



**OPTUS
JUNIOR
DOLPHINS**

**MANUAL
FOR SWIMMING
CLUBS**

ACKNOWLEDGEMENTS

Swimming Australia Limited wishes to acknowledge the contribution of the following organisations and people who supported the development and production of this resource:

- Australian Swimming Coaches and Teachers Association (**ASCTA**) – David Speechley, Craig Tobin and Cindy Adair
- Our State and Territory Associations – **Swimming Queensland, Swimming New South Wales, Swimming Victoria, Swimming Tasmania, Swimming South Australia, Swimming Western Australia** and **Swimming Northern Territory**.

REFERENCES

- [Peter Meaney](#) and [Sarie Culka](#), Wet Games – A Fun Approach to Teaching Swimming and Water Safety, United Kingdom, 1994.
- Australian Sports Commission (**ASC**) for the right to reproduce and contextualise Playing for Life and Coaching Children material.

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INTRODUCING OPTUS JUNIOR DOLPHINS

WELCOME!

We've teamed up with Optus to bring you Optus Junior Dolphins, our first ever junior participation program!

Optus Junior Dolphins is an exciting program where kids across Australia can have fun with their friends and improve their swimming in a safe, social and non-competitive environment.

Optus Junior Dolphins is a key part of our swimming pathway and supports kids with basic swimming skills, engages them at an influential time in their lives and encourages lifelong involvement with our sport.

It's also a great way to get more kids to your club and keep them with you for longer. Some key benefits for your club are:

- High profile ambassadors and a national marketing campaign promoting our program
- Your club will feature as a delivery centre on the Optus Junior Dolphins website
- Free club membership for children 7 and under. Half price for 8 year olds (except in NSW)
- Free participant packs which include a t-shirt, bag and temporary tattoo!
- Free program and marketing resources to help you run and promote Optus Junior Dolphins
- Access to training and development for your coaches and teachers

We're wrapped to have you aboard and excited about what Optus Junior Dolphins can do for the sport of swimming!



HOW DOES OPTUS JUNIOR DOLPHINS FIT INTO OUR SWIMMING PATHWAY?



Optus Junior Dolphins is designed to encourage kids to continue swimming after they've finished Learn to Swim

IT'S FUN, SAFE AND NON-COMPETITIVE

Optus Junior Dolphins is a great way for kids to continue their swimming journey after they have developed the basic skills.

It's an adaptable program that is ideal for kids that can already demonstrate some fundamental swimming skills, with an indicative age range of 5 – 8.

We've developed our program to make sure that kids:

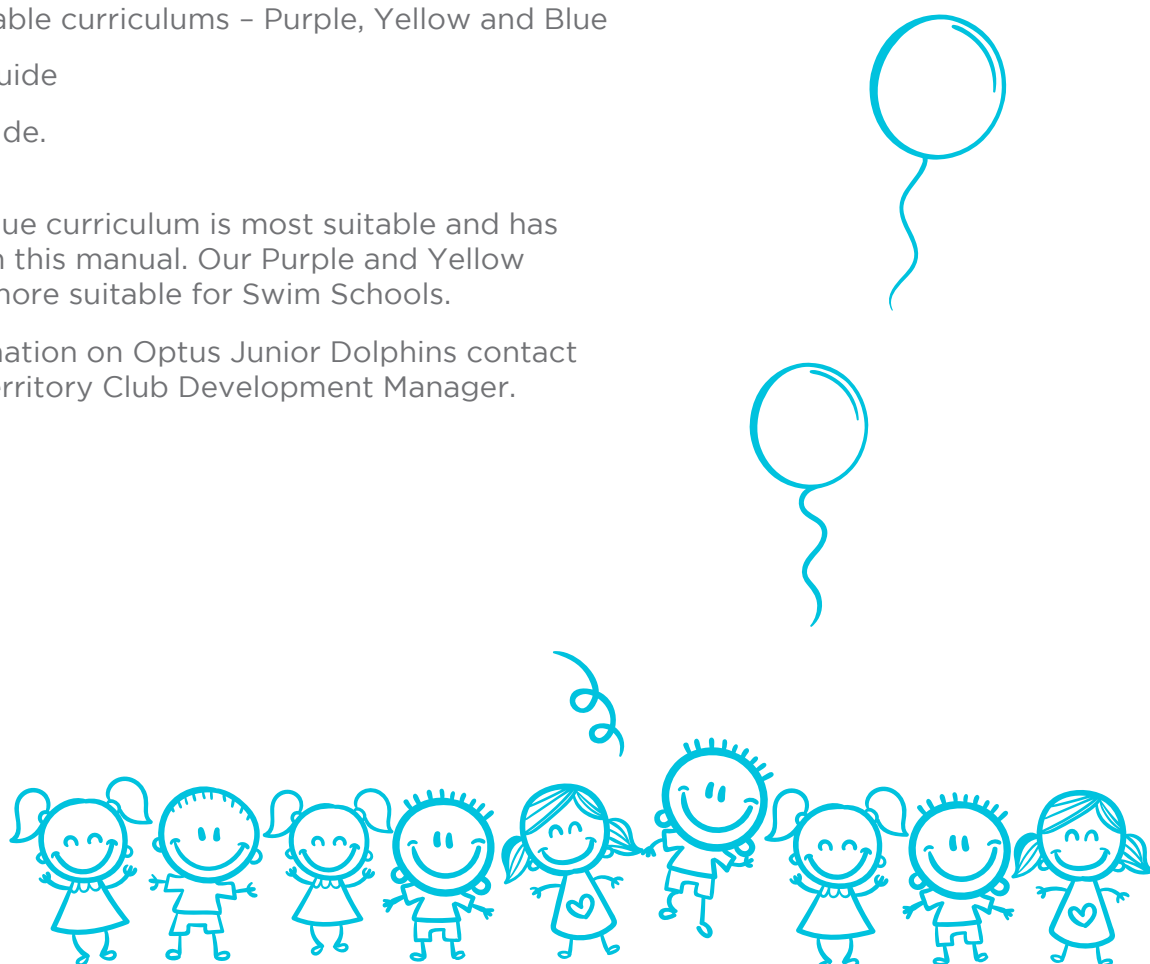
- Have fun with their friends
- Continue to develop water awareness and safety techniques
- Progressively develop swimming skills
- Have the opportunity to participate in swimming in a non-competitive environment.

Our program includes:

- Guides and tips for coaches and teachers to ensure Optus Junior Dolphins is fun and inclusive
- Three adaptable curriculums – Purple, Yellow and Blue
- A Carnival Guide
- A Games Guide.

For clubs, the Blue curriculum is most suitable and has been included in this manual. Our Purple and Yellow curriculum are more suitable for Swim Schools.

For more information on Optus Junior Dolphins contact your State or Territory Club Development Manager.





PLANNING & RUNNING YOUR OPTUS JUNIOR DOLPHINS PROGRAM

PLANNING AND RUN

PLANNING

STEP
01
PG 10

DECIDE HOW OPTUS JUNIOR DOLPHINS FITS INTO YOUR CLUB

Get to know our **Curriculum**, **Games Guide** and **Carnival Guide** and learn how to adapt our program to suit your swimming club's needs.

STEP
02
PG 11

DECIDE HOW TO RUN OPTUS JUNIOR DOLPHINS

Use our **planning template** to plan your swimming club's activity

PREPARING

STEP
03
PG 13

TRAIN YOUR COACHES/TEACHERS

Introduce your coaches or teachers to our program, make sure they are qualified and sign them up to our **training course**.

STEP
04
PG 14

MAKE SURE EVERYTHING'S SAFE

Read our **Safety Tips** and use our **Safety Checklist** to make sure your program is delivered in a safe and effective way.

STEP
05
PG 19

GET YOUR EQUIPMENT READY

Use our **equipment list** to make sure you've got everything you need to run a successful program.

PROMOTING

STEP
06
PG 20

PROMOTE YOUR PROGRAM

Use our **promotional tips** to help promote your program.

ING YOUR PROGRAM

12 KEY STEPS TO GET STARTED

DELIVERING

STEP
07
PG 22

WELCOME YOUR NEW MEMBERS

Make sure your new members feel welcome by using some of the ideas in our **welcome tips**.

STEP
08
PG 25

DELIVER YOUR PROGRAM

You're ready to start delivering your program! Read our **communication tips** to make sure that your program is delivered in a fun, friendly and social way. And, as you get started, make sure you **assess your kids**, use our **delivery tips** and think about how to **adapt the program** to meet your participants' needs.

EVALUATING

STEP
09
PG 33

ASSESS YOUR KIDS

At the end of your program, make sure you carry out a **program assessment**.

STEP
10
PG 33

CELEBRATE YOUR SUCCESS

There are lots of ways to celebrate your success and recognise your swimmers' achievements – use our **celebration tips** for some ideas.

STEP
11
PG 34

DECIDE WHAT'S NEXT

We want to help kids continue swimming, so use our **next steps** to help guide them to the next stage.

STEP
12
PG 34

EVALUATE YOUR PROGRAM

It's important to evaluate how the program went for your swimming club, your kids and their parents. Read our **evaluation opportunities** to find out more.

PLANNING

STEP 01

DECIDE HOW OPTUS JUNIOR DOLPHINS FITS INTO YOUR CLUB

We've designed Optus Junior Dolphins as a flexible and adaptable program that can easily fit into your club's existing activity. Here are some ways you can deliver the program at your swimming club:

The image shows two documents. On the left is the 'BLUE LEVEL CURRICULUM MAP' which is a grid with columns for 'Swimming Skills', 'Water Safety', 'Games', and 'Activities'. It lists various skills and activities across different levels. On the right is 'Lesson 1 Week 1', which is a detailed lesson plan with columns for 'Activities', 'Equipment/Resource', and 'Notes'. It lists specific activities like 'Warm up', 'Skill development', and 'Games'.

As a brand new program

Deliver Optus Junior Dolphins according to our curriculum and lesson plans or use our resources for inspiration.

Turn to page 35 for our [Curriculum](#).

As part of an existing program

Take aspects of our curriculum and include these in one of your existing squads or programs, promoting this as your Optus Junior Dolphins level or squad. Or, take ideas from the activities in our Games Guide and incorporate them into your current junior squad programs. Turn to page 35 for our [Curriculum](#) and page 55 for our [Games Guide](#).



As carnivals or events

Use our Carnival Guide to plan an Optus Junior Dolphins Carnival or add elements from our guide to your regular club nights.

Turn to page 45 for our [Carnival Guide](#).

