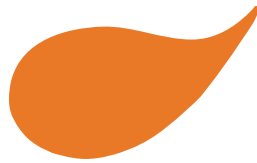
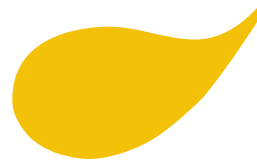




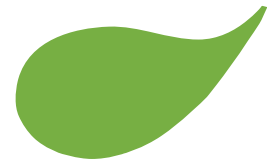
Red



Orange



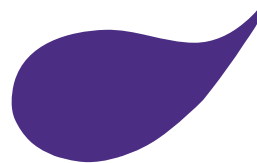
Yellow



Green



Blue



Indigo



Violet



Part 1

Manual



About

Introduction

Welcome to Swim the Rainbow – helping children with a disability learn to swim.

Swim the Rainbow provides motivation for children to learn to swim and rewards them as they progress through the colours of the rainbow.

It is a toolkit for Rainbow Club Instructors who work with children of differing abilities during the course of a club meeting.

It also provides transparency and assistance to parents and helps them understand the goals their child is working towards.

This manual is available to all instructors. The online version will be updated regularly as Rainbow Club evaluates and improves the program.

Special thanks to Jamie Black, Cathy Bray, Ally Cox and Nicola Reed who have spent many hours developing and improving the program so that each child can swim his or her own rainbow.

Catriona Barry

General Manager, Rainbow Club Australia
June 2016

Rainbow Club is very grateful to AUSTSWIM for permission to reproduce photographs from its training courses in this manual. Visual aids are most useful to Rainbow Club instructors when teaching children with communication disabilities.

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Enquiries to: info@rainbowclubaust.com.au
Website: rainbowclubaust.com.au



Facebook /rainbowclubaustralia

Like, tag and share great stories from your club
<https://www.facebook.com/rainbowclubaustralia>



Twitter @RainbowClubAust

Our Twitter account has some great followers...
...come along and follow us!



Instagram @swimtherainbow

NEW! Rainbow Club highlights and more!

Rainbow Club Australia is an incorporated association in NSW. Charitable Status: Rainbow Club is a not for profit organisation with tax exempt charity and deductible gift recipient status granted by the Australian Taxation Office. CFN 11011.

Rainbow Club Australia

Founders	Ron Siddons MBE OAM Lily Siddons
Patrons	Daniel Kowalski Louise Sauvage OAM Mark Speakman SC MP
Ambassadors	James Pittar Ethan Harvey Youth Georgia Dore Member
Board	Alexandra Finley President Philip Holt OAM Vice President Rob Lloyd Vice President Robert Beaven Ally Cox Mark McCormack Bob McCotter Suzanne Stanton John Taplin
Staff	Catriona Barry General Manager Jen Crowley Finance Officer Min Strauss Membership Officer

Honour Roll

Life Members	Gary Bradshaw Tony Williams Philip Holt OAM Malcolm Kerr Suzanne Stanton Margaret Taplin
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Aqua Awards	2014 Volunteer: Rod O'Donnell Instructor: Bob Williamson
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NSW Rainbow Clubs

Bondi Wairoa School
Byron Bay Council Pool
Campbelltown Eagle Vale Central
Cherrybrook Carlisle Swimming Centre
Hornsby Knox Grammar School
Liverpool Michael Wenden Centre
Maroubra Des Renford Leisure Centre
Miranda Starting Blocks Swim School
Orange Orange Aquatic Centre
Penrith Kurrabee Special School
Revesby Broderick Gilwanna School
Stanmore Newington College
Sutherland Sutherland Leisure Centre
Warriewood Brooke Withers Swim School
Warringah Warringah Aquatic Centre



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Information

Section 1

Information for Instructors

Swim the Rainbow is a Learn to Swim program designed with various intellectual and physical disabilities in mind. The program provides motivation for children, assesses their progress and rewards them as they learn to swim.

There are seven colours in Swim the Rainbow. Red is the entry level.

