

# SWIM INSTRUCTOR



City of  
**KINGSTON**

<b>VERSION:</b>	V1 – 09.01.2024
<b>DEPARTMENT:</b>	Active Kingston
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## PHYSICAL HEALTH ASSESSMENT

The Physical Health Assessment will require individuals to undergo a general health assessment along with a job specific functional assessment.

## GENERAL HEALTH ASSESSMENT

All individuals undergo a general health assessment which includes:

- Reporting relevant medical history
- Health behaviour checklist
- Waist circumference
- Blood pressure
- Resting heart rate
- Grip strength test using a hand dynamometer
- Range of motion assessment
- Vision screen
- Hearing screen
- Balance assessment

After completion of the general health assessment, individuals then undertake a Job Specific Functional Assessment which is outlined below.



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## JOB SPECIFIC FUNCTIONAL ASSESSMENT

### 3 MINUTE STEP TEST (MODERATE INTENSITY CARDIOVASCULAR ENDURANCE)

**Task simulation:** Simulates the moderate intensity cardiovascular demands including climbing stairs, walking and moving in a water resisted environment for long periods and inherent tasks of this position

**Sustained posture/manual handling tasks:** Stepping

**Description:**

- The applicant was asked to step up and down off a step at a set rate (according to the testing protocol) for 3 minutes. To be considered safe the applicant was required to maintain a heart rate of equal to or less than 85% of their theoretical maximum heart rate throughout this test.
- The applicant's heart rate was taken one minute post test and compared to gender norms to determine their cardiovascular fitness "category."

### SWIMMING TEACHING AND DEMONSTRATION SIMULATION TASK

**Task Simulation:** Simulating supporting a child through the water and demonstrating strokes

**Sustained Postures/Manual Handling:** Lift, carry, elbow flexion, lateral walking

**Description:**

- The applicant was asked to hold 2 x 3kg dumbbells (simulating partially supporting a child whilst swimming) and walk sideways carrying the dumbbells. Starting at 90 degrees elbow flexion, as the applicant moves down the clinic, instruct the applicant to slowly raise the dumbbells up to shoulder height (mimicking going to deeper water) then return.
- This was repeated at a rate of one repetition (up and back) every 20 seconds for 60 seconds then
- Grasp 2 x 0.5 kilogram dumbbells lean slightly forward and demonstrate freestyle, breaststroke, backstroke and butterfly arm movements for 30 seconds each.

### SAFE FREQUENT ENDURANCE LIFT (WAIST TO SHOULDER/HEAD HEIGHT) AND BILATERAL CARRY

**Task simulation:** Simulating assisting a child from the water to the side of the pool or placing equipment on high shelf/side of the pool

**Sustained postures/manual handling demands:** Twisting and lift floor to shoulder height, gripping

**Description:**

- The applicant was asked to lift a 12 kilogram weight from waist height (1000mm platform), turn and carry the weight 3 metres and then place the weight on a 1300mm platform (shoulder height) release the grip, then release their grip and carry the weight back to the starting position at a rate of one repetition every 15 seconds for 3 minutes.

### ENDURANCE (FREQUENT) MEDIUM PUSH /PULL

**Task Simulation:** Transferring or relocating equipment on trolleys or in the pool, working with children/adolescents and physical demonstration of tasks. Moving lane ropes, dragging rope and equipment on trolleys.

**Sustained Postures/Manual Handling:** Push and Pull

**Description:**

- The applicant was asked to push a trolley loaded with 40 kilograms 8 metres on carpet, then grasp the trolley and pull the trolley back 8 metres. This was repeated at a rate of one repetition every 15 seconds for 90 seconds then
- Grasp a cable loaded with 25 kilograms (3 weight plates) set at waist height and pull the cable to their chest repetitively for 90 seconds using dominant hand.

### SAFE MAXIMAL (OCCASIONAL) FLOOR TO WAIST LIFT AND BILATERAL CARRY (15KG REQUIREMENT)

**Task Simulation:** Lifting and carrying storage tubs, equipment, pool inflatable and electrical blower to various heights of shelving in the storeroom and onto the pool deck.

**Sustained Postures/Manual Handling:** Floor to waist lift, bilateral carry, repetitive gripping, squatting, looking down.

**Description:**

- The applicant was asked to lift a box containing weights (15kg total) from the floor (handles at 200mm) and carry the box 5 metres and place the box on a 1000 mm platform (waist height) then release their grip and carry the box back to the starting position then
- This process was repeated three times and then if the applicant was willing/assessor deemed it to be safe the weight was incrementally increased until a safe maximum was reached.
- The test ceased if the applicant was unwilling/or considered unable to safely lift more weight/ or once the applicant was able to safely complete 3 repetitions with 15 kilograms.

## SAFE MAXIMAL (OCCASIONAL) WAIST TO OVERHEAD LIFT AND BILATERAL CARRY

**Task Simulation:** Lifting and carrying storage tubs and equipment onto overhead height shelving in the storeroom.

**Sustained Postures/Manual Handling:** Waist to overhead lift, bilateral carry, repetitive gripping, squatting, looking down

**Description:**

- The applicant was asked to lift a 5kg weight from waist height (1000mm platform), and carry and the weight 3 metres and place on a 1600 mm platform (overhead height) then release their grip and carry and the weight back to the starting position at a rate of one repetition every 15 seconds for 3 minutes.

## PATRON POOL DECK INTERACTION AND ADJUSTING EQUIPMENT SIMULATION INVOLVING REPETITIVE GRIPPING, LIFTING, STANDING, STOOPING, BENDING FORWARD OR KNEELING.

**Task simulation:** Interacting with patrons and adjusting lane ropes and equipment handling in standing, stooping or kneeling positions.

**Sustained posture/manual handling tasks:** Reaching forward, body rotation, bilateral and unilateral kneeling, sitting, bending and lifting.

**Description:**

- Stand at an 800mm bench and bend forward and repetitively grip the hand grip dynamometer for 30 seconds in each hand continuously then
- Squat or stoop and repetitively grip the hand grip dynamometer at 300mm level continuously for 30 seconds each hand then
- Then kneel on the left knee, lift a 1 kilogram weight from the floor to a 300mm platform and back down again for 30 seconds, swap to the right knee and perform the same action for another 30 seconds then
- Kneeling on both knees and one hand (positioned 90cm from the cable handle) then reaching with the other hand, grasp and pull a cable loaded with 18 kilograms to the applicants shoulder for 60 seconds (changing hands after 30 seconds)

## PACE SAFE MANUAL HANDLING (PSMH) 'PRINCIPLES'

Factor	Description
Wide Base of Support/Stance	Demonstrates steady stance position with wide base of support for lifting tasks and split stance for pushing, pulling tasks, heel in contact with ground.
Optimal Posture	Maintains optimal posture including maintenance of neutral spine along with optimal shoulder, hip and knee joint position in manual tasks such as carrying.
Load stays close to the body	Keep loads close to the body when carrying or lifting, placing or picking up a load on a platform.
Torque	Maintains even weight distribution and avoids trunk rotation through keeping the hips aligned with the load and avoiding any leaning or twisting when placing or picking up a load from a platform.
Control	Demonstrates good control of the weight and controls the load/task in a steady manner.



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