PLANNING



DECIDE HOW TO RUN OPTUS JUNIOR DOLPHINS

It's important to consider how Optus Junior Dolphins will fit within your swimming club's regular activity. Here's a few things to think about:

- Are you able to offer an Optus Junior Dolphins carnival at your club?
- Are you able to rebrand one of your existing squads or programs as an Optus Junior Dolphins level or squad?
- Are you going to offer Optus Junior Dolphins sessions on a weekly basis or run a one off event from time to time?
- Are you able to add some fun activities to your club night?

Use our **planning template** to help you plan your activity.

This template can be used to help plan your club's Optus Junior Dolphins program activity for the season.

Month	Optus Junior Dolphins curriculum program	Optus Junior Dolphins Carnival	Other adapted swim meets	Induction activities	Other events or activities
October					
November					
December					
January					
February					
March					
April					
May					
June					
July					

*Peak months – November to March

PREPARING



TRAIN YOUR COACHES/ TEACHERS

Or, as we like to call them, our Optus Junior Dolphins Trainers!

We want to make sure that every child who is part of Optus Junior Dolphins has a great swimming experience, so it's really important to find the right Trainer for your program.

Your Optus Junior Dolphins Trainer should be:

- A current swimming coach or teacher of competitive swimming
- Friendly and welcoming
- Enthusiastic, energetic and motivated
- Fun and creative
- Flexible and adaptable
- Knowledgeable about swimming and water safety

It's important that your Optus Junior Dolphins Trainers are qualified to deliver your program. Make sure they hold one or more of the following accreditations:

- Swim Australia™ Teacher of Competitive Swimming (or equivalent)
- AUSTSWIM Teacher of Towards Competitive Strokes™ (or equivalent)
- Swimming Australia Bronze Coaching License (or higher – Silver, Gold or Platinum)

All swimming clubs should promote our Optus Junior Dolphins Trainer induction course to your coaches/teachers who will facilitate the program. This course is free of charge and is available at ASCTA State Conferences or online in the near future.

PREPARING



MAKE SURE EVERYTHING'S SAFE

Before you get started, it's really important to make sure your Optus Junior Dolphins program is delivered in a safe and effective way. Here are some tips for your swimming club and your Optus Junior Dolphins Trainers:

Use our Safety Checklist

- It'll guide you through the important safety checks that all Delivery Centres and Optus Junior Dolphins Trainers should do before delivering the program.

Be aware of emergency procedures and first aid

- If a participant says they are injured (or they look injured) give them a rest and examine their injuries using the **STOP Safety Method** on page 17
- If you think that continuing to take part in the activities may cause further injury, then the participant shouldn't re-join the session and their parent or guardian should be contacted
- Keep a register of participants with known illnesses, injuries or allergies that could affect their participation and ensure you're aware of their treatment requirements in an emergency situation
- In the event of an extreme emergency, coaches and teachers should try to find the child's parent or guardian and call for an ambulance by calling 000
- Understand **Fundamental First Aid** on page 18.

Group swimmers by ability level

- Be aware of your participants' individual skill and experience levels and match your participants appropriately. This will reduce the risk of injury and enhance skill development and enjoyment.

Supervise the action closely

- It's your responsibility to supervise activities and make modifications where required to reduce risk
- If you're running your program at a large aquatic centre or if you're running a large event, consider using volunteers to share responsibility and minimise the risk of incidents.

Use this safety checklist to guide you.

SAFETY CHECKLIST	
Step 1	Identify hazards
	<p>Before your participants arrive, walk a lap of your facility and identify any hazards.</p> <p>If you spot a potential hazard then start your risk management procedure, including:</p> <ul style="list-style-type: none"> • Identify who may be harmed • Identify the magnitude of the risk • Take steps to minimise the risk • Record your actions • Review your incident and accident reports on a regular basis to look for trends. <p>Check the Pool</p> <ul style="list-style-type: none"> • Check entries and exits are free of obstruction • Check there is an emergency phone at the pool in working order • Check there is access to a fully stocked first aid kit • Check for any hazards and remove hazards if there are any • Report any maintenance requirements to the appropriate person.
Frequency	Weekly
Step 2	Deliver a safety briefing
	<p>Regardless of their age and ability, or how many times they have been to your centre, make sure all participants attend a safety briefing.</p> <p>This briefing should include:</p> <ul style="list-style-type: none"> • Information about acceptable poolside behavior. For example, no running and no pushing • The location of entries and exits • The shallow and deep ends and any change of depth, noting where you do and do not allow diving.

	<p>Explaining the 'stop and listen' signal you'll use in the event of an emergency (a long whistle works very well)</p> <ul style="list-style-type: none"> • Pointing out the location of the closest phone • Pointing out the location of rescue equipment • Pointing out any 'out of bounds' areas, for example the plant room • Assigning each child a buddy.
Frequency	At the start of the program
Step 3	Check qualifications
	<p>In order to provide a safe environment for kids, all Optus Junior Dolphins Trainers must comply with Swimming Australia's Safe Sport Framework, which is available at www.swimming.org.au.</p> <p>Optus Junior Dolphins Trainers are also required to:</p> <ul style="list-style-type: none"> • Hold a current, recognised Teacher of Competitive Swimming or Coaching qualification • Have up to date CPR • A current Working with Children Check for their State or Territory.
Frequency	At the start of the program
Step 4	Plan for accidents and incidents
	<p>Should an accident or incident occur during an Optus Junior Dolphins activity or event make sure you record the incident in writing. Archive this in an incident and accident file to be reviewed periodically.</p> <p>Your organisation should have emergency action plans in place for major emergencies including fire, near drowning, lightning strike and chemical spills.</p>
Frequency	Before the program starts

All Optus Junior Dolphins Trainers need to be able to respond to emergency situations.

These can range from a minor injury to something more serious. It's good practice for all Trainers to undertake first aid training, just in case a more serious incident occurs. This might also be one of your organisation's requirements.

Optus Junior Dolphins Trainers should:

- Have access to a telephone to call an ambulance
- Have information about the participant's medical history, especially about ongoing health conditions such as asthma, epilepsy or diabetes
- Know how to access first aid equipment, including a first aid kit, ice and blankets
- Ideally, be able to administer basic first aid or have someone present who can
- Make sure they understand and can access injury report policies and procedures.

The STOP procedure will help the Optus Junior Dolphins Trainer decide whether a participant's injury is severe and if they can continue with the activity or not.

S T O P	Stop the activity
	Talk to the participant
	Observe the participant's injury <ul style="list-style-type: none"> • Is there any swelling or bruising? • Is there any loss of movement or strength? • Is there any significant bleeding? • Is there any deformity?
	Prevent further injury to the swimmer <ul style="list-style-type: none"> • For severe injuries seek help. If the participant is unconscious or not breathing normally, begin DRSABCD. • For less severe injuries, administer first aid (if qualified) or seek assistance from a qualified first aider.

The **RICER** method is used to manage sprains, strains, corks, bumps and bruises.

What?	How?	Why?
REST the participant	Remove the participant from the pool. Place the participant in a comfortable position, preferably lying down. Make sure the injured area is immobilised and supported.	Further activity can increase bleeding and damage.
Apply ICE to the injured area(s)	Apply ice to the injured area(s) using one of the following conventional methods: <ul style="list-style-type: none"> Crushed ice in a wet towel or plastic bag Immerse the area(s) in icy water Commercial cold pack wrapped in a wet towel Apply for 20 minutes every two hours for the first 48 hours. CAUTION! Don't apply ice directly to the skin. This can cause ice burns. Don't apply ice to participants that are sensitive to the cold or have circulatory problems.	Ice reduces swelling, muscle spasms and secondary damage to the injured area(s).
Apply COMPRESSION to the injured area(s)	Firmly apply an elastic compression bandage over a large area, covering the injured area(s) as well as the area(s) above and below the injury.	Compression reduces swelling and provides support for the injured area(s).
ELEVATE the injured area(s)	Raise the injured area(s) above the level of the participants' heart whenever possible.	Elevation decreases bleeding, swelling and pain.
REFER and RECORD	Refer your participant to an appropriate healthcare professional for a definitive diagnosis and to continue management of the injury. Record your observations, assessment and initial management before referral and send a copy of the records with the participant to the healthcare professional.	To obtain an accurate definitive diagnosis and for continuing management.

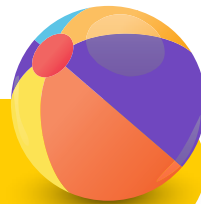
PREPARING



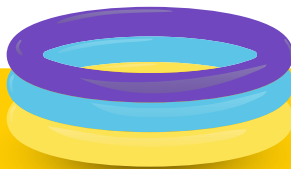
GET YOUR EQUIPMENT READY

We've designed the games and activities to be delivered with basic and readily available equipment, including:

- Balls



- Hoops



- Pool noodles



Try and think of other fun equipment items that can be included in your games and make sure you mix these up regularly!

PROMOTING



PROMOTE YOUR PROGRAM

Now you've planned your program, it's time to start promoting it!

Read our Brand Guidelines

We've created some brand guidelines to help you understand Optus Junior Dolphins a little bit better and to provide you with some tips on how to use our marketing material.

Download our Brand Guidelines [here](#).

Use your Marketing Toolkit

We've created a marketing toolkit with everything you need to promote your program, including posters, flyers, social media graphics, TV graphics and more!

Download our marketing toolkit [here](#).

Consider your audience

Think about the demographic of your local community, who you're trying to reach and the best ways to reach them.

Plan where you're going to market your program

There are lots of places you can market your program. You could:

- Contact your local radio station or your local newspaper
- Put up a poster in your local community centre, shopping centre, library or language school
- Create some content for your social media channels
- Add content to your website
- Hand out flyers at local events.

Keep referring back to our brand guidelines and marketing toolkit for tips!

PROMOTING

Identify new audiences and form new relationships

By forming new relationships, you might be able to attract new swimmers. Try speaking to these places first:

- **Local primary schools**

Speak to the School Sports Coordinator or School Receptionist at your local primary school and ask if promotional material can be displayed at the school, distributed to students or advertised in the school newsletter

- **Local swim school**

Contact your local swim school and see if they would be interested in delivering an Optus Junior Dolphins program or event in partnership

- **Other sports clubs**

Contact any other local sports clubs to talk about cross promoting your sports

- **Host an Optus Junior Dolphins carnival or registration day**

Plan a fun event with special activities to promote joining your swimming club and to encourage registration for your Optus Junior Dolphins program. Make sure you have some marketing material available

This event also gives you the chance to partner with local swim schools to offer an initial assessment and to decide whether a child is better suited to a swimming club or swim school environment

- **Free club membership**

Don't forget to let people know kids aged 7 and under will receive free membership to affiliated swimming clubs across Australia. Kids aged 8 will receive half price membership, except in New South Wales.