Red, Orange and Yellow are 1:1 lessons	one child to one instructor
Green is 2:2 lessons	two instructors combining for a shared lesson
Blue and Indigo are 2:1 lessons	two children to one instructor
Violet is 2 ⁺ :1 lessons	two or more children to one instructor

Instructors should note:

- Safety is paramount
- No two children are the same. Instructors are required to be flexible and adapt the goals in this manual to the child they are teaching, taking into account whether their disability is physical or intellectual.
- Swim the Rainbow is aimed at keeping the child moving forward in their “learn to swim” journey. An instructor taking a child for the first time can know exactly what goals the child is working on. Parents will also have transparency around their child’s progress as they learn to Swim the Rainbow.
- Every lesson is important and should be based on the relevant goals of this program.
- It is mandatory for all Rainbow Club instructors to base their teaching on the goals as laid out in this program
- Reaching any of the goals will look different for every child as each disability is different. There is no norm. Changes are often subtle and the confidence of the child at various stages may be the catalyst for moving through the colours.
- Vertical positioning and propulsion while vertical is very acceptable for many students with a disability.
- Each club maintains a variety of equipment including noodles, mirrors and other toys.
- Once a child reaches the goals of their colour, they move to the next level and may be rewarded with a Swim the Rainbow wristband in the new colour.



Lead Instructors are appointed by Rainbow Club Australia in conjunction with Club Management and are the authorised person to carry out assessments. Lead Instructors may use their discretion about moving a child through the colours, having regard to the overall aim of the goals.

Repetition of activities is critical and an instructor’s patience in teaching the same goal over and over is often the catalyst for a child learning to be safe in the water. Rainbow Club instructors are renowned for their “keep on trying” attitude and never giving up on a child in their club. To keep lessons appealing and interesting for children, there should always be a fun element. It is recommended that 20 minutes is spent on the specific part of the goal a child is working on and 10 minutes is allocated to enjoyment and practising goals already accomplished.



Learning to Swim the Rainbow



Red 1:1

Water Confidence

- 1 Safe entry
- 2 Crab crawl
- 3 Blowing bubbles
- 4 Floating on back, assisted
- 5 Kicking
- 6 Assisted fall-in and-save technique (humpty dumpty)

Orange 1:1

Safety Basics

- 1 Submerging face
- 2 Floating on front and back, assisted
- 3 Dog paddle, assisted
- 4 Treading water, assisted
- 5 Kicking with board

Yellow 1:1

Resistance and Buoyancy

- 1 Takes instructions
- 2 Independent recovery and control
- 3 Floating on back, front and flip
- 4 Submerging and bubbles, assisted
- 5 Sculling, assisted
- 6 Confident vertical and horizontal

Green 2:2

Towards Independence and Shared Lessons

- 1 Interaction with other children
- 2 Confident body control in and under water
- 3 Independent floating
- 4 Backstroke survival skills
- 5 Assisted streamlines
- 6 Independent kicking

Blue 2:1

Transition to Swim Strokes

- 1 Sustained flutter kicking 5m [front and back]
- 2 Sustained streamlines 5m
- 3 Freestyle arms
- 4 Breaststroke arms
- 5 Backstroke arms

Indigo 2:1

Swimming Safely

- 1 Side breathing with arms
- 2 Breaststroke kick
- 3 Freestyle 15m
- 4 Backstroke 15m
- 5 Breaststroke 15m
- 6 Survival backstroke



Violet 2+:1

Swim the Rainbow

- 1 Side stroke
- 2 Dolphin kicking
- 3 Butterfly 15m
- 4 Freestyle 25m+
- 5 Backstroke 15m+
- 6 Breaststroke 25m+

! Safety!
The Lead Instructor decides on when a child moves to the next colour - always ensuring that safety is not compromised.



As the child moves from colour to colour they may receive a wristband aligned to the goals they are working on.



! Green may be the pinnacle of achievement for children with severe physical and intellectual issues. When reaching Green Goals, a child should have an understanding of the fundamentals of being 'water safe', be able to recover a safe position [float] if they fall in water and have some form of propulsion when on their back with whatever body movements are required [whether arms/legs or whole body].



Recognition

Section 2

Recognition

When a child can Swim the Rainbow, there are many places and heights that they can reach.

Encourage a child to:

- Join a mainstream swimming club in their local area
- Enter the Swim the Rainbow Family Carnival
- Take part in the Murray Rose Malabar Magic Ocean Swim in February each year



Club Recognition of Achievements

It is recommended to each club to hold two Certificate Presentations annually. The first should take place at the end of Term 2 and is aimed at recognising children's achievements over the previous six months. Certificates and wristbands may be presented to each child. All Instructors should be present at the presentations and play a role in recognising the achievements of the children they have taught.

