first team to assemble the train.

Time: 5-10 mins.

Equipment: As many woggles as players.

How to play:

Divide the players into 2 or more teams, e.g.: sharks and dolphins.

One player from each team starts swimming with a woggle.

They then swim back to their team and collect one member of their team at the time.

Each player has a woggle and will connect to each other to make a train – The first person put their woggle underneath their arms, the second person holds each end of the first person's woggle and also have a woggle underneath their arms, and so on.

The first train to collect all their players and gets back to the start point wins.

Teams cannot break the train.

Adaptations:

Players walk or hop on one leg instead of swimming.

EXAMPLE

SPECIAL SESSIONS

These specialist activities are available for the coach to implement and adapt into their program as required

Free-Swim

A Free Swim Session is for those camps where the pool arrangement is to deliver a free swim or un-programmed pool session, instead of a swim session delivered by a swim coach.

This means that managers and coaches organise a fun but safe open session for everyone. It is important for staff in general to familiarise themselves with the Pool Operating Procedure, and the Risk Assessment completed by the Site Manager prior the session.

- The session can be done with the entire camp attending the session at once, or for the camp to be split into groups so that different groups attend different times, which can be more efficient for crowd control.
- Managers should be off ratio, overseeing the session and helping when required.
- The session is to be organized by stations to cater for all ages and abilities accordingly and make the time in the pool more efficient and fun for the children.
- In a pool with a gradient, non-swimmers can be allocated to be in the shallow side whilst confident swimmers in the deep end.
- For non-swimmers, ensure arm bands are worn and staff are in the water and when out of the water are vigilant of the children.
- Allocate a member of staff to be in charge of a station similar to Extended Hours, ensuring your ratios are covered as usual.
- Plan for 3 to 4 games/activities that children can complete in their station with their coach throughout the session. Alternatively, rotate stations around, in order to allow children to participate in different activities throughout.

Activity Plan Example

Station 1 (Group 1)
1. Traffic Lights
2. Fishy-Fishy
3. Seahorse Race
4. Floating Shapes

Station 2 (Group 2)
5. Aqua Fun-Aerobics
6. Kicking Races
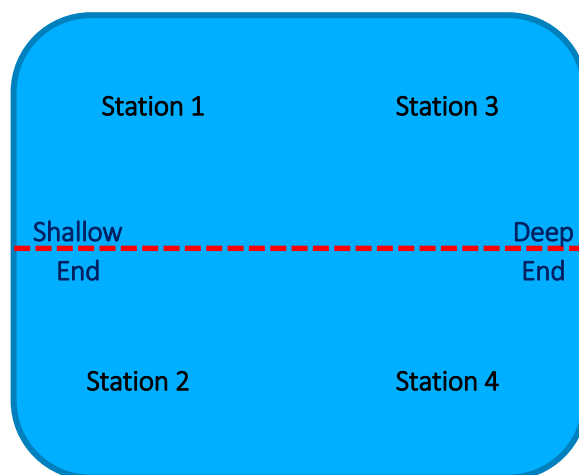7. Numbers Swim
8. Simon Says

Station 3 (Group 3)
9. Video Game
10. Kicking Duel
11. Quidditch
12. Biggest Splash Comp.

Station 4 (Teen Camp)
13. Virus Tag
14. Caterpillar Swim
15. Pool Rounders
16. Diving Competition

POOL LAYOUT EXAMPLE

Station 1	Station 3
Shallow End	Deep End
Station 2	Station 4

Lifesaving Skills

This session can be applied to children 8 years of age and older and the idea is to provide them with a fun and interesting activity which can be informative and different to their regular swimming session.

The skills provided during this session can be the following:

1. Enter shallow/deep water safely and confidently
2. Enter water and wade to a casualty
3. Enter deep water using a straddle jump
4. Climb out in deep water without using the steps
5. Throw a non-buoyant aid (rope) to a casualty
6. Demonstrate a reach rescue to a casualty
7. Demonstrate a 'Shout and Signal' rescue to a casualty
8. Demonstrate non-contact rescues of both casualties instruct casualties what to do and assist to land.
9. Using appropriate hand signals from land direct another swimmer to a point where an unconscious casualty has disappeared from sight in deep water
10. Perform a feet first surface dive and swim underwater for a set distance before surfacing
11. Demonstrate any 2 from the following in clear deep water; fall-in, compact jump or shallow dive
12. Swim in clothing (long sleeved top, trousers or skirt)
13. Swim with your head out of the water on your front
14. Tread water for 1 minute or more, using arms to occasionally signal for help
15. Tread water for 2 minutes before removing clothing then swim to a point of support in deep water and climb out of deep water unaided
16. Surface dive and recover an object from deep water.
17. Demonstrate a non-swimmer, weak swimmer and an unconscious casualty
18. Place casualty in the support position
19. Demonstrate supported rescue
20. Turn the casualty over, then perform a swim and tow using sidestroke.