DELIVERING



WELCOME YOUR NEW MEMBERS

It is important to make sure new swimmers feel welcomed as part of your swimming club.

We've developed Optus Junior Dolphins as a fun, social and non-competitive program that encourages kids to keep swimming for longer and inspires our future swimmers.

Your swimming club is a fantastic environment to nurture young swimmers, but it's important to have a few plans in place to make sure any early contact is positive so the swimmer and their family have a good first experience of the club.

Plan a meet and greet

You never get a second chance to make a first impression!

We recommend that you ask an existing member of your club to meet your new Optus Junior Dolphins and their family and make them feel welcome and comfortable. It's a good idea to ask someone who is friendly, chatty and welcoming.

This person will need to be there when the family arrives, be able to give them a quick tour of your facility and can point out important facility aspects including changing facilities, bathrooms, food and drink outlets and seating areas. They can also introduce key club members and other children who are taking part in your Optus Junior Dolphins program.

It's also a good idea for this person to talk through the format of your program or event. Remember, not all participants will be from a swimming background, so try not to use too many technical terms and explain potential situations – like how to navigate the marshalling areas.

And finally, it's a great idea for the person who welcomes your new swimmer to keep an eye on them over their first year, just to make sure they enjoy themselves!

DELIVERING

Hold a rookie Optus Junior Dolphins presentation or a swimming club induction

It's important to make your new members feel special. We recommend that you present your them with their Optus Junior Dolphins participant pack in front of existing club members at the start or end of their first session or event.

Nominate a buddy

It's important that your new member makes friends.

We recommend that you buddy up your new members with a senior swimmer in your club. This buddy can help familiarise them with the club.

We find that positive peer support is a really important factor for making sure new members are continually engaged with the club. It can also be a great experience for the senior swimmer too.

Host a welcome event or induction to your swimming club

It's important that parents and guardians also feel part of your club!

We recommend you hold an event that gives parents and guardians a little bit more information about your club.

It's a great opportunity for your coaches/teachers and club President to talk to new families about what it means to be a member of your club. We suggest preparing a short presentation and handing out your swimming club handbook.

There are lots of things you can talk about, but here are some good starting points:

- Promote the free membership for kids aged 7 and under and half price membership for 8 year olds (except for in New South Wales)
- Talk about the approach to delivering Optus Junior Dolphins with a focus on fun, skill development and water safety in a safe environment
- Club nights
- Attending meets
- Volunteering and other opportunities to get involved
- Fundraising
- Uniforms
- Code of conduct
- Your annual calendar, including social events.

DELIVERING

Share your guidelines

We also recommend that you outline your expectations to parents and guardians.

Here are some simple guidelines that you could share:

- It's not a good idea to specialise in one sport too early. Support your child and help them get involved in other sports and activities, even if it's just on the beach or local park. Some sports are complimentary to swimming, including gymnastics, surf lifesaving, cycling and athletics
- Kids don't need to participate in multiple sessions when they are starting out at the swimming club
- Make sure your child doesn't miss out. Keep up to date with key dates and deadlines through the club website, email updates or letters
- Keep in touch. Feel free to get in touch with your child's teacher or coach if you have any questions or concerns
- Come along to our events and cheer on all members of the team
- Volunteer at events. It's a great way to help out, meet other people and socialise at the same time
- Provide unconditional love and support for your child. The best way to do this is by simply telling your child, "I love watching you swim." And, please remember to leave the coaching to qualified staff
- Support your swimmer at home and school by ensuring they follow a nutritious diet, are getting enough sleep and are managing their homework and other activities.

Keep in touch

The key to welcoming any new member to your club is communication.

Make sure you keep in touch regularly through email, face-to-face opportunities or social media.

DELIVERING



DELIVER YOUR PROGRAM

You're ready to start delivering your program! Here are some tips and resources to help get you started:

- Assess your swimmers to understand their ability levels
- Adapt the games and activities to suit the ability levels and size of your group, using the **CHANGE IT Principle** on page 29
- Make sure that all coaches and teachers are friendly, energetic and able to communicate effectively with kids and parents. Use our **Communications Tips** on page 28 for some ideas
- Ask your participants to develop their own games
- Be creative with the water space you have access to – get kids to swim the width of the pool or remove lane ropes
- Make sure that all coaches and teachers are friendly, energetic and able to communicate effectively with kids and parents
- Use games to transition your participants from one activity to the next, or to split them into groups
- Develop a range of awards or incentives to motivate your participants.

With a safe entry and in shallow water, follow these progressive steps:

- **Kicking with an aid for 15m on their front**

The swimmer can demonstrate an effective kicking action on their front with long legs, relaxed ankles and continuous movement both up and down. Ideally their feet should be just below the surface of the water. They should be able to do this with their head underwater and blowing bubbles. The swimmer should move at a reasonable speed through the water.

- **Freestyle swimming with an aid for 15m**

The swimmer can demonstrate an effective freestyle swimming action holding a kickboard out in front of them with continuous movement of both arms. They should be able to do this with their head underwater, blowing bubbles and should also demonstrate breathing to the side. This is where the Optus Junior Dolphins Trainer can assess whether the swimmer has the potential to swim without an aid.

- **Freestyle swimming for 15m**

The swimmer can demonstrate the ability to hold the body in a streamline shape when they push off the wall. They can then commence Freestyle swimming. The Optus Junior Dolphins Trainer should watch for effective breathing and technique to ensure they will be safe swimming unassisted.

- **Push and glide on their back for 5 – 10m**

The swimmer can demonstrate the ability to gently push-off from the wall on their back and glide across the top of the water with their hands at their side. Their body should be relaxed and flat with their head looking upwards.

- **Backstroke swimming for 10 - 15 m**

The swimmer can demonstrate their ability to swim backstroke for up to 15m. The swimmer can also demonstrate recovering to a standing position from their back position.

In water at least as deep as the swimmer's height:

- **Diving**

The swimmer can demonstrate their ability to dive from the poolside. Their feet should first be curled over the pool's edge. The swimmer can then demonstrate a race dive or can place their hands in the streamline position with their hands in front, lean forward and then enter the water cleanly at a slight angle.

TIPS FOR ASSESSMENT

Remember, kids' safety in the water comes first – their technique can be improved over time.

Assessments are progressive and designed to provide a gradual testing of ability. This is important for kids who may not yet have attained all abilities as it benchmarks how close they are to acquiring these skills.

When giving instructions and feedback to children, make sure you:

- Keep it short
- Emphasise key words
- Incorporate visual cues by:
 - Demonstrating the activity or skill
 - Asking a participant to demonstrate the activity or skill
 - Drawing diagrams on a white board
 - Showing participants a video clip of the activity or skill on a tablet
- Check for understanding by asking questions of the swimmers
- Provide lots of praise and positive reinforcement. Make sure you balance any constructive criticism with positive feedback
- Be aware of your body language – smile and make eye contact with swimmers
- Get down to the same level as your participants, this might mean squatting down to talk to them or joining them in the pool
- Be entirely present with your group when delivering the session. Making sure you communicate and connect well with them will help you to deliver an engaging and safe session.

C
COACHING

- Facilitate swimmer-centred coaching.
- Modify your teaching style to suit the needs of each swimmer – instructions, demonstrations, feedback.

H
HOW TO SCORE

- Vary how to score so everyone can be included.
- Use it to make activity easier or harder.

A
AREA

Modify the swimming area to:

- change the intensity of play
- make an activity easier/harder
- make the activity safer.

N
NUMBER OF SWIMMERS

- Use CHANGE IT to make activity more inclusive.

G
GAME RULES

Vary to:

- make it easier or harder
- vary the game experience
- make it inclusive
- see also 'H' and 'N'.

E
EQUIPMENT

Use different equipment to:

- broaden the range of game experience
- make the activity easier/harder
- suit the abilities of all children.

I
INCLUSION

- Swimmer-centred coaching using CHANGE IT.
- Adapt or modify different aspects of the activity so that everyone is included.

T
TIME

- Vary the duration to impact on the volume and intensity of the activity.

SAFETY

Use CHANGE IT to ensure the swimming environment is a safe one.

SKILL DEVELOPMENT

Use CHANGE IT to progressively develop skills (easier – harder).

VARIETY

Use CHANGE IT to:

- provide variety
- maintain interest
- experience different equipment.

TECHNIQUE DEVELOPMENT

- Use CHANGE IT to develop technique in the game context.
- Use 'discrete coaching' off to the side, if and when required with selected swimmers.

ACTIVITY LEVEL

Use CHANGE IT to change the intensity or duration of the activity.

INCLUSION

Use CHANGE IT to:

- include all
- provide challenges that match ability levels
- foster teamwork.

RESOURCE

CHANGE IT PRINCIPLE

HOW TO USE IT

OBSERVATION

PLAY THE GAME

Observe swimmer involvement and responses:

- Is the purpose being achieved?
- Are all swimmers engaged?
- Are swimmers coping with the skills required?

- Is it safe?
- Are swimmers enjoying the game?
- Do all swimmers understand the game?
- Is the game working or does it appear to be too hard, too easy or too one-sided?

WHAT IS HAPPENING?

TOO EASY (HIGH SUCCESS)

- Swimmers not challenged enough
- Skills required easily performed
- Little interest or motivation

WHAT TO DO?

CHANGE IT UP Increase challenge

HOW TO CHANGE IT?

- Add rules that increase difficulty
- Set challenges that make it more difficult to score
- Increase team sizes (perhaps one team only)
- Decrease area size (to make it more difficult)

TOO DIFFICULT (LOW SUCCESS)

- Swimmers not coping with skills/poor execution
- Little interest or motivation

CHANGE IT DOWN Decrease challenge

- Simplify the rules to make games easier to play
- Change the equipment to help players with the skills
- Set challenges to make the game easier
- Play more games with fewer players per team to increase the opportunity to perform skills

TOO ONE-SIDED (ONE-SIDED SUCCESS)

- One team dominating
- Some swimmers not getting a go
- Little interest or motivation

CHANGE IT Even up challenge

- Shuffle the team – swap swimmers around to balance teams (consider using uneven teams)
- Introduce additional rules to increase the challenge for the dominant side only
- Introduce zoned areas

PLAY THE GAME AGAIN – OBSERVE RESPONSES – MAKE FURTHER VARIATIONS AS NECESSARY

Children learn and progress at their own rate. Some participants may master new skills with ease and require challenge or extension, but others may need support.