At the end of year (Term 4) another Certificate Presentation should take place. This generally takes place in conjunction with a Christmas party. Certificates and wristbands are again presented to each child.

Ocean Swim

The Murray Rose Malabar Magic is an ocean swim held in February each year and is the main fundraiser allowing Rainbow Club to offer subsidised lessons and an affordable weekend activity for families of children with a disability.

Instructors are invited to represent their club by entering the oceanswim (1km or 2.4km races). By setting up a fundraising page you can invite all parents and friends of the club to sponsor your endeavours and help the club's fundraising activities.

Terminology

Terminology is an important form of recognition.

- A child moves through the colours of the rainbow (not up or down)
- Use the term 'child with a disability' instead of disabled child
- Use the words 'child' or 'children' instead of 'kid' or 'kids'

Section 3

Poolside Guide to Disability



Disability Guide

The brief description that follows is a general comment on disabilities that are found across our Rainbow Clubs. This is intended as a quick poolside guide for instructors. It is not a medical dictionary and is not intended to replace the information that a parent/guardian can provide on a child's capability and ability.

Disability	Description
Albinism	Inherited Condition - no pigment in the eyes, visual problems, light coloured patches on the skin
Angelmans Syndrome	Neurogenetic Disorder - seizures, jerky movements, hand flapping and is usually happy
Aspergers Syndrome (NOS)	Social interaction difficulties - verbal or non-verbal and repetitive patterns of behaviour
Atypical Autism (PDD)	Neurodevelopmental Disorder - Social deficits in 3 core areas, can excel in other areas
Autism Spectrum Disorder	Neurodevelopmental Disorder - Social deficits and communication difficulties
Cerebral Palsy	Congenital Disorder - affects the brain, motor skills, muscle tone and paralysis
Down Syndrome	Genetic Disorder - physical growth delays, facial features, intellectual disability
Dravets Syndrome	Syndromic Autosomal Dominant Disorder - seizures and social deficits
Dyspraxia Syndrome	Developmental coordination Disorder - effecting fine motor skills
Epilepsy	Long term neurological disorder - characterised by mild to severe seizures
Fragile X Syndrome	Birth defects - limited intellectual ability and some physical limitations
Global Developmental Delay	Birth defects - development disability and learning difficulty
Hearing Impairment	Hearing loss - deafness, is a partial or total inability to hear and can affect development of language
Intellectual Disability	Difficulties in learning and managing daily living skills
Juvenile Idiopathic Arthritis	Juvenile rheumatoid Arthritis - persistent joint pain, swelling and stiffness
Kleefstra Syndrome	Genetic Disorder - intellectual disability, severe expressive speech delay, distinctive facial appearance
Lowe Syndrome	Rare genetic condition - causing varying levels of physical and intellectual delay
Merosin Deficient	Congenital muscular dystrophy - severe muscle fibre damage, reduces movement and causes tightness at hips, knees, elbows
Muscular Dystrophy	Musculoskeletal system - muscle diseases that weakens the body and hampers growth
Prader Willi Syndrome	Rare genetic disease - excessive appetite often leads to obesity
Retinal Dystrophy	Macular Dystrophy - rare genetic eye disorder causing loss of vision
Spina Bifida	Congenital Disorder - vertebrae and spinal cord remains unfused and open and curvature of the spine
Tuberous Sclerosis	Genetic Disorder - tuber-like growths in the brain, seizures, delayed development
Visual Impairment	Disease or injury to one or more parts of the brain or eye - difficulty to process images
Williams Syndrome	Rare Neurodevelopmental disorder - cardiovascular problems, cheerful demeanour



Instructors

Section 4

Instructors' Employment Conditions

All Rainbow Club instructors should understand the importance of complying with the following conditions.

Commitment

As you take on a role with Rainbow Club, we are committed to providing you with a fair and equitable work environment and you are taking on a commitment to be available for an agreed time every week for the duration of a school term. This is generally on a Saturday or Sunday. Young children with a disability will be depending on you and for many, this half hour session is a highlight of their week.

Your non-attendance impacts on the child you are instructing, other instructors and the children that other instructors are teaching.