All these skills can be mixed and matched to the requirements of the coach.

The session can be finalised with a quiz where the participants answer different questions about lifesaving that helps reinforce their learnings from the session, e.g.:
1. Why do floats stay on top of the water and sinkers go to the bottom? Density
2. What does a lifeguard do? They are the person who supervises the safety of any aquatic activity and its participants.
3. What is a dive? It is a plunge, head first into water with one's arms raised over one's head.
4. What do you need to know before diving into water? The depth
5. Name the dangers of diving in shallow water? Head injuries, body injuries and injuries to others.
6. Why is it important for lifeguards to know how to swim with clothes? Time saving.
7. In lifesaving, why is it important to know how to swim with the head out of the water? To see where one is going.
8. Explain the difference between conscious and unconscious? Awareness and Responsiveness.
9. Explain the difference between a non-swimmer and a weak swimmer? NS: usually stays still / WS: usually moves or paddles.
10. What is the first thing we do if somebody in the water is in an emergency? Get assistance or Call 999.

Swim Festival

This session can be implemented towards the end of a season where a competition is promoted throughout the week, and is a very efficient way to motivate children to be part of the swimming programme with a fun outcome at the end of it.

- For small and medium camps it is recommended to have the entire group taking part in teams, where 4 or more teams gather points throughout the competition and the team with the most points wins the gala.
- For large and extra-large camps, two or more groups at a time can be merged for the last session so the same format where teams compete for points to win the gala is structured.

Below is an example format that can be used for the gala:

1. Four or more teams are organised where each team has approximately the same number of red hats, yellow hats and green hats. This will need to be organised ahead of the competition so the time allocated for the event is accurate and efficient and children are not left out waiting for too long.
2. The Competitions can be set based on the abilities of the children, following the Races & Relays and Wacky Races examples.
3. Build the competition so the last race is a team effort where all or most players take part. This creates a positive and exciting atmosphere to end the event.
4. Score the teams based on finishing place and efforts, this way all swimmers get rewarded for their participation, e.g.: Fourth Place = 10 points, Third Place = 20 points, Second Place = 30 points, and First Place = 50 points.
5. Ensure that a prize or a winning ceremony is organised for the winning team.

Table 2 - Event Programme Example #1

		FIRST RACE	SECOND RACE	THIRD RACE	FINAL RACE
Red Hats	🔴			Wacky Race: Doggy Paddle Relay	Woggle Train
Yellow Hats	🟡		Wacky Race: Cup Race		
Green Hats	🟢	Underwater Races			

Table 3 - Event Programme Example #2

		FIRST RACE	SECOND RACE	THIRD RACE	FINAL RACE
Red Hats	🔴			Seahorse Race	Splash Signals
Yellow Hats	🟡		Under & Under Race		
Green Hats	🟢	Wacky Race: Armbands Races			

Waterpolo

This session is recommended for children aged 5 years and above and it can be developed in the shallow end to slowly be progressed into the deep end.

Below is an example session for under 8s and another one for over 8s:

Table 4 - Waterpolo – Under 8s

Estimated Attendees: 16 Time: 30 Minutes			
Game	Element	Time	Equipment
Traffic Lights	Warm Up	5 minutes	N/A
Numbers Swim Progress to 2-4 players at a time	Skill	10 minutes	2-4 Balls
Numbers Waterpolo Progress to a full match	Main Activity	10 minutes	1 Ball 2 Goals
Floating Shapes	Cooldown	5 minutes	N/A

Table 5 - Waterpolo – Over 8s

Estimated Attendees: 16 Time: 30 Minutes			
Game	Element	Time	Equipment
Stuck in the Mud	Warm Up	5 minutes	N/A
Waterpolo Drills Dribbling	Skill	5 minutes	2-4 Balls
Waterpolo	Main Activity	15 minutes	1 Ball 2 Goals
Splashing Signals	Cooldown	5 minutes	Various equipment: floats, sinkers, balls, etc.

For large groups, tournaments can be organised where two out of four teams play at a time and matches are no longer than 3 minutes each in order to keep a positive flow of activity amongst the group.

Recommended Equipment

Swimming Bag (Mesh)	1
Floats / Kickboards	16
Floating Plastic / Foam Shapes	8
Small Plastic Balls	8
Arm Bands Large	24
Arm Bands Small	24
Cone For Warning Posters	2
Dive Rings	8
Dive Sticks	8
No Beginners or Improvers Swim Sign	2
Swimming Caps - Green	16
Swimming Caps - Red	16
Swimming Caps - Yellow	16
Swimming Noodles	16