You can provide **learning support** in the following ways:

- Offer the swimmer a training aid, which provides extra support
- Have the participant observe a peer who has mastered the skill
- Reduce the distance a participant needs to travel
- Reduce the speed at which a participant needs to demonstrate the skill
- Reduce the number of repetitions that the participant needs to perform
- Go back one lesson and review the foundation skill that came before the new skill – our lessons are progressive so each skill develops in a step-by-step manner.

These strategies may also be suitable for swimmers with a disability.

You can provide **challenges or extensions** of skills in the following ways:

- Remove the support of a training aid or substitute the aid for one that provides less buoyancy
- Challenge the participant to go further, faster or complete more repetitions
- Have the participant act as a buddy to a weaker swimmer and engage in some peer coaching
- Ask the participant to demonstrate a skill for the group as a role model.

When planning your lessons and selecting activities, particularly for your stroke development focus of the day, it can help to plan ahead for three different levels.

Here's an example:

- **Stroke development focus:** Basic freestyle breathing
- **Majority of the class:** Side kicking with a kickboard with a single arm stroke, breathing to the side on every stroke
- **Learning support participants:** Side kicking with no arm stroke, bubbling for 6 kicks and then breathing for 6 kicks
- **Challenge/extension participants:** Remove the kickboard and use a small dive stick.

It might be tempting to fast track a swimmer into a higher level group, but be wary of doing too much too soon! Provide challenges for that child through differentiated planning and remember that it's important for them to look forward to progressing.

EVALUATING



ASSESS YOUR KIDS

At the end of your program it's important to assess your swimmers to see how they have progressed.

We have included an assessment template table at the end of the curriculum.



CELEBRATE YOUR SUCCESS

It's really important to celebrate your success while you're delivering your Optus Junior Dolphins program, so:

- Look for opportunities to engage with any Optus Junior Dolphins carnivals, activities and experiences that may occur at your district, regional, state or national Swimming Association levels.
- Share your stories with us by getting in touch at junior.dolphins@swimming.org.au or with your State or Territory Swimming Association. You can also share your stories across social media by finding us on Facebook and Instagram.
- Celebrate your success at the end of the program with a presentation, making sure you recognise everyone who helped you make your program a success.

EVALUATING



DECIDE WHAT'S NEXT

Optus Junior Dolphins is a great way to introduce kids to your club and help them transition into other club programs. As they continue their involvement with the club look for ways to:

- Promote additional swimming opportunities within your club when Optus Junior Dolphins swimmers may be ready to progress to a new squad or event.
- Make sure your Optus Junior Dolphins swimmers' parents and guardians receive your club newsletters and follow your social media platforms.

Make sure the experience in the higher level squads retains some of the fun elements, while continuing to progress skills. Two additional extension curriculums with lesson plans will be available in the near future to support club program planning for members once they have completed the Optus Junior Dolphins program. Contact your State or Territory Club Development Manager for more details.



EVALUATE YOUR PROGRAM

Feedback and evaluation is really important to us and helps us to continually improve our program. Please keep an eye out for:

- Our periodic survey
- Opportunities to undertake qualitative research.

If you would like to provide feedback on the Optus Junior Dolphins program to Swimming Australia, please contact us at junior.dolphins@swimming.org.au or contact your State or Territory Swimming Association.



OUR CURRICULUM

BLUE LEVEL CURRICULUM MAP

Here's an overview of the lessons for each program session, scheduled over a suggested 12-week period.

	WARM UP FOCUS	STROKE DEVELOPMENT FOCUS	CONTRAST ACTIVITY	GAMES	LESSON NOTES
	5-10 min	15-20 min	5-15 min	5-10 min	
Lesson 1 Week 1	Freestyle and backstroke revision, repetition and stroke correction	Breaststroke		Somersault Tag	Safety briefing Skill assessment
Lesson 2 Week 2-3	Freestyle and backstroke revision, repetition and stroke correction	Single arm butterfly	Underwater dolphin kick	Modified Water Polo	
Lesson 3 Week 4-5	Freestyle and backstroke revision, repetition and stroke correction	Breaststroke	Treading water	Rafting	
Lesson 4 Week 6-7	Freestyle and backstroke revision, repetition and stroke correction	Single arm butterfly	Feet first and head first surface diving	Clothed Swimming Relay	
Lesson 5 Week 8-9	Freestyle and backstroke revision, repetition and stroke correction	Butterfly	Tumble turning	Kickboard Relay	
Lesson 6 Week 10-11	Freestyle and backstroke revision, repetition and stroke correction	Clothed treading and swimming	Underwater dolphin kicking	Diving practice time	
Lesson 7 Week 12				Swimmer's choice	Skill assessment Awards (optional)

Consider hosting an Optus Junior Dolphins Carnival to help kids practise their skills and have fun at the end of term.

Lesson 1

Week 1

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Introduction	Pool orientation Pre-lesson routines	Point out any major features, changes of depth and entry and exit points. Ask all swimmers to shower and sit in designated waiting area.	Week 1 only
Warm up	Pyramid swim <ul style="list-style-type: none"> • 25m freestyle + 25m backstroke • 50m freestyle + 50m backstroke • 25m freestyle + 25m backstroke 	Allow swimmers to take rest breaks as needed. Insist on smooth, relaxed swimming with efficient technique.	
Stroke development focus	Breaststroke <ul style="list-style-type: none"> • 2 x 25m breaststroke sculling with freestyle kick. • 2 x 25m breaststroke pull with butterfly kick. • 2 x 25m breaststroke swim with 3 second glide. 	Form <ul style="list-style-type: none"> • 3 phase breaststroke pull (out sweep, in sweep and recovery to streamline). Don't allow the swimmers to pull back under their bodies. Make sure the swimmer does a 3 second glide.	
Cool down game and safe exit	Somersault Tag		Make sure you play this game in deep water so swimmers don't bump their heads on the pool floor.

Lesson 2

Week 2 & 3

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Warm up	Freestyle / backstroke 2 x 4 x 25m freestyle	Let swimmers take rest breaks. Insist on smooth, relaxed swimming with efficient technique. You can prescribe the drill based on the needs of your group or let the swimmers choose the drill.	
Stroke development focus	Single arm butterfly <ul style="list-style-type: none"> 2 x 25m single arm with kickboard. 2 x 25m single arm with hand at front. 2 x 25m single arm with hand at side. 	Form <ul style="list-style-type: none"> Focus on kicking at hand entry and then again when the hand leaves the water. Ensure swimmers have a low flat recovery and do not recover with a high elbow as they do in freestyle. The back of the hand should face forward and lead the way. 	
Contrast activity	Dolphin kick <ul style="list-style-type: none"> 10 second vertical kick intervals. 5m push and glide with dolphin kick (flippers are optional). 	Form <ul style="list-style-type: none"> Feet together. Kick is initiated from the core. The goal is to keep the shoulders out of the water by doing a powerful, continuous dolphin kick. Streamline body position. 	
Cool down game and safe exit	Modified Water Polo		

Lesson 3

Week 4 & 5

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Warm up	2 x 100m <ul style="list-style-type: none"> 75m freestyle and 25m backstroke 75m backstroke and 25m freestyle 		
Stroke development focus	Breaststroke <ul style="list-style-type: none"> 2 x 25m one, both pull with breaststroke kick. 2 x 25m 1 pull and 2 kicks. 2 x 25m breaststroke swim (focus on timing). 	For all drills, focus on correct timing of the stroke: pull and breath, kick and glide.	
Contrast activity	Treading water <ul style="list-style-type: none"> Practise 'egg-beater' leg action sitting on the poolside. Practise 'egg-beater' leg action while holding an aid. Practise 'egg-beater' kick with sculling arm action in a 'sitting' body position with the knees high and wide. 	<p>Explain the water safety application of treading water.</p> <p>Ask the swimmers to practise their treading while staying calm and using as little energy as possible.</p>	Carry this section out in deep water.
Cool down game and safe exit	Rafting		

Lesson 4

Week 6 & 7

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Warm up	Freestyle/backstroke Repeat 25m kick, 25m drill and 25m distance per stroke swim twice		
Stroke development focus	Single arm butterfly <ul style="list-style-type: none"> 2 x 25m single arm with an aid. 2 x 25m single arm without an aid. 2 x 25m 3 left and 3 right alternating. 	Focus on kicking at hand entry and then again at hand exit. Make sure swimmers have a low flat recovery and do not recover with a high elbow as they do in freestyle. The back of the hand should face forward and lead the way.	
Contrast activity	Head-first surface dive <ul style="list-style-type: none"> Start in a front floating position. Duck dive forward to 'tip' the body over into a vertical position. Straighten body and paddle toward the bottom of the pool. 	Discuss the applications of this skill in deep water rescues and searches. Place sinking objects on the bottom of the pool to be collected after the head-first surface dive.	Take a look at your medical records before asking any children with ear problems to dive too deep.
Cool down game and safe exit	Clothed Swimming Relay		

Lesson 5

Week 8 & 9

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Warm-up	Wet and dry 25s <ul style="list-style-type: none"> Climb in and out of the pool three times. Swim freestyle to the middle of the pool. Complete 3 rocket bobs off the bottom in streamline position. Swim breaststroke to the end of the pool. Climb out and do 3 star jumps. Rest for 10 – 30 seconds. Repeat 2 – 3 times until warm. 	Remind the swimmers of their safe entry and exit techniques before starting this activity to avoid slips and falls.	
Stroke development focus	Butterfly <ul style="list-style-type: none"> 2 x 25m single arm 3 left and 3 right. 2 x 25m ralada 3 left, 3 right and 1 full stroke. 2 x 10 – 15m butterfly swim (3 – 5 stroke cycles only). 	Practice makes perfect, so don't let swimmers toil over their butterfly strokes over a long distance. Focus on building one great stroke cycle at a time and, if necessary, use flippers to boost strength and power.	
Contrast activity	Tumble turning <ul style="list-style-type: none"> Swim toward the wall, rest fingertips on the wall, complete 6 fast freestyle kicks then somersault and stand up. As above and push-off on the back and glide to the flags. As above and roll onto the front and dolphin kick to the flags. Full tumble turn – don't rest fingertips or stop to kick. 	By resting the fingertips on the wall the swimmer will ensure they are the correct distance from the wall when they tumble. Make sure the swimmer does not twist on the wall, tumble first then turn over.	For the first few times, partner the swimmers and have one swimmer stand at the wall with a kickboard to create a soft barrier.
Cool down game and safe exit	Kickboard relay		

