



One-Day Introductory Workshop to the Halliwick Concept 2019

A One-Day Introductory Workshop to the Halliwick Concept is available for Schools/ Colleges or other Establishments with their own pool – or access to a suitable pool (see below). This introduction provides an overview only and it is suggested that at least one person from the establishment should attend the full Foundation Course, or the establishment might wish to run a full course for their staff.

Workshop Organiser's Guidelines

Facilities required

1. Lecture room (this needs to be on the same site as the pool)
2. Audio visual aids required:
 - DVD player and colour T.V. set.
 - Flip chart and pens, or blackboard/white board
 - Facility for Power Point presentations i.e. screen and data projector
3. Table for display items plus a smaller table for forms etc.
4. Pool – Approximately 4sq.m pool space per pair of participants is required of a suitable depth (between 1.1m to 1.3m, i.e. water the participants can comfortably stand up in). Ideally, if the area to be used is all one depth, it needs to be either 1.1m (no shallower) or 1.2m (no deeper). The area of usable pool may determine the maximum number of participants. NB If the pool / water area is different from these dimensions the workshop may be held at the discretion of the lecturer. Numbers participating in the pool will be decided by the lecturer.

Warm water is preferable as time is spent watching demonstrations in between practising activities. A water temperature of 32°C (88°F) is preferable but 30°C (86°F) is acceptable. If the only pool available is at 28°C (82.4°F) this can be used but organisers **MUST** ensure that participants are aware of this and are advised to wear wet suits or rash vests (details of these can be obtained by an online search). Organisers need to check that the wearing of wet suits or rash vests are allowed by the pool. If these are not allowed the facility will **not** be acceptable for a workshop.

The Lecturer will require a copy of the Pool Safety Operating Procedures (Normal Operating and Emergency Action Plans)

Course organiser to ensure that a lifeguard is present for pool sessions in line with the pool normal operating plan.

Pool equipment may be provided by the lecturer or the course organiser following discussion.



Organisation

1. If you require Halliwick AST to provide a Lecture for the workshop, application should be made to the Education Secretary – educsec.halliwickast@outlook.com.
2. a) Complete the 'One-Day Introductory Workshop to the Halliwick Concept Registration Form'. This can be downloaded from the website - www.halliwick.org.uk and email this to the Course Registrar – educsec.halliwickast@outlook.com with a copy to the lecturer.
b) Pay the registration fee.
3. Consult with the Halliwick AST Lecturer to decide on the most suitable date and timetable and exact contents required. The Lecturer will provide a draft timetable when the workshop is registered.

Number of participants

This will depend on area of useable pool (see page 1). 16 is usually the maximum for one lecturer, but on discussion with the lecturer the number may be increased to 24, although 16 is the maximum number for the pool session. It may be appropriate to take fewer key staff and give them more individual attention in the pool.

Proposed content

1. Outline of Halliwick AST
2. Introduction to The Ten Point Programme
3. Why we do not use floatation aids
4. Breath Control
5. Information on what is covered on the 4-day Foundation Course
6. Use of volunteers/carers
7. DVDs as appropriate
8. Practical pool work relevant to the client group including supports, breath control and relaxation

Costs of a One-Day Introductory Workshop to the Halliwick Concept – 2019

1. **Hire of facilities (pool, including lifeguard, lecture room)**
2. **AVA equipment**
3. **Administration costs**, telephone, postage, advertising, photocopying etc.
4. **A Registration fee of £300.00** is payable to Halliwick AST. On receipt of the 'One-Day Introductory Workshop to the Halliwick Concept Registration Form' the course registrar will send an invoice to the organiser with payment details for the registration fee.
5. **Administration costs** – hand-outs, telephone, postage, advertising etc
6. **All the lecturer's travelling and incidental expenses.** Food and accommodation throughout the stay (and this may include the night before the workshop commences) must be provided, though staying in someone's home may be acceptable. Accommodation must be within easy reach of the venue.
7. **Lecturer's fees** to be negotiated directly with the lecturer concerned. Halliwick AST recommend £450.00.
8. **Cost of a 'signer'** for deaf participants if necessary.
9. **Cost of translating course material** if the course is in a language other than English.
10. **If the Workshop is cancelled by the Organiser** any time after registration, any expenses already incurred by the lecturer must be met. Once these expenses have been reimbursed, the registration fee will be returned less any expenses incurred by Halliwick AST or the fee may be held over until the workshop is rearranged. **If the Workshop is cancelled by the Organiser within one week of the Workshop date** the registration fee will also be forfeited.