

# Swim Safe Europe – Course Development & Communication Plan

## Executive Summary

European Aquatics proudly presents the Swim Safe Europe Program, a rebranded and revitalized Learn to Swim initiative designed to harmonize aquatic education and strengthen water safety across the continent. The program reflects a strategic shift toward standardized training, ensuring all children aged 3–12, regardless of background or location, acquire essential skills to navigate aquatic environments safely and confidently.

Swim Safe Europe addresses one of Europe’s most pressing public health concerns—drowning—through a structured, inclusive, and certifiable approach. Built around the principles of aquatic readiness and water competence, the program offers a flexible training model, applicable in schools, clubs, and community contexts. It elevates instructor qualifications and creates unified benchmarks across borders. This document outlines both the communication strategy and the full development structure of the course.

## 1. Course Structure Overview

The Swim Safe Europe course is divided into five modules:



EDUCATIONAL MODEL			
MODULES		HOURS	CONTENT/TOPICS
I	INTRODUCTION ABOUT SWIM SAFE EUROPE (online)	1	Drowning in Europe and need to act
			State of the art about Europe: Survey considerations and report
			Project Strategy: ASR and principle 1
			Implementation phases and certification process
II	SWIM SAFE EUROPE IMPLEMENTATION PROJECT (online)	1	Global overview
III	SWIM SAFE EUROPE CONCEPTUAL MODEL (online)	2-4	Concepts about Aquatic readiness and Water competence
IV	SWIM SAFE EUROPE (hybrid - online and in person)	12	Organizational model
			Methodological considerations
			Competences, stages and standards per level
			Bronze level: learning outcomes; tasks, assessment and reference exercises
			Silver level: learning outcomes; tasks and assessment and reference exercises
Gold level: learning outcomes; tasks and assessment and reference exercises			
V	EVALUATION (hybrid - online and in person)	2	Evaluation criterium for tasks
			Evaluation of the supervisor
			Evaluation of the instructor



## 2. Learning Outcomes

MODULES		LEARNING OUTCOMES
I	<b>INTRODUCTION ABOUT SWIM SAFE EUROPE</b> (online)	<ul style="list-style-type: none"> <li>- Understand the current situation of drowning in Europe and the urgent need for action.</li> <li>- Identify and compare key Learn to Swim programs across Europe.</li> <li>- Recognize the global strategy behind the project SSE, including its mission, vision, and main goals.</li> <li>- Understand the current situation of drowning in Europe and the urgent need for action.</li> </ul>
II	<b>SWIM SAFE EUROPE IMPLEMENTATION PROJECT</b> (online)	<ul style="list-style-type: none"> <li>- Understand the certification process for national federations and partner institutions.</li> <li>- Identify the aquatic competencies to be achieved at each learning stage.</li> <li>- Understand the assessment and monitoring tools included in the SSE program.</li> <li>- Plan the local implementation of the SSE program according to its core principles</li> </ul>
III	<b>SWIM SAFE EUROPE CONCEPTUAL MODEL</b> (online)	<ul style="list-style-type: none"> <li>- Understand the concept of aquatic literacy as a state of aquatic education structured by three interrelated domains: motor, cognitive, and psycho-social.</li> <li>- Recognize the importance of addressing all three domains to promote meaningful and transferable aquatic learning.</li> <li>- Identify and reflect on different teaching methods and instructional styles suited to aquatic environments.</li> <li>- Understand key pedagogical constraints that may affect teaching effectiveness, including methodological challenges, communication barriers, and specific characteristics of the aquatic setting.</li> <li>- Become familiar with key tools for assessing aquatic competence.</li> </ul>
IV	<b>SWIM SAFE EUROPE</b> (hybrid - online and in person)	<ul style="list-style-type: none"> <li>- Understand the program's organizational model and structure of learning levels: Bronze, Silver, and Gold.</li> <li>- Design and deliver practical learning tasks adapted to each level.</li> <li>- Apply effective instructional strategies to achieve specific learning outcomes.</li> <li>- Monitor and evaluate the pedagogical effectiveness of teaching practices.</li> </ul>
V	<b>FINAL ASSESSMENT</b> (hybrid - online and in person)	<ul style="list-style-type: none"> <li>- Demonstrate an integrated understanding of both theoretical and practical elements of the program.</li> <li>- Reflect critically on their own teaching practice and identify areas for improvement based on evidence.</li> </ul>



### 3. Delivery Format & Time Distribution

The course delivery is hybrid, combining online modules with in-person workshops.