Lesson 6

Week 10 & 11

	ACTIVITY	TEACHING POINTS AND CUE WORDS	NOTES
Warm up	5 minute fitness challenge Swimmers must do as many laps as they can in 5 minutes. Alternate a lap of freestyle, backstroke, breaststroke and then back to freestyle. Ask swimmers to set a personal target. They can take a rest at any time.	Make it non-competitive. A personal target is all that is required.	
Stroke development focus	Clothed treading and swimming <ul style="list-style-type: none"> Dress in clothes with swim wear underneath. Sit on poolside and dangle legs in the water, discuss the feeling of extra resistance. Enter the water safely. Ask swimmers to do a range of skills: <ul style="list-style-type: none"> Floating and gliding. Kicking with or without an aid. Swimming freestyle. Doing a somersault. For fun, ask them to trap air under their shirt, creating a Michelin Man effect. 	The purpose of this activity is to explore the feeling of wearing clothes in the water. Reassure swimmers that the extra clothing will add resistance and may make them feel heavy in the water but it won't pull them down.	All swimmers to bring long sleeved top and long pants (Pyjamas work well) to swim in.
Contrast activity	Underwater dolphin kicking <ul style="list-style-type: none"> 2 x 15m underwater push and glide with underwater dolphin kick with flippers. 2 x 15m as above (no flippers). 2 x 15m at speed (race in pairs). 	Form Kick from the core. Legs together. Streamline body position. Up to 90 degrees of knee bend. Soft flexible ankles.	
Cool down game and safe exit	Diving practise <ul style="list-style-type: none"> From the block. Through a hoop. Over a noodle. 	Revise key diving technique.	

Lesson 7

Week 12

Assess skills

You're looking for your swimmers to demonstrate the following skills:

- Basic breaststroke for 10 – 15m with correct timing
- Single arm butterfly action with correct kick timing
- 3 – 5 stroke cycles of full butterfly
- Basic tumble turn
- 10 - 15m of underwater dolphin kick with fins
- Treading, clothed swim and head first surface dive.

Swimmers' choice

Let your swimmers choose their favourite games from weeks 1 – 11. Here's the complete list:

- Somersault Tag
- Modified Water Polo
- Rafting
- Clothed Swimming Relay
- Kickboard Relay.

Awards

Provide these based on the above assessment.



Optus Junior Dolphins BLUE Assessment

Child's initials										
BASIC BREASTSTROKE										
Swimmer should be capable of 10 - 15m of basic breaststroke with the correct timing; pull and breathe, kick and glide.										
SINGLE ARM BUTTERFLY										
Swimmer should demonstrate a single arm action with or without an aid. The recovery should be low, flat and relaxed. The swimmer should kick once at hand entry and once at hand exit.										
BUTTERFLY SWIM										
Swimmer should be capable of demonstrating 3-5 full stroke cycles of butterfly. The swimmer should execute a keyhole shaped underwater pull and a low, flat relaxed recovery. A strong dolphin kick should occur at hand entry and hand exit. The swimmer should breathe to the front during every second stroke.										
TUMBLE TURN										
Swimmer should demonstrate a basic tumble turn including a fast approach to the wall, straight and tight somersault, vertical foot plant and then explosive streamline, turn and 3 - 4 underwater dolphin kicks before break-out.										
UNDERWATER DOLPHIN KICK WITH FINS										
Swimmer to demonstrate 10 - 15m of efficient underwater dolphin kicking with a streamline body position, while wearing fins.										
WATER SAFETY SKILLS - TREADING, HEAD FIRST SURFACE DIVE AND CLOTHED SWIMMING										
Swimmer to show confidence to tread water for up to 1 minute, perform a head first surface dive to a depth of more than 1m and the ability to swim (using any style) 25m while fully clothed.										



OPTUS JUNIOR DOLPHINS CARNIVALS

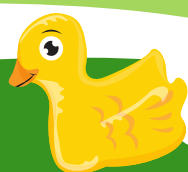
Running an Optus Junior Dolphins Carnival is a great way to introduce kids to the program. Here are some planning tips:

SUGGESTED TIME

2 hours or less

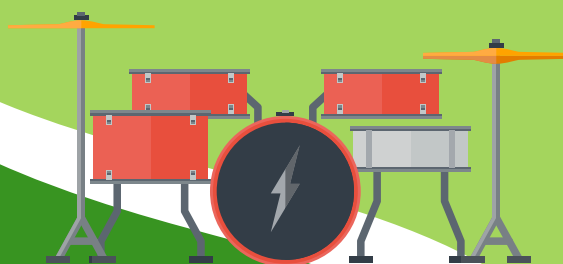


There's no need to provide large championship-style meets - short and sweet is the name of the game! Remember, the average under 8s football game or dance class lasts between 45 and 60 minutes on average. This is a family friendly timeframe and appeals to busy parents.



CARNIVAL ATMOSPHERE

Fun, colourful and inclusive



Your carnival could include:

- Music
- Balloons and decorations
- Face painting
- Inflatables in the pool
- Sausage sizzle





EVENT PROGRAM

Be creative with your carnival program. Any races should be fun, non-competitive and inclusive. Remember:

- Don't keep times or focus on results. Kids can enjoy the fun of racing, but they don't need to be exposed to the pressure to win or achieve a certain time at this age
- Reward participation and celebrate kids who join in
- Mix genders and ages, look for opportunities to ensure kids of a similar ability to be grouped together
- Kids don't need to dive in, they can start races safely from a push in the water
- Modify the types of races kids participate in. There are lots of options to make these fun and kids may even suggest their own ideas. These can include:
 - a. Kickboard races
 - b. Boogie board races
 - c. Pool noodle races
 - d. Underwater treasure hunts
 - e. Tyre relays
 - f. Water polo ball relays
 - g. Inflatable dolphin races.





And, if you want to plan your Carnival around a specific theme here are some suggestions:




MINI OLYMPICS

- Allocate each child a country to represent and have them dress up
 - Hold an opening ceremony, use a garden torch instead of the Olympic torch and sing the national anthem
 - Run five fun challenges like the ones below:
 - Swim 25m
 - 'Horse ride' on a noodle across the pool
 - Shoot a basketball into a floating hoop
 - Hold an aqua-jogging race
 - Dive for sinkers
 - Provide chocolate gold medals instead of awards
 - Take photos of the kids on a podium.
- 



FAST AND FURIOUS 25s OR 50s

- Decide on your distance
 - Ask your participants to swim:
 - Freestyle
 - Backstroke
 - Breaststroke
 - Butterfly
 - Freestyle relay.
- 



FAMILY FUN RELAYS

- Get your participants' families involved and ask them to swim:
 - 4 x 25m freestyle kick relays
 - 4 x 25m freestyle relays
 - 4 x 25m medley relays
 - 4 x 25m family relays (2 adults and 2 children on each team – families can mix and match)
 - 4 x 25m novelty relays (using kickboards, noodles, boogie boards or similar)
 - Coaches v swimmers relay (let your swimmers wear fins).



AQUATHLON

- Create a fun, multi-sport event that combines running and swimming
- Offer a range of distances including 15m swim and 100m run, 25m swim and 200m run or 50m swim.












SWIM NINJA

If you've got access to an inflatable obstacle course, this can be included as one of the activities during your Optus Junior Dolphins Carnival. Lots of public pools own their own inflatables, cargo nets and climbing ropes, which can be a great resource for this type of activity.



OPTUS JUNIOR DOLPHINS CARNIVAL PLANNING CHECKLIST

Task	Action	
Venue and/or lane hire	Decide on the number of lanes you need and book your pool space. Remember to ask for any extra items you need such as tables, chairs or tents.	<input checked="" type="checkbox"/>
Risk assessment	Carry out an event risk assessment.	<input checked="" type="checkbox"/>
Entries (optional)	Make sure you take your participants' details before or on the day of your carnival. Swimmers can turn up and be marshalled on deck – there's no need for formal record keeping.	<input checked="" type="checkbox"/>
Promotion	Advertise your event; you can use our carnival flyer in your marketing toolkit.	<input checked="" type="checkbox"/>
Volunteers and staff	Recruit people to help deliver the event. Remember, the number of volunteers you need is based on the size of the event. As a guide, you'll need up to 4 people to help with marshalling, including a starter, an announcer and two volunteers to help with registration, parent interaction, giveaways and other activities. Remember, these people don't need to be qualified technical officials. It's a great idea to involve senior swimmers or volunteers.	<input checked="" type="checkbox"/>
Catering	Order water and snacks for your volunteers.	<input checked="" type="checkbox"/>

Prizes and giveaways	Organise fun giveaways or prizes for your participants.	
Guest appearances	Investigate the possibility for Optus Junior Dolphins athlete ambassadors or the Optus Junior Dolphins mascot to come along to your event. Please note, this is subject to availability and location.	
Decorations and entertainment	Plan and organise any decorations and other entertainment you'd like to include. This is a great way to create a fun atmosphere at your carnival. Some ideas include balloons, signage, colouring in activities, face painting and a jumping castle.	
Sound system	Hire a sound system and a portable microphone. Create a family-friendly playlist, make sure it's loud enough to be heard around pool deck and run a sound check before your event starts.	
Photography	Arrange for someone to take photographs for your newsletter, website and any future promotion. Ask swimmers and their parents to also take photos and share on social media using #OptusJuniorDolphins. Remember, if you're taking photos make sure you adhere to your photography, use of images and social media policies. It's a good idea to make sure your participants complete a photography release form.	
Equipment	Plan and organise any equipment you may need. This can include clipboards, pens, programs and fun pool equipment, such as pool noodles, kick boards or inflatables.	
Celebrate success	Make sure you give all swimmers a certificate or award ribbon for taking part and invite them to your next event!	
Post-event media	Share any photographs and stories from your event through your website, newsletter, a press release, social media or on your noticeboards.	
Evaluate	Plan some time to evaluate your event. This can be done by your organising committee or by consulting parents at the event. Keep an eye out for ways to fine tune and improve the event for next time.	

