

Changes from the Dolphin Award Scheme to the National Plan for Teaching Swimming (NPTS)

Frequently asked questions for parents

1. What is the Amateur Swimming Association (ASA)?

The Amateur Swimming Association, is the National Governing Body for Swimming in England, the disciplines include: Swimming, Diving, Water Polo, Open Water and Synchronised Swimming.

The ASA organises competitions throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its renowned Awards Scheme.

2. What is the NPTS?

It is the 'National syllabus' produced by the National Governing Body for Swimming, the Amateur Swimming Association (ASA) to assist and support the delivery of a learn to swim programme.

3. Why are you changing from the Dolphin Award Scheme to the NPTS?

The main reason for change is to improve the quality of the swimming lessons offered by Leeds City Council.

4. What awards/stages are included in the NPTS?

The NPTS includes Foundation Phase (Adult & Child, Foundation Stage). The Core, FUNdamental Movement skills are NPTS Stages 1 – 7. The Sport Specific Skills are the discipline specific Stages 8 – 10 which covers Diving, Water Polo, Lifesaving, Synchronised Swimming and Competitive Swimming.

We will be running sports skills session which will give the children an opportunity a taster of all disciplines.

5. Will we be using any other ASA badges?

Lessons

We will start with the ASA Duckling badges, then the NPTS Stages 1 – 7 badges which will incorporate the ASA Rainbow distance badges, then the Challenge awards and the NPTS Stages 8 – 10 in each discipline.

6. My child is half-way through the Dolphin Award Scheme, how will you decide which level of the NPTS they fit into?

The Dolphin Award levels have been matched up with the stages in the NPTS. Obviously this isn't an exact science, so there will be an assessment process prior to the change.

Why might Swimmers be playing Games instead of swimming widths / lengths?

To learn how to swim, pupils need to master skills that will help them float, breathe and move around in the water. Through games, swimmers have FUN and learn important skills. If swimmers are having FUN they enjoy what they are doing and often learn faster. The NPTS has a multi skills approach so all the skills that are learnt lead to development of a competent and confident swimmer, who is safe and happy in the water.

7. How long will it take for my child to pass each Stage?

This will vary with every child. If a child has the experience of pre-school or adult and child sessions then he / she may move faster initially through the NPTS Stages 1 & 2 as they will be familiar with the environment and possibly confident in the water.

8. Who will decide when my child is ready to progress and which class they will move into?

A Swimmer must pass ALL outcomes for that Stage before they have achieved an Award. The outcomes MUST BE performed to a standard that is stipulated by the ASA and included in the NPTS Resources.

Swim teachers will be responsible for identifying when your child is ready to progress to the next stage. At this point they will contact the Aquatics Coordinator who will discuss with you which class your child will move into and who the teacher will be.

9. What happens after a Swimmer has completed Stages 1- 7 of the NPTS?

Lessons

There will be the option for children to choose specific aquatics discipline(s) for stages 8 – 10.

10. What happens after a Swimmer has completed Stages 8 - 10 of the NPTS?

There are many clubs operating within our Leisure Centres offering all Aquatics disciplines.

11. Will there be a change to the length of the lessons?

No, lessons for stages 1-7 will last for 30 minutes. Lessons at stages 8, 9 and 10 will last one hour.

12. Will the cost of lessons increase as a result of these changes?

There won't be a price increase as a direct result of changing to the NPTS, however the cost of lessons will continue to be reviewed annually. There will be a slight increase to the price of badges/certificates.

13. If there are no enrolment weeks, how will new children join the scheme?

Parents will be asked to complete a swimming lesson application form which will identify which level their child is at and where they want to take lessons. The Aquatics Coordinator will then be responsible for making contact with the parent to arrange a place for a child. If a space is available this could happen immediately, if not the child will be placed on a waiting list until a space becomes free. The Aquatics Coordinator will let parents know if there is a neighbouring site that may be able to allocate the child a place sooner.