



**Role Description**

<b>Role</b>	Move More Open Water Swimming Pod Leader / Land Support
<b>Business Area</b>	Move More Jersey
<b>Location</b>	Community Based – Various locations island wide
<b>Responsible to</b>	Volunteer Programmes Officer / Swimming Development Officer
<b>Level of Commitment</b>	<p>We ask that swimming pod leaders commit to supporting a minimum of <b>6-8 sessions per year.</b></p> <p>We'll discuss your availability and time commitments at our initial informal interview, but rest assured that any time you're able to give will be very much appreciated.</p>
<b>Inspiring an Active Jersey Vision</b>	Jersey will be a healthier, more productive, and fairer society by being one of the most physically active populations in the world.
<b>Inspiring an Active Jersey Mission</b>	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% by 2030.</p>
<b>Jersey Sport Background</b>	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is.</p> <p><b>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</b></p> <p>The mission is;</p> <p><b>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</b></p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>

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**Move More  
Outdoor Adult  
Swimming  
Background**

Open water swimming has increased in popularity during recent years, especially since COVID-19 restricted the activities that people could take part in during 2020. Jersey is no exception to this, and we are aware that more and more people are taking to our beautiful waters to take part in this free way to keep active.

Over the last year or two we have received many requests at Jersey Sport to offer a swimming programme for adults to run alongside what we already offer for children. We've taken this feedback on board and we will be launching this new programme soon.

Swimming has many health benefits including:

- Improving heart health and lowering blood pressure
- Improving lung capacity
- Increasing bone strength and reducing joint pain, as it is a low impact sport

You can check out the following link for more information: [The Health and Wellbeing Benefits of Swimming report | Download here](#)

Open water swimming also carries its own benefits, these include:

- Better sleep
- Increased happiness
- Boosted immune system
- Preventing and managing long-term health conditions by improving your body's defensive response to damage and increasing the efficiency and effectiveness of your body systems. These potentially reduce the risk of cancer, neurological disorders, and chronic respiratory disease
- It can also help the management of asthma and Type 2 diabetes

The island has some beautiful locations to swim, safely and confidently, with the right instruction, guidance and knowledge, which Jersey Sport will equip you with.

Jersey Sport is running a Move More Introduction to Open Water Swimming course. This will be run as small group sessions for new open water swimmers, in the safety of Havre Des Pas bathing pool and inshore on sandy beaches. The sessions will cover the basics of swimming in the sea and build upon their pool swimming ability, whilst educating them on the tides, effects of weather and do's and don'ts for cold water swimming.

We are also providing Move More Open Water Swimming sessions for people who have swam in the sea before but maybe want to build up their skillset/distance in a safe and supervised setting. We will be running two sessions per week at different locations around the island to give people the chance to experience different swimming environments. These sessions will have on-water coaching/safety cover as well as a spotter on land; the small groups will be led by "volunteer pod leaders" who will be experienced sea swimmers themselves and will ensure that all swimmers are safe and can gain experience and confidence in open water.

Open water swimming is a great way for islanders of varying fitness levels to enjoy the beautiful natural environment Jersey has to offer, whilst keeping active, enjoying the company of others and a great opportunity to meet new people.

By volunteering for the Move More Jersey Open Water Swimming programme you can help us to make this vision a reality!

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**Swim Pod Leader  
and Land Support  
Volunteer Roles**

The Swim Pod Leader/assistant leader role includes:

- Understanding and adhering to the Volunteer Code of Conduct, Risk Assessments and agreed Standard Operating Procedures for the swim programmes.
- Managing the swim navigation of assessed routes – as provided on the day by the Jersey Sport Open Water Coaching staff running the session.
- Meet, greet, and onboard participants.
- Work with the Jersey Sport coaches to offering a short pod briefing specific to your group and their ability, based around the main briefing given by staff e.g., how far they will be going, in what direction/to what landmarks, when you will pause to rest/regroup.
- Facilitating the social aspect of meeting to swim together.
- Work with the on-water staff to always keep the group safe and together, responding to first aid incidents if necessary.
- Reporting as / if necessary.
- Suggesting new / alternative swim routes / locations to be worked up and risk assessed.

The Land Support role includes:

- Understanding and adhering to the Volunteer Code of Conduct, Risk Assessments and Standard Operating Procedures.
- Checking swimmers / pods in and out of the water pre and post swim to ensure that all participants are accounted for.
- Assisting the on-water Jersey Sport Open Water Swimming Coaches with the use of walkie-talkies and binoculars to always keep eyes on all swimmers and report any issues to the on-water support.
- Assisting the swim pod leaders in providing a safe and enjoyable activity.
- Welcoming swimmers and encouraging them in their efforts.
- Reporting as / if necessary.
- Suggesting new / alternative routes to be worked up and risk assessed.

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**Skills Required for  
the role**

- Experienced Open Water swimmer
- Confidence to lead a group throughout the activity
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Patience and an inclusive approach to engagement
- Reliability and punctuality
- Understanding of the Move More Jersey initiative

**Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):**

- Swim Pod Leader/Land support training – delivered by Swimming Development Officer and Move More Jersey Operations Manager
- First Aid Certificate (3-hour course) - essential for full pod leaders, preferable for other volunteers
- Adult Safeguarding Course
- Move More Jersey Volunteer Induction
- An enhanced DBS check

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**What's in it for me?**

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience
  - Support within your role
  - The opportunity to take part in training (at no financial cost to you)
  - The chance to make a difference to the lives of people; physical, social, and mental wellbeing
  - The opportunity to meet new people and feel more connected to your community
  - Ongoing support, help and assistance
  - A lot of appreciation
  - The opportunity to meet new people and feel more connected to your community
  - Help making our vision of a healthier and more active island a reality!
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