OPTUS JUNIOR DOLPHINS CARNIVAL PLANNING GUIDE

Example Program 1

Time required – 2 hours (timing may vary with more or less participants)

Activity	Activity length	Equipment	Responsibility
Get all equipment ready and register swimmers	30 minutes before program start	Computer	Carnival coordinator
Assess children - safe entry, breath control, floating, swimming Welcome and program overview	10 min	Kick boards Pool noodles	Trainers/ volunteers
Human Tunnel Ball	15 min	A variety of balls suitable for the pool	
Swimmers to practise a 'horse race' by holding the pool noodle like a horse and kicking across the pool	15 min	Pool noodles	
Pool Horse Race Cup – as above	15 min	Pool noodles	
Underwater Treasure Hunt	10 min	Sinking sticks	
Break Make sure swimmers reapply sunscreen if your activity is being held in an outdoor pool	5 min	Sunscreen Drinks	
Mini Olympics - 25m swim, 25m horse ride on pool noodles, 25m aqua jogging race, basketball shooting into a hoop and dive for sinking sticks	20 min	Pool noodles or Inflatable toys (Inflatable Dolphins)	
Novelty relays – pool noodle, kick board, boogie board, inflatable toys, etc.	20 min	Pool noodles Kick boards Boogie boards Inflatable toys (Inflatable Dolphins)	Trainers/ volunteers, parents
Award ceremony	10 min	Ribbons	All participants

*Note – refer to the Games Guide for more information on the games.

OPTUS JUNIOR DOLPHINS CARNIVAL PLANNING GUIDE

Example Program 2

Time required – 1 hour 45 minutes (timing may vary with more or less participants)

Activity	Activity length	Equipment	Responsibility
Get all equipment ready and register swimmers	30 minutes before program start	Computer	Carnival coordinator
Assess children - safe entry, breath control, floating, swimming Welcome and program overview	10 min	Kick boards Pool noodles	Trainers/ volunteers
Boogie Board Relay	15 min	Boogie boards	
Equipment Relay	15 min	Noodles Kick boards Balls	
Break Make sure swimmers reapply sunscreen if the activity is being held in an outdoor pool	5 min	Sunscreen Drinks	
Fast and Furious	15 min	Nil	
Big Friendly Giant	10 min	Nil	
Princess and Pea Relay	10 min	Water Polo Ball	Trainers/ volunteers, parents
Novelty relays – pool noodle, kick board, boogie board, inflatable toys, etc.	15 min	Pool noodles Kick boards Boogie boards Inflatable toys (Inflatable Dolphins)	
Award ceremony	10 min	Ribbons	All participants

*Note – refer to the Games Guide for more information on the games.

OPTUS JUNIOR DOLPHINS CARNIVAL PLANNING GUIDE

Example Program 3

Time required – 1 hour 45 minutes (timing may vary with more or less participants)

Activity	Activity length	Equipment	Responsibility
Get all equipment ready and register swimmers	30 minutes before program start	Computer	Carnival coordinator
Assess children - safe entry, breath control, floating, swimming	10 min	Kick boards Pool noodles	Trainers/ volunteers
Welcome and program overview			
Rats and Rabbits	15 min	Nil	
Pool Horse Race Cup	15 min	Pool noodles	
Hand Stands	5 min	Nil	
Fishy in the Middle	15 min	2 x Balls per group	
Break Make sure swimmers reapply sunscreen if the activity is being held in an outdoor pool	5 min	Sunscreen Drinks	
Rafting	15 min	Pool noodles Boogie boards Kick boards	
Inflatable Dolphin Relay	10 min	Inflatable Dolphin (or other inflatable toys)	
Clothed Swimming Relay	20 min	Clothes - shirt and pants	
Novelty relays – pool noodle, kick board, boogie board, inflatable toys, etc.	15 min	Pool noodles Kick boards Boogie boards Inflatable toys (Inflatable Dolphins)	Trainers/ volunteers, parents
Award ceremony	10 min	Ribbons	All participants

*Note – refer to the Games Guide for more information on the games.



GAMES GUIDE

Optus Junior Dolphins focuses on learning through fun and social activities. That's why we've included the following games in our lesson plans. Some of these games will seem familiar as many are based on popular playground games, which are a great way for kids to have fun with their friends while they are learning.

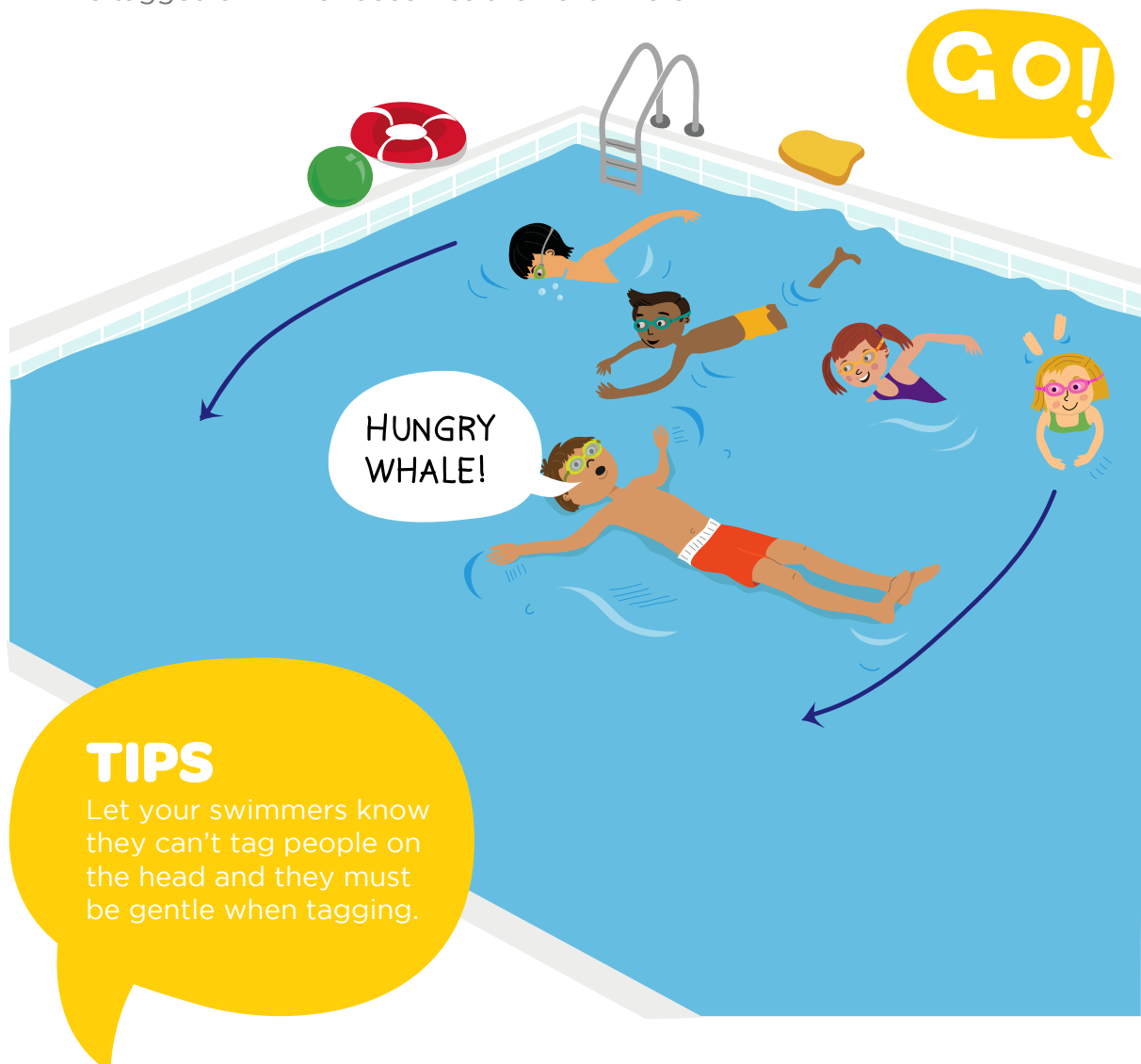
HUNGRY WHALE

EQUIPMENT:

None required.

HOW TO PLAY:

- Choose one swimmer to become the whale. They must float on their back in the pool while the rest of the group line up along the pool edge
- When everyone is ready, shout GO! The other swimmers must try to swim past the whale and reach the other side of the pool
- The whale must then shout 'Hungry Whale!' They can then chase and try to tag one of the other swimmers before they reach the side of the pool
- The tagged swimmer becomes the next whale.



TIPS

Let your swimmers know they can't tag people on the head and they must be gentle when tagging.

FISHY IN THE MIDDLE

EQUIPMENT:

A variety of balls (water polo balls, beach balls, etc.).

HOW TO PLAY:

- Divide your swimmers into groups of three
- Give each group a ball
- Choose two swimmers to become the passers – they must pass the ball to each other
- The third swimmer must stand between them and try to intercept the ball
- When the third swimmer successfully gets the ball, they must swap places with one of the passers.



TIPS

For younger kids, play this game in shallower water where they can stand on the bottom of the pool. Older kids may be able to play the game treading water.

RATS AND RABBITS

EQUIPMENT:

None required.

HOW TO PLAY:

- Divide your swimmers into two groups – one group becomes the rats and the other group becomes the rabbits
- Ask the groups to stand in two lines, back to back in the middle of the playing area facing opposite walls (or lane ropes)
- Call out rrrrats or rrrrabbits – the group called has to race to the side of the pool (or the lane ropes) while the other groups turn and chase
- Any swimmers that are caught must join the other team.



TIPS

Kids can also play this game treading water.

Ask kids for ideas on how to make the game harder or easier – they could increase the distance to swim or modify the stroke.