Estimated time allocation:

- Online theoretical modules: 4-6 hours
- Hybrid - online and in person: 14 hours

**Total:** 18 - 20 hours (subject to logistical adaptations by hosting country)

- The online segment provides an European overview and theoretical foundation.
- The in-person segment focuses on practical implementation, peer teaching, and applied evaluation.

Place:

Practical: Sundlaug Laugardal(the pool is booked), 50m or 25m.

Theory: ISI, Icelandic Sportsfederation conference rooms

### 4. Course Format & Requirements

This course combines theory and practice to ensure participants acquire both the conceptual understanding and applied skills needed to deliver high-quality aquatic education in line with the Swim Safe Europe framework.

#### 4.1 Theory Sessions

- Delivered in a classroom setting equipped with sufficient seating and a projector/screen for presentations.
- Interactive lectures, group discussions, and case study analyses.

#### 4.2 Practical Pool Sessions

- Conducted in blocks of approximately 2 hours, ideally at the end of Day 1 and midway through Day 2.
- Participants will be expected to enter the water and should be advised in advance to bring appropriate swimwear.
- Access to both shallow and deep water is preferred but not mandatory — the course content can be adapted to available facilities.
- Existing pool equipment may be used where appropriate.

#### 4.3 Group Size

- Recommended minimum: 10 participants, maximum: 75 participants.
- Larger group numbers may require adjustments to the course structure or delivery method, depending on the venue and instructor's availability.



## 5. Communication Strategy Summary

### a. Key objectives:

- Raise awareness of the SSE initiative and its impact
- Engage and mobilize instructors and partner organizations
- Communicate European harmonization, safety, and certification benefits

### b. Suggested title:

- Swim Safe Europe: Training Course

### c. Core message pillars:

- Harmonization of Standards – Safety shouldn't depend on geography
- Transversality – Adaptable to all local contexts
- Data-Driven Prevention – From evidence to action
- Recognition of Professionals – A European mark of competence

## 6. Implementation

### a. Online Theory Sessions

**Dates:** 3 October 2025

**Duration:** 4 hours total

**Format:** Online (Live via the European Aquatic Education Platform)

**Open to:** All interested participants across Europe

Includes theoretical foundations, program overview, and introduction to the SSE certification model.

Interactive tools such as Q&A, live chat, and polls will be available to enhance engagement.

### b. In-Person Practical Workshop

**Dates:** 11-12 October 2025

**Location:**

- Practical: Sundlaug Laugardal (the pool is booked), 50m or 25m.  
<https://reykjavik.is/en/laugardalslaug-pool>
- Theory: ISI, Icelandic Sports federation conference rooms



**Duration:** 12 hours across 2 days

**Participants:** Open exclusively to selected pilot countries: Iceland and Faroe Islands

Focused on practical implementation, teaching strategies in the pool, and application of the SSE model at national and local level.

### c. Registration & Access

- Preliminary registration is managed via the European Aquatic Education Platform.
- Full access details, preparatory materials, and technical requirements will be provided upon confirmation.

