

THE HALLIWICK AST FOUNDATION COURSE



WHAT WILL THE FOUNDATION COURSE QUALIFY YOU TO DO?

'Halliwick' is trademarked and Halliwick AST's Foundation Course is delivered by lecturers who must be recognised by Halliwick AST and/or the International Halliwick Association (the IHA). The Halliwick Foundation Course develops a clear understanding of the Halliwick Concept of swimming and water activity. The course is approved by the IHA and is also recommended by the Aquatic Therapy Association of Chartered Physiotherapists (the ATACP).

Completion of the Halliwick Foundation Course qualifies successful participants to apply the Halliwick Concept to people (learners/students/patients, referred to in this leaflet as 'swimmers' for simplicity).

This means qualified to:

- **TEACH BREATH CONTROL**

Breath control is essential, both above and under the water.

- **TEACH RELAXATION**

- **TEACH BALANCE AND CONTROL OF THE BODY IN WATER**

- **APPLY, ADJUST AND REMOVE MANUAL SUPPORT FOR SWIMMERS**

Appropriate supports are essential so that swimmers gain maximum benefit from their water activities.

- **TEACH THE TEN-POINT PROGRAMME ('10PP')**

The 10PP covers:

- **Mental Adjustment** – confidence in water including breath control, relaxation, entering and exiting the pool
- **Disengagement** – maximising independence
- **Rotations** – transversal, sagittal, longitudinal and combined – the swimmer learns to control and perform these
- **Uphrust** – the swimmer understands the effects of buoyancy and the benefits of weight relief
- **Balance in Stillness** – the swimmer learns balance, core control and coordination
- **Turbulent Gliding** – the swimmer understands the therapeutic effects of turbulence ('drag') in assisting movement and strengthening functional activity
- **Basic Swimming Stroke** – the swimmer learns to move through the water according to their ability

- **TEACH ACTIVITIES FOR SWIMMERS**

Activities for swimmers develop their skills according to the 10PP. Music and games incorporating fun, social interaction and elements such as turn-taking and counting are enjoyable activities that have benefits for swimmers such as education, movement through water, encountering water resistance, belonging to a group and team building.

- **CREATE PROGRAMMES FOR DISABLED SWIMMERS**

Programmes will have individually targeted therapeutic benefits as well as developing swimming skills, particularly in collaboration with physiotherapy goals for individual swimmers.

- **TEST AND AWARD COMPETENCY AWARDS (RED AND YELLOW BADGES)**

WHAT COMES AFTER THE HALLIWICK AST FOUNDATION COURSE?

Those successfully completing the Halliwick AST Foundation Course can refer to themselves as 'Halliwick Instructors' but that doesn't have to be the end of your Halliwick journey!

Those successfully completing the Halliwick AST Foundation Course can also develop their training further, for example by:

- **Gaining the Halliwick Instructors' Certificate (HIC) and Gaining the Green Badge** – people gaining their HIC can teach others Halliwick skills
- **Undertaking a Halliwick Advanced Course** – this builds on and develops what is learned on the Foundation Course
- **Undertaking Training as a Halliwick Lecturer** – delivering Halliwick workshops and courses to others

THERE IS MORE INFORMATION ON OUR WEBSITE ABOUT THINGS COVERED IN THIS LEAFLET

- **VISIT US AT www.halliwick.org.uk**
- **GET IN TOUCH AT educsec.halliwickast@outlook.com**

The principal focus of the Halliwick Concept is on maximising the benefit of water activity for disabled people. However, it is applicable and beneficial to people of any age and of any ability.

Members of school teaching staff and mainstream learners/students, club volunteers and swimmers, physiotherapists, other healthcare workers and patients can all benefit from the Halliwick Concept by developing water confidence, breath control and relaxation that ensures safety in water.

Importantly, this is without a false sense of security from, or dependency on, floatation aids. The basic swimming strokes in the 10PP comprise various forms of backstroke and sculling to move through water vertically as well as horizontally.

The Concept prepares people with any disability (or no disability) to be free and confident in the water and to learn swimming strokes.