UNDER AND OVER

EQUIPMENT:

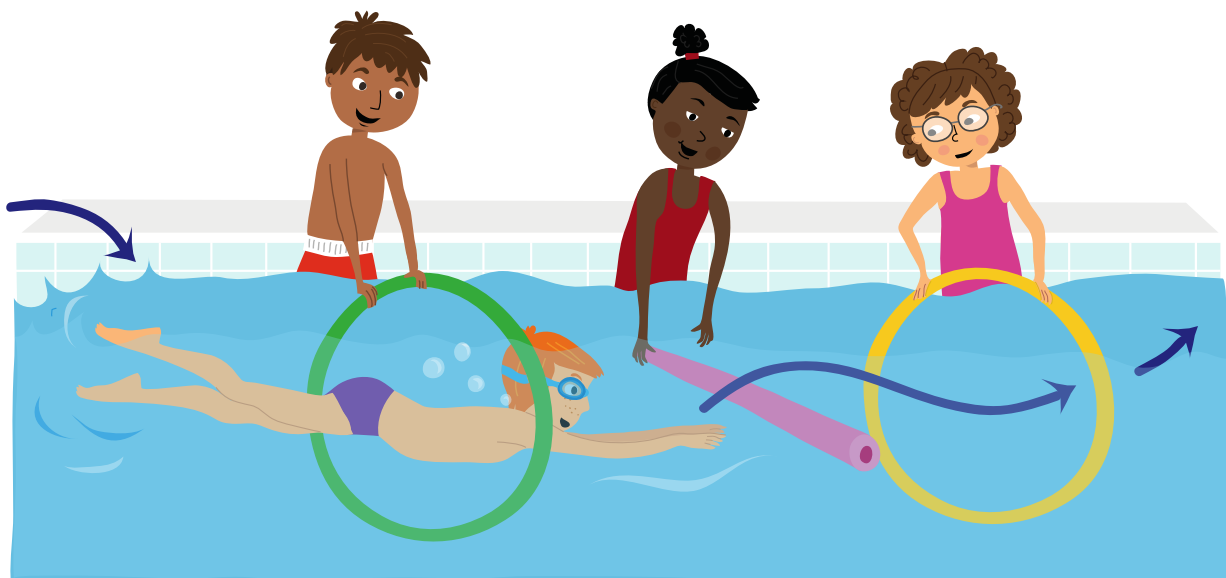
Weighted hoops and pool noodles.

HOW TO PLAY:

- Divide swimmers into two groups and provide one group with the hoops and noodles
- The other swimmers can then swim through the obstacle course
- To increase the challenge, get swimmers to swim through the hoop and over the noodles.

TIPS

Ask swimmers to modify the game by coming up with their own rules. They could swim through two hoops at a time or try to swim on their back through the obstacle course.



BIG FRIENDLY GIANT

EQUIPMENT:

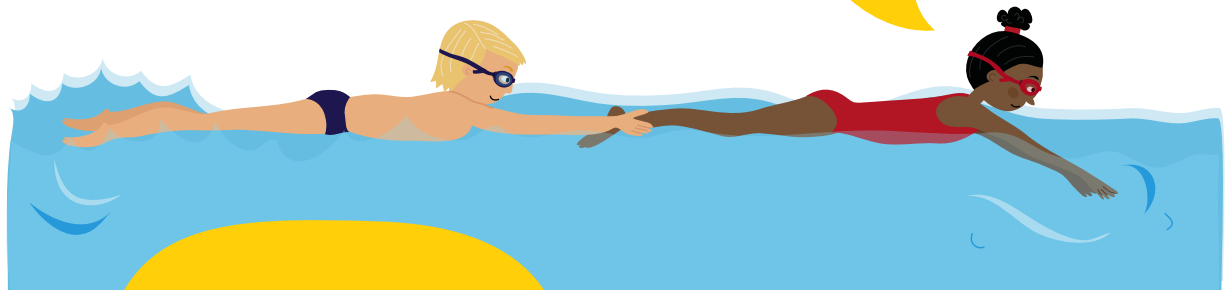
None required.

HOW TO PLAY:

- Pair your swimmers up in similar sizes and ability levels
- Ask the kids to determine who is swimmer A and swimmer B
- Swimmer A will become the arms and swimmer B the legs
- Ask swimmer B to hold onto swimmer A's ankles
- Both swimmers must work together to swim a set distance
- Swap swimmers and continue the activity.

TIPS

Make sure kids are comfortable in the water holding on to their partner.



Ask kids to modify the game. They could hold on to different body parts, swim a different distance, use a different stroke or have relay races.



PRINCESS AND THE PEA RELAY

EQUIPMENT:

A variety of balls (water polo balls, beach balls, etc.).

HOW TO PLAY:

- Divide swimmers into teams of four and ask them to line up 10 – 15m apart
- Give each team a ball – this is the pea
- Each swimmer must take a turn at streamline kicking while pushing the pea with their head.

TIPS

Ask swimmers for ways to modify the game – they could use a breaststroke kick, a different sized ball or have a relay race.



KICK OF WAR

EQUIPMENT:

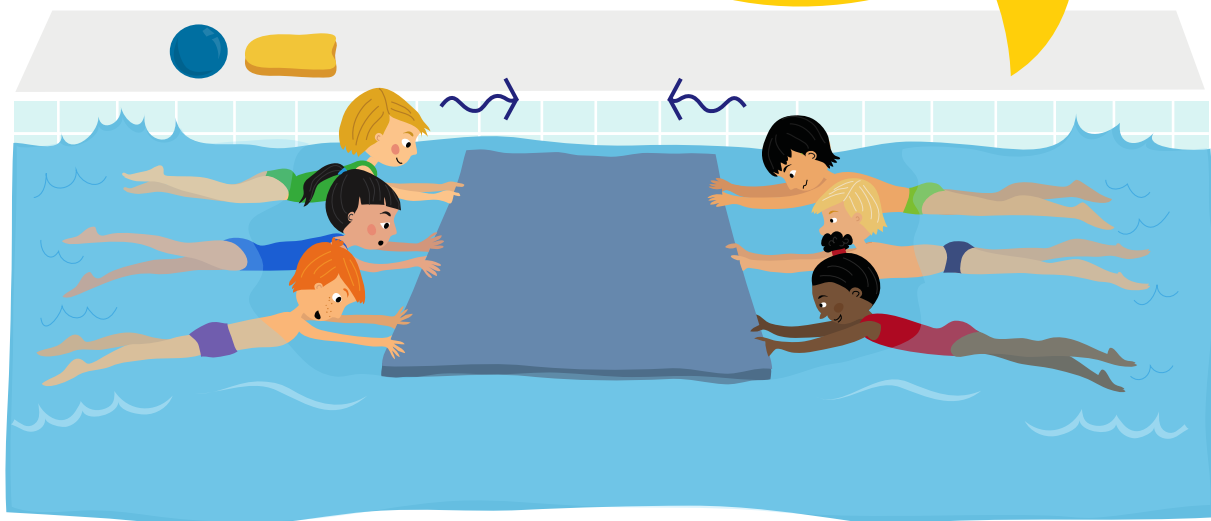
At least one large foam mat.

HOW TO PLAY:

- Divide your swimmers into two teams of three or four swimmers per team
- Ask each team to place their hands on opposite sides of the mat, facing each other
- On 'go' the two teams must kick as hard as they can to move the mat forward
- The team that pushes the mat forward the most wins.

TIPS

Ask swimmers for suggestions on how to modify the game – they could use a different kick or lie on their back.



OCTOPUS CHAIN TAG

EQUIPMENT:

Pool noodles.

HOW TO PLAY:

- Choose one swimmer to be the octopus and give them two pool noodles
- Ask the rest of the group to spread out in the playing area
- On 'go' the octopus must try to tag another swimmer with the noodles
- Tagged swimmers must join hands with the octopus and take charge of the noodle. As more people are tagged, the octopus grows.

TIPS

Make sure that the noodles always stay as the outer arms.

Reinforce safety with the kids and ensure they don't tag each other on the head.



Modify the game by asking kids to use different strokes.

EQUIPMENT RELAY

EQUIPMENT:

A range of equipment including fins, kickboards, pull-buoys, and noodles.

HOW TO PLAY:

- Divide your swimmers into small teams of four to six
- Give each team a small pile of swimming equipment
- Ask swimmers to shuffle the equipment one piece at a time from one side of the pool to the other in a relay format
- Swimmers can use any swimming style they like and choose to use the equipment in a non-traditional way
- The first team to reach the other side of the pool wins.

TIPS

Look for ways to reward and recognise creativity by asking the group with the most creative use of the equipment and stroke to demonstrate their style!



ROLL-OVER BALL

EQUIPMENT:

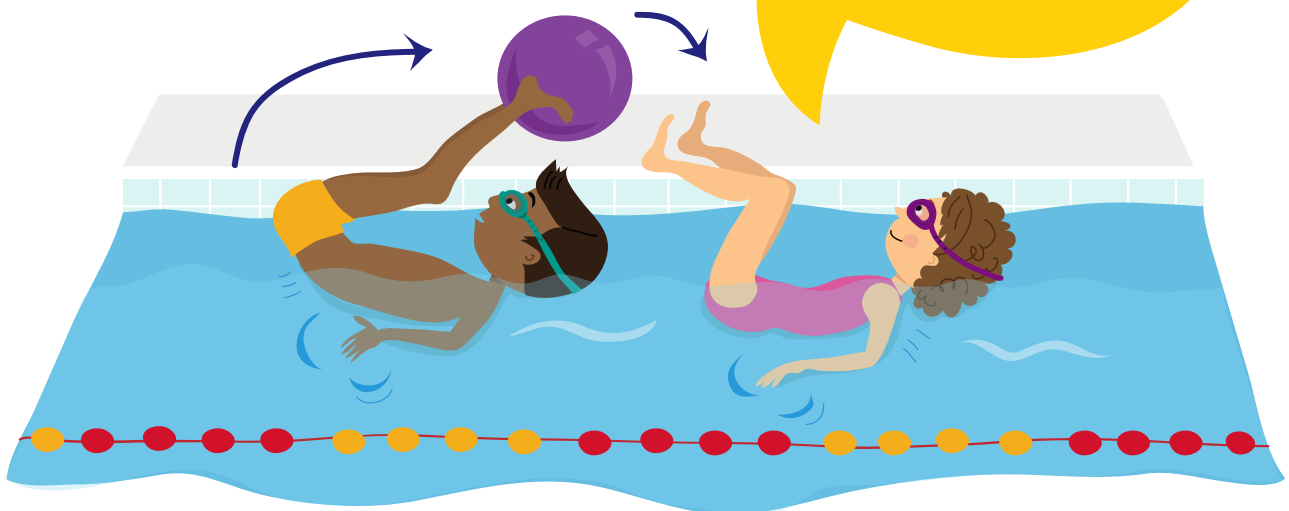
A variety of balls (water polo balls, beach balls, etc.).

HOW TO PLAY:

- Divide your swimmers into teams of four to five
- Ask your swimmers to line up, standing about 1m apart
- Give the first swimmer in the line a ball
- On 'go' all swimmers must float on their back, while sculling
- The first swimmer in each team must place the ball between their feet. Using their sculling and core strength, they must try to pass the ball over their head behind them to the next swimmer
- Once the ball reaches the back of the line, the last swimmer must wade or swim with the ball to the front of the line
- The game continues until the first learner is back at the front of the group.

TIPS

Ask swimmers for suggestions on how to modify the game. They could use different equipment or pass the ball sideways.



SILLY STROKES

EQUIPMENT:

None required.