### d. Information required for registration:

Preliminary registration will be done on European Aquatics Academy e-learning platform (<https://www.eaacademy.eu/>)

**Course instructors:** to be appointed by European Aquatics

MODULES		COURSE INSTRUCTORS
I	INTRODUCTION ABOUT SWIM SAFE EUROPE (online)	Antonio Silva & Sílvia Costa
II	SWIM SAFE EUROPE IMPLEMENTATION PROJECT (online)	
III	SWIM SAFE EUROPE CONCEPTUAL MODEL (online)	Aldo Costa
IV	SWIM SAFE EUROPE (hybrid - online and in person)	Aldo Costa & Rokur í Jákupsstovu
V	FINAL ASSESSMENT (hybrid - online and in person)	Aldo Costa



# Swim Safe Europe – FAQ | Frequently Asked Questions

## 1. What is the Swim Safe Europe Program?

Swim Safe Europe is a European initiative led by European Aquatics to standardize and elevate aquatic education. It targets children aged 3–12, focusing on developing water competence and readiness, while aiming to prevent drowning through unified, evidence-based training protocols.

## 2. Who is this course intended for?

The course is designed for:

- Swimming instructors and coaches
- Physical education teachers
- Club and school sports coordinators
- Municipal and community program leaders involved in aquatic education

## 3. What are the objectives of the course?

- To prevent drowning through certified, structured training
- To harmonize aquatic education across European countries
- To provide instructors with recognized certifications at bronze, silver, and gold levels
- To support implementation of SSE in various contexts (schools, clubs, municipalities)

## 4. What does the course include?

The course is divided into five modules, covering both theoretical and practical topics:

- **Module I–III:** Online modules (4-6 hours total) – SSE philosophy, implementation strategy, and conceptual foundations
- **Module IV:** Hybrid module (12 hours) – Methodological framework, competence levels, practical application
- **Module V:** Hybrid module (2 hours) – Instructor and supervisor evaluation processes



## 5. How is the course delivered?

The course uses a hybrid format:

- **Online Component (Open to all):**  
3 October 2025 (4 hours) – live sessions via the European Aquatic Education Platform.
- **In-Person Practical Component (Only for Iceland & Faroe Islands):**  
11-12 October 2025 (12–14 hours total) – includes pool-based instruction, peer-led teaching, and direct supervision.

## 6. What are the certification levels?

Participants will be trained to teach and assess at three internationally recognized levels:

- **Bronze** – Basic aquatic readiness and survival skills
- **Silver** – Intermediate water competence and confidence
- **Gold** – Advanced swimming and self-rescue capabilities

## 7. What are the estimated classroom hours?

Total duration: 18 - 20 hours

- Online theoretical modules: 4-6 hours

- Hybrid - online and in person 14 hours

## 8. Who are the course instructors?

The instructors are appointed by European Aquatics and include members of the SSE Commission, and experts advisors in aquatic literacy and pedagogy. The full list of instructors will be provided prior to the course.

## 9. Is the course adapted for local implementation?

Yes. While the training and certification framework is standardized at the European level, the course is adaptable to local realities, provided in English, and institutional settings.

## 10. Where and when is the course being held?

- Online (Open to all):  
Virtual via European Aquatic Education Platform  
3 October 2025



➤ In-person (Iceland & Faroe Islands only):

Iceland:

- Practical: Sundlaug Laugardal (the pool is booked), 50m or 25m.  
<https://reykjavik.is/en/laugardalslaug-pool>
- Theory: ISI, Icelandic Sports federation conference rooms

## 11. What are the practical requirements for in-person participants?

Participants must bring swimwear and be prepared to enter the water

## 12. How many can participate?

Minimum group size: 10 participants

Maximum: 75 participants

(Larger groups may require delivery adjustments.)

## 13. How can I register?

Preliminary registration will be done on European Aquatics Academy e-learning platform (<https://www.eaacademy.eu/>)

## 14. Will I receive a certificate?

Yes. Upon successful completion, participants will receive certification from European Aquatics, enabling them to implement the Swim Safe Europe program at various certified levels.

## 15. What's the long-term goal of SSE?

To establish a shared European aquatic education framework, reduce drowning incidents, and build a culture of safety and inclusion across all member countries.

## 14. Where can I find updates or contact someone?

Follow us at [\[European Aquatics website or social media channels\]](#).

Official updates, resources, and registration links will be posted regularly.