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# POOLSIDE HELPER ROLE GUIDE

*AQUATICS FOR EVERYONE FOR LIFE*



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## The role of a Poolside Helper

Poolside Helpers support the delivery of club sessions under the supervision of a qualified teacher or coach. Poolside Helpers are not qualified to lead sessions on their own, but volunteering in this role can be a good way to learn the basics of teaching and coaching before pursuing qualifications and starting your own teaching or coaching journey.

## Who can be a Poolside Helper

- Must be at least 14 years of age.
- Must have a basic understanding of the club and its structure as well as aquatics and safety requirements.
- Must be enthusiastic about aquatics and passionate about the development of members.

## Responsibilities

- Assist with the set-up of the pool for club training sessions and ensure all equipment is correctly stored away at the end of the session.
- Follow the instructions of the coach/teacher to support effective and engaging delivery of the session.
- Have an awareness of the safety of the session at all times, ensuring the poolside is tidy and any health and safety risks are reported to the coach or appropriate personnel.
- Ensure athletes have the correct equipment needed for the session eg. Pool bouys, floats, etc.

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## What will you get from being a Poolside Helper?

Volunteering as a Poolside Helper can be a great way to gain poolside experience whilst working towards qualifications to become a coach or teacher, or to help you decide which path you would like to follow. As a Poolside Helper, you have an opportunity to help athletes reach their full potential by assisting the delivery of effective club sessions.

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