

Swim Teacher Name Assessment Date

This assessment is for use as an operational document to capture and report the health and fitness standards of Swim Teachers. The checklist has been developed in line with the health and fitness requirements prescribed in the GSPO. This assessment should be undertaken annually for each Swim Teacher.

Part 1: Self-Declaration / Professional Medical Assessment

Health Component	Self-Declaration (please tick one)			
	Fit unrestricted	Fit with restrictions	Unfit pending further assessment	Permanently unfit
Vision				
Hearing				
Epilepsy				
Diabetes				
Asthma				
Pregnancy				
Immunizations				

Or Professional Medical Assessment provided ☐ Date of Assessment Practitioner Name

Part 2: Swim 50m on your front using a recognised stroke. Swim 50m on your back using a recognised stroke. Tread water for one minute.

Fitness Component	Swim 50m on front	Swim 50m on back	Tread water (1 min)	Signatures	
				Swim Teacher	Supervisor / Manager
Completed	Y / N	Y / N	Y / N		

Part 3: Final Assessment Category (please circle): 1. Fit unrestricted. 2. Fit with restrictions. 3. Unfit pending further assessment. 4. Permanently unfit.

Swim Teacher Signature

Supervisor / Manager Signature

Royal Life Saving Society Australia - Guidelines for Safe Pool Operations 2019. Appendix One: Minimum Health Criteria.

Vision: Swimming and Water Safety Teachers rely greatly on vision when teaching and supervising. As a result, it is vital that Swimming and Water Safety Teachers have normal 20/20 vision. If a swimming and water safety teacher has, or becomes aware that he/she does not have 20/20 vision, then the swimming and water safety teacher must take measures to facilitate his/her vision, such as the wearing of the appropriate corrective lenses.

Hearing: Hearing plays a vital role in swimming and water safety teaching, particularly in communication. Swimming and water safety teachers who have impaired hearing should take measures to facilitate their hearing such as the appropriate hearing aid. Swimming and water safety teachers who are hearing impaired should ensure, in consultation with their management, that the appropriate procedures are in place to ensure adequate supervision of pool users and communication with staff, particularly in an emergency situation.

Epilepsy: Epilepsy is a common condition affecting about 1 in every 200 of the population. It is characterized by recurring muscular seizures with a loss of consciousness. A seizure occurring in, or even near the water, may result in drowning unless rescue is affected very promptly. Epilepsy does not preclude a person from being a swimming and water safety teacher, however there must be guidelines to ensure safety. Persons suffering from epilepsy are eligible to participate in swimming and water safety teacher activity provided they have the approval of their medical attendant who is fully aware of the nature and duties of a swimming and water safety teacher. The responsibility for a person's management of their epilepsy at all times rests with that person and the medical attendant concerned.

Diabetes: Diabetes Mellitus is a common disorder of body metabolism that can occur at any age. It is controlled by a combination of diet, exercise and perhaps medication. In general, Diabetes should not preclude a person from any of the activities of a swimming and water safety teacher. Diabetics, who require insulin treatment, can only participate in teaching activity if they have the approval of their medical attendant who is fully aware of the nature of a swimming and water safety teacher. The responsibility for a person's management of their diabetes at all times rests with that person and the medical attendant concerned.

Asthma: Bronchial asthma is a common condition within the community and may affect any age group. Asthma is a variable condition and it is recognised that a swimming and water safety teacher with asthma may be fully fit at some times and not fit for duty at other times. Persons with acute asthma are eligible to participate in teaching activity provided they have the approval of their medical attendant who is fully aware of the nature of a swimming and water safety teacher. The responsibility for a person's management of their asthma at all times rests with that person and the medical attendant concerned.

Pregnancy: It is recognised that a pregnant a swimming and water safety teacher may be fully fit for duty at some times and not fit for duty at other times. On becoming aware of a pregnancy, pregnant a swimming and water safety teacher should consult with, and make their medical attendant fully aware of the nature of a swimming and water safety teacher before continuing work. It is recognised that pregnancy may preclude a swimming and water safety teacher from fulfilling only a part of their duties for periods of time. In cases such as this, the swimming and water safety teacher should consult with facility management about being able to alter the duties they are expected to carry out.

Immunizations: A swimming and water safety teacher may come into contact with blood and other body fluids during the course of their duties. These body fluids may transmit infectious diseases such as Hepatitis and Influenza, amongst others. It is recommended that swimming and water safety teacher keep their immunizations up to date as recommended by their medical attendant to minimize the chance of becoming infected. The responsibility for a person's management of their immunization levels at all times rests with that person and the medical attendant concerned.