

White Paper - Force and Trauma in Aquatic Lessons, July 2018



Swimming Teachers' Association Testimony

The Swimming Teachers' Association is an international award-winning charity working towards the objective of preserving human life by the teaching of swimming, lifesaving and survival techniques. This objective underpins all that we do at STA, and since 1932 has driven our commitment to providing the highest quality qualifications and charitable services within leisure. As a national governing body for swimming and lifesaving with over 12,000 members, we continue to develop qualifications in swimming teaching, lifesaving and leisure management to support the needs of the industry.

As part of our work we are one of the leading bodies for baby and pre-school swimming, working with a range of partners to promote gentle supportive child-led baby and pre-school swimming techniques. As a member organisation we share best practice, new research and techniques with our members to help them continually update their knowledge and understanding of why we promote and encourage what we do.

Janine Ramsey's White Paper - Force and Trauma in Aquatic Lessons, July 2018, is an informative, well researched and excellently explained document. It will support our members, as well as give them a greater understanding of the reasons why a child-led gentle approach is so important to a child's development and the impact force and trauma can have upon a child.

Being able to share this document and information with our members allows them to feel empowered in the work they do as well as provide guidance to the parents / guardians they work with and the positive gentle teaching methods they use.

Kind Regards

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