HOW TO PLAY:

- Ask your swimmers to create their own stroke by mixing and matching the arm and leg actions they know (for example freestyle arms and breaststroke legs)
- Divide your swimmers into teams to swim mini races or mini relays
- The game continues until the first swimmers are back at the front of the group.

TIPS

Ask kids to demonstrate their own silly strokes to the group and ask others to copy.



SOMERSAULT TAG

EQUIPMENT:

None required.

HOW TO PLAY:

- Nominate one swimmer to be the 'tagger'
- Determine which stroke swimmers should use
- Inform the group that when the 'tagger' tags them, they must do a somersault and then they are free to join back in the game.

TIPS

Make sure kids are aware of the area they should be swimming in and not to go outside the boundary .

Call out different strokes that swimmers must do as a modification.



SYNCHRO SWIMMING - TEAM COMPETITION

EQUIPMENT:

A range of equipment including fins, kickboards, pull-buoys and noodles.

HOW TO PLAY:

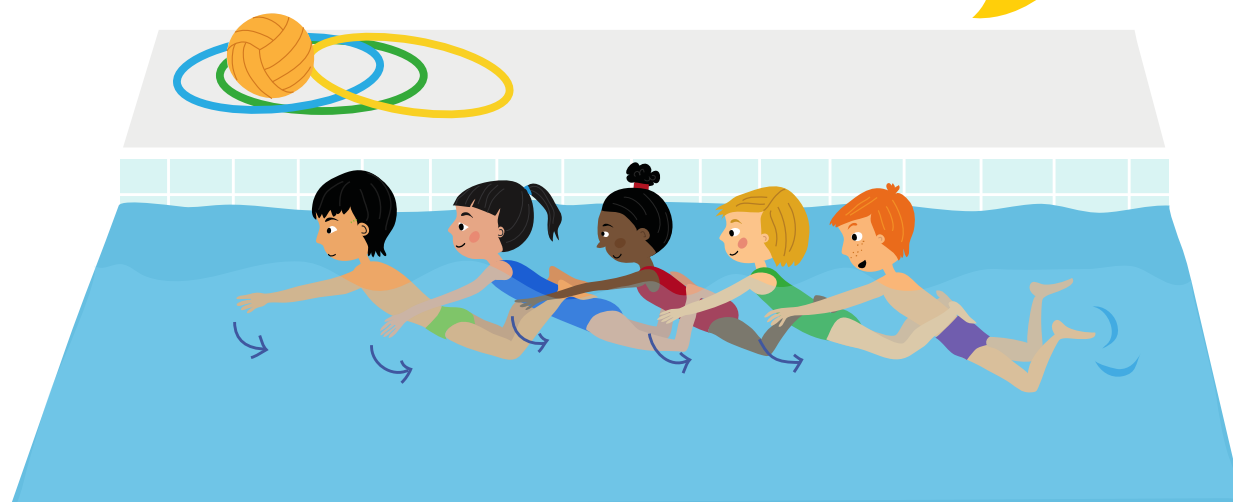
- Divide swimmers into small groups
- Ask swimmers to create a one minute synchronised swimming routine
- You may like to set various criteria for the performance such as:
 - Include a safety step entry
 - Include two different types of sculling
 - Include a somersault
 - Include a star float.

TIPS

Invite parents or carers to watch the teams and award points for creativity, synchronisation and team work.



If you have time, you may like to get kids to perform their routine to music.



MODIFIED WATER POLO

EQUIPMENT:

Water polo ball or other sized balls suitable for use in the water.

HOW TO PLAY:

- Divide your group into two teams
- Place a goal at each side of the water space you have defined as the playing area. If you don't have access to goals you can use foam mats or other floating surfaces as the goals
- Play the game in shallow water to allow swimmers to stand on the bottom of the pool
- Explain that the aim of the game is for each group to work as a team, passing the ball and to score a goal by getting the ball in the goal (or touching the goal, depending on what has been used as the goal)
- Explain to swimmers that the game is non-contact
- Start out the game with swimmers walking with the ball and using two handed passes and catches
- As they develop their skills and confidence with the game, develop rules so players must swim with the ball and see if they can throw and catch with one hand.

TIPS

To make sure all swimmers are included, develop rules such as 'all players must touch the ball before a goal can be scored'.

Get kids to develop their own rules too so they start to get a better understanding of the game. They could decide how many points are awarded for a goal.

Modify the types of balls used in the games.

Try running the game with four goal posts.



RAFTING

EQUIPMENT:

A range of materials that can be used to make a raft. Ideas include ropes, plastic containers, car tyre inner tubes, small wooden plants, inflatable rings and pool noodles.

HOW TO PLAY:

- Divide your swimmers into teams and provide them with a range of materials
- Encourage the groups to work together to build a raft and provide them with adequate building time on pool deck to build their raft
- Once the rafts have been constructed, each team can put their rafts to the test and place them in the pool
- Instruct swimmers that they must all be either on the raft or holding the raft
- Give the group several attempts to race each other.

TIPS

Make sure safety guidelines are provided and tell the group what they need to do if the raft sinks or falls apart.



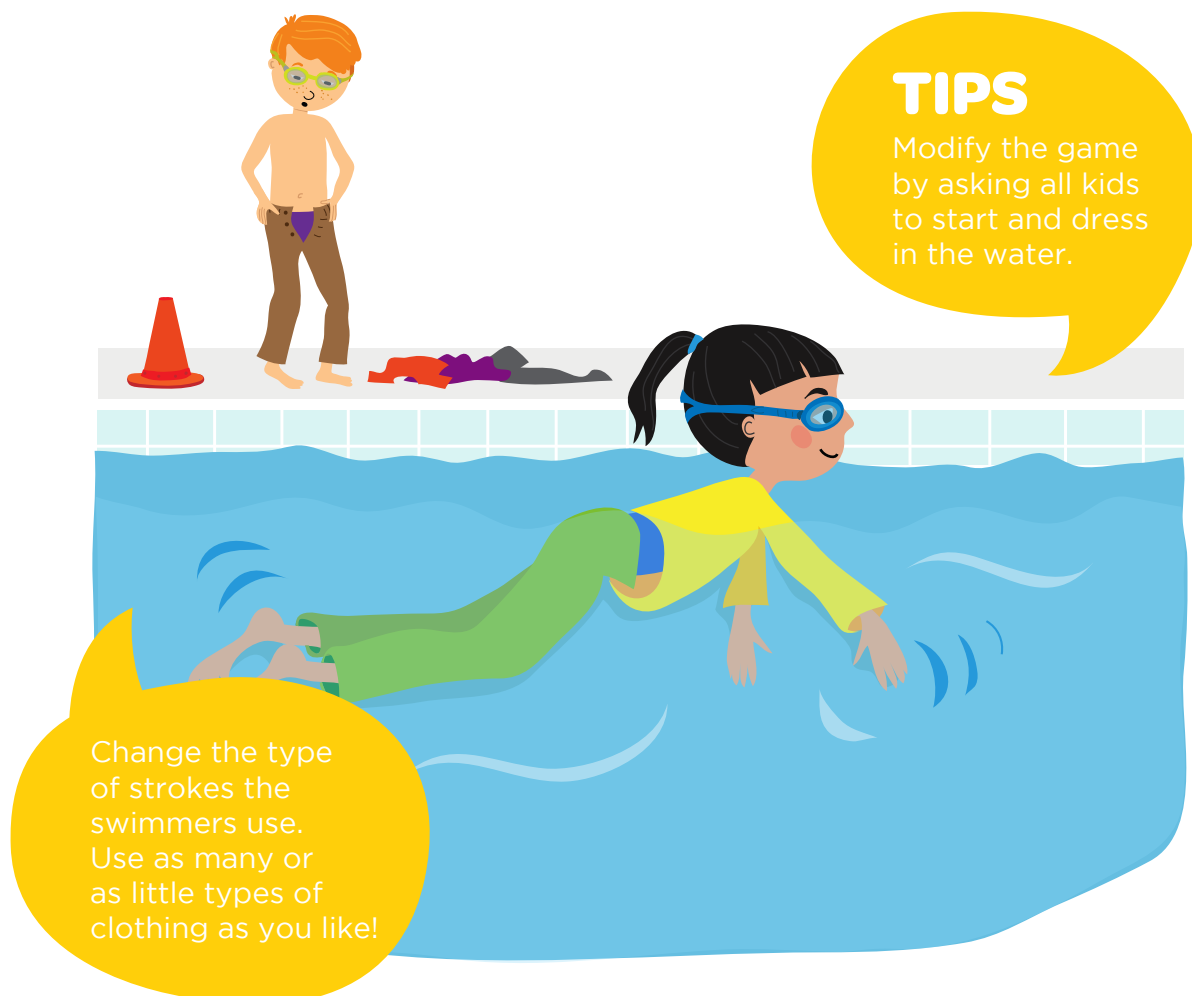
CLOTHED SWIMMING RELAY

EQUIPMENT:

Ask a few swimmers to bring old, lightweight clothes they can wear in the water. Track pants, jumpers and t-shirts are ideal.

HOW TO PLAY:

- Divide your swimmers into teams of four and give each group a selection of clothing
- Start with all kids on pool deck, standing opposite sides of the pool
- On 'go' the first swimmer dresses in their team's set of clothes, safely enters the water and swims across the pool
- At the other side of the pool, the swimmer must remove the clothes in the water and then pass them to their team's next swimmer
- The first team to finish wins.



TIPS

Modify the game by asking all kids to start and dress in the water.

Change the type of strokes the swimmers use. Use as many or as little types of clothing as you like!

SWIMMING AUSTRALIA POLICIES AND RESOURCES

Together with our member organisations, we have a range of important policies and resources. We highly recommend that you familiarise yourself with these policies to make sure that your Optus Junior Dolphins program meets our agreed industry standards and our **terms and conditions** for registered Optus Junior Dolphins Delivery Centres.

These policies and resources can also be extremely helpful should a problem or question arise. We recommend that you provide this list to any teacher or coach delivering your program, asking them to familiarise themselves with the content.

If you need any help or guidance, then get in touch with us or your State Swimming Association.

[Swimming Australia Policies](#)

PROGRAMMING AND ENVIRONMENTAL CONSIDERATIONS

ASCTA Coach Teacher to Student Ratios

ASCTA Lightning Guidelines

ASCTA Diving Depths Guidelines

ASCTA Changing Room Access Guidelines

WATER SAFETY RESOURCES

Australian Water Safety Strategy

JUNIOR SPORT RESOURCES

Sporting Schools

Playing for Life

Clearinghouse for Sport - Junior Sport Frameworks

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