



AquaGO! Instructor “blended environment” (online/in-person) delivery option

PILOT PROJECT OUTLINE

(as of April 15, 2020)

- CAS has developed an online/in-person “blended environment” delivery option for AquaGO! Instructor training. This training applies to new or previously trained coaches (Comp Intro + coaches who will be delivering the AquaGO! Program in their clubs).
- CAS will be piloting the online delivery in english and french with AquaGO! Master Learning Facilitators delivering the online modules. Any candidates from across the country can register for the modules.
- The online modules will be delivered via Adobe Connect.
- Candidates must pay the \$50.00 AquaGO! CAS fee via artisticswimmingcoach.ca and complete **ALL** required prerequisites (see checklist below) before they are eligible to request participation in the online module pilots. PSOs will be responsible for managing the requests by using the **AquaGO! Prerequisites Tracker** (excel doc) and then submitting to CAS.
 - Pre-req #1: AquaGO! Preclinic Reading & Quiz (on artisticswimmingcoach.ca)
 - Pre-req #2: CAS LTAD Framework Reading & Quiz (on artisticswimmingcoach.ca)
 - Pre-req #3: S4L Intro to Physical Literacy Module via sportforlife.ca campus <https://sportforlife-sportpourelavie.ca/> - 60% off for month of April (\$9.98), regular price is \$24.95.
 - Pre-req #4: CAC Coach Initiation in Sport via coach.ca (The Locker) - \$15
 - Total cost to candidates \$50 + \$9.98 (\$24.95 as of May 1) + \$15 = \$74.98
(Total = \$89.95 as of May 1)



- ❑ Once there are enough candidates (see min/max below) to run the online modules CAS will communicate with the PSOs and candidates and post the online module registration on artisticswimmingcoach.ca.
- ❑ The minimum number required to run the online modules is 10, and the maximum “class size” shall be 15.
- ❑ The four modules approved for online delivery are:

| Module | Duration | CAS Fee |
|---|----------|---------|
| Delivering AquaGO! +NCCP Overview +Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca | 2.0 hrs | \$0 |
| LTAD & Fundamental Movement Skills | 2.0 hrs | \$0 |
| Swimming Fundamentals | 2.0 hrs | \$0 |
| Technical preparation for in-person workshop (<i>title to be tweaked</i>) | 2.0 hrs | \$0 |

- ❑ PSOs will then have to follow-up with an in-person one-day workshop that completes the in-pool practical portion (for all comp intro+ coaches & new instructors) and the remaining two modules: Bring a Lesson Plan to Life and Artistic Swimming Skills (for new instructors only). See schedule below.
- ❑ Candidates MUST have completed the 4 online modules to be eligible for the one-day workshop. PSOs are responsible for tracking candidate participation and completion of the online modules - CAS will provide a report to PSOs of candidate online attendance.
- ❑ As with all AquaGO! Workshops - the PSO will set-up the workshop on artisticswimmingcoach.ca and determine what PSO fee they will charge for the one-day in-person portion of training.
- ❑ Candidates MUST attend ALL required modules (online and in-person) and the practical pool portion to become a **“trained” AquaGO! Instructor**. PSO admins will need to track candidate attendance and payment and enter their training into the Locker once verified that it has been 100% completed.
- ❑ All candidates must complete the evaluation to become a certified AquaGO! Instructor.



□ In-Person Delivery - TOTAL = 11.0* hrs

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|-------------|-----------|--|
| 8:00-12:00 | (4 hrs) | Practical 4-hour pool portion activities |
| 12:00-12:30 | (30 min) | Transition to classroom |
| 12:30-2:00 | (1h30min) | Bring a Lesson Plan to Life* |
| 2:00-2:15 | (15 min) | Break |
| 2:15-3:45 | (1h30min) | Bring a Lesson Plan to Life (Continued)* |
| 3:45-4:00 | (15 min) | Break |
| 4:00-7:00 | (3hrs) | Artistic Swimming Skills* + workshop wrap-up (LF to include breaks as best for class) |

**Note: still to determine what parts of those modules may be pulled out for "Technical preparation for in-person workshop" online module - so likely some reduction in time from 11 hrs. 11 hours is the absolute MAX.*