Our clubs are managed by volunteers who are usually parents of children in the club. It makes their job and the smooth running of the club easier, if they have reliable instructors on whom they can depend.

Your relationship with each child is individual and important to them, so your ongoing commitment to the club and teaching the children with patience and skill is appreciated.

Qualifications

Rainbow Club insists that all instructors have the basic Teacher of Swimming and Water Safety (TSW) qualification from AUSTSWIM, or Teacher of Swimming from Swim Australia. We also encourage all instructors to obtain the Access and Inclusion or Teaching a Person with a Disability accreditation. It is your responsibility to ensure that your qualifications are up to date.

Working with Children Check

Each and every Working with Children Check Number is verified online with the NSW Commissioner for Children by the General Manager of Rainbow Club.

Employment Status and Rate of Pay

All Rainbow Club instructors are employed on a casual basis.

There are three instructor levels and the following hourly rate is applicable at January 2016.

Lead Instructor (Level 5) - \$37 per hour

- Must have AUSTSWIM Access and Inclusion or Swim Australia Teacher of Learners With Disability qualification.
- The Lead Instructor reports to the Club Committee

Level 4 Instructor - \$32 per hour

- Must have AUSTSWIM Access and Inclusion or Swim Australia Teacher of Learners With Disability qualification

Level 3 Instructor - \$30 per hour

- Must have a basic AUSTSWIM or Swim Australia qualification

Level 4 and 3 Instructors report to the Lead Instructor

Our payroll is administered by ADP Payroll Solutions, www.adppayroll.com.au

Rainbow Club's Client ID Number is 104573.

You will receive your User ID and Password in the mail and you can use this to view your payslip and other personal information.

Section 4

Instructors' Employment Conditions

continued



Instructors

Safety and Rules around the Pool

Rainbow Clubs are bound by the rules and regulations of each pool we use and these are on display at the pool. Please familiarise yourself with these rules and ensure that you obey them in their entirety.

Dress Code

Rainbow Club provides all instructors with a lime green rashie which you are required to wear while teaching with Rainbow Club. All instructors (male and female) are required to wear rashies and board shorts while instructing. A neat and tidy appearance is important to Rainbow Club.

Social Media

Instructors are welcome to promote the activities of your club through their personal social media. Please obtain permission from parents/guardians before taking or posting pictures.

Code of Conduct

As a Rainbow Club Instructor you agree to:

- ✔ Behave professionally and accept responsibility for your actions.
- ✔ Commit to the mission and goals of Rainbow Club and work all agreed shifts so as to provide the best possible service to Rainbow Club members.
- ✔ To the best of your ability, ensure the safety, health and welfare of children in the club and other instructors.
- ✔ Provide a balanced program of swimming and water safety.
- ✔ Be familiar with the goals of the child you are instructing [or their parent] and support them to achieve their goals.
- ✔ Modify teaching techniques to cater for the disability of the individual.
- ✔ Treat all children and parents with courtesy and respect.
- ✔ Maintain your qualification/accreditation qualification with AUSTSWIM [or similar].
- ✔ Agree to behave in an ethical manner that is free from any harassment or bullying.
- ✔ Abide by all Rainbow Club Australia's policies and procedures as detailed on the website.



Organisation Chart

Board of Directors

Malabar Magic Committee
Finance Committee

16 Clubs in NSW

Bondi, Byron Bay, Campbelltown, Cherrybrook, Cronulla, Hornsby, Liverpool, Maroubra, Newington College, Orange, Penrith, Revesby, Seven Hills, Sutherland, Warriewood, Warringah

General Manager

Committee

Manager
Scheduler
Treasurer

Lead Instructor

3 / 4 / 5 Instructors

Finance Officer
Membership Officer



Incident Report

Name of person making the incident report:

Date incident occurred:	Time of incident:	Date report made:
-------------------------	-------------------	-------------------

Location of incident:

Did the incident cause harm to: *(tick relevant items)*

Person/s Assets Environment Organisation's reputation

Describe what occurred:

Name/s of person/s involved in the incident and how they were involved and the nature of any injuries:

Describe the nature, date and time of any first aid treatment, if applied:

Witnesses - name/s and contact details:

Immediate action taken:

Incident reported to:

Incident report entered in Incident Management Register by General Manager on date: