

CIASF

COOK ISLANDS AQUATICS FEDERATION



**Development Strategic Plan
2022 to 2026**

Cook Islands Aquatics Federation Goals

- To ensure that every child, male or female able or disadvantaged knows how to swim properly and water safety
- Establishment of swimming and water safety as a compulsory part of the National Education Curriculum in all schools across Rarōtonga and the Outer Island Schools
- Continued talent identification and support of local and internationally based Cook Islands athletes to compete at high international level with development of locally based swimmers
- Establishment of an Olympic size salt water low-maintenance swimming pool

Mission, Vision & Values

Our Mission

Cook Islands Aquatics Federation's Purpose is to develop, promote, govern and lead in the sport of swimming and aquatics sports in the Cook Islands. As the central body for swimming, CIAF is committed to the growth and prosperity of swimming as an essential life skill, component of health and fitness, and competitive sport. We seek to improve professional standards for swimming coaches and teachers through education, accreditation, professional development, and ethical practice.

Our Values

We believe that every Cook Islander should be able to reach their swimming potential as well as be fully aware of water safety. To achieve this we believe that every child should receive coaching instruction that is based upon 'best practice' principles; and for every athlete under our development programme is provided with the appropriate training methods, consideration, care and support.

As per our culture and custom, we encourage an inclusive environment for learning and self-improvement amongst all our members.

We support and foster partnerships among all members of the community, local and national government, including the Cook Islands National Olympic Committee organization and contributing to the overall well-being of the aquatics industry and sporting community.

We demonstrate professional integrity and work ethic, as well as enthusiasm and passion for our sport. We believe in, and stand by, our code of conduct and the member protection policies of our National Federation.

We are totally committed to professional 'best practice' and 'ethics' in sport. We abide by the rules governing swimming and reject the use of illegal performance enhancing substances and methods. We respect the human and legal rights of all individuals within our sport – athletes, parents, officials, administrators, and fellow coaches.

Our Vision

The Cook Islands Aquatics Federation is dedicated to developing world leading practices in the education, accreditation, professional development, and on-going support for all children, athletes, para-swimmers, coaches and teachers. We envisage for a much higher number of the general population to be swimmers within their own right. Spread what we have learnt across Oceania and other developing countries around the world.



THE COOK ISLANDS AQUATICS FEDERATION BACKGROUND & OVERVIEW



1. The name was renamed in 2008 from Cook Islands Swimming to **Cook Islands Aquatics Federation** to reflect the various disciplines of FINA and Water Sports – swimming, diving, water polo, open water swimming, synchronised swimming at all levels
2. Cook Islands Aquatics Federation logo, depicts the following symbols:
 - Blue, represents the vast ocean that make up the geographical location of the Cook Islands
 - White, represents the vast sky (atea) of our nation
 - The 15 triangles and waves, represent the raised 15 Islands that make up each of the Cook Islands with the waves representing the Northern and Southern Group.
3. Is affiliated to Federation Internationale de Natation Amateur - FINA, and is to adopt and enforce all rules and regulations as established by FINA and Oceania Swimming Federation, hereinafter referred to as OSA



THE COOK ISLANDS AQUATICS FEDERATION BACKGROUND & OVERVIEW

4. To encourage and promote the development of Swimming, Open Water Swimming, Diving, Water Polo, Synchronized Swimming, at all levels, and Water Safety to all Cook Islanders.
5. Allow for our communities to be engaged and reduce NCD's and develop a healthy lifestyle
6. Provide a platform for young athletes to compete and develop
7. To organize competition and Championships up to National and International level as well as participate and compete in Regional and International Championship events
8. To provide good governance for the sport of aquatics in the Cook Islands.

THE COOK ISLANDS AQUATICS FEDERATION BACKGROUND & OVERVIEW

Vision

- To give every primary school child in the Cook Islands the opportunity to learn how to swim
- Instill the thought that swimming is a necessary life and survival skill for all ages, ability, body types and genders. It not only helps tamariki to remain physically fit but SAFE in their environment.
- To make swimming compulsory in all schools.
- To provide assistance to all schools in Rarotonga and outer islands as well as other sports codes with the development of swimming and water safety
- Continue fostering development of elite athletes who are Cook Islanders living locally and abroad to compete at international events. In turn, this will assist with growth and development of the sport at all levels and assuring that there is a sustainable future for swimming in this country.
- The Cook Islands is one of four Oceania countries that does not have a 25m or 50m swimming pool. It is our aim to establish a salt water swimming pool on Rarotonga within the next 3-5years.

SWIMMING IN SCHOOLS

Overview

It is imperative to the health of the nation that swim lessons in the schools CRITICAL as part of children's physical education. Since 2011, our "Learn to Swim", "Swimming For Life" and "Swimming in Schools" programme allows children the opportunity to learn this necessary life skill, essential to living on an island.

Schedules for 2020 / 2021 / 2022

Term 1 and Term 4 as the water is warmer

Term 2 & Term 3 for development swimmers

Participating Schools per week

Apii Te Uki Ou (190 students)

Apii Nikao (420 students)

Apii Rutaki (Less than 100 students swimming)

Apii Papaaroa (less than 100 students swimming)

Apii St Josephs (182 students)

Apii Takitumu (less than 100 students swimming)

Tereora College 100 students



SWIMMING IN SCHOOLS



Location

- Unlike other sports codes, we face an unusual challenge. We do not have a swimming pool to conduct swimming lessons and training. We have found that teaching children in swimming pools has a different affect with confidence with those learning to swim in the lagoon and ocean.
- We must accommodate each school and their needs using our best natural resource, the ocean. If the school has a beach that is conducive and SAFE for learning how to swim within walking distance, we will conduct lessons there. If there are no options close enough to walk to we will bus the students to another location.
- Currently we hold lessons at:
 - Social Centre
 - Rutaki
 - Papaaroa
 - Muri
 - Tikoki
 - Aroa



SWIMMING IN SCHOOLS

	Swimming In Schools	
	Term 1 2021	
DAY	TIME	SCHOOL
Monday	8:30-1:30	Apii Takitumu
Tuesday	8:30-1:30	Apii Te Uki Ou
Wednesday	8:30-12:30	Apii Nikao
Thursday	8:30-11:30	Apii Papaaroa
	12:30-1:30	Apii Rutaki
Friday	8:30-1:30	Apii St. Joes

Schedules for 2021 / 2022

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SWIMMING IN SCHOOLS



Key Points for Success

- We allow only one class at a time. There are roughly 20-30 students in the lesson at one time. Often a large class will be split in two so that we have the proper student to teacher ratio. Ratios are not set in stone as skill levels vary greatly from age, class, and school.
- Set up of the physical area we allow children to be in is the most important.
- Lesson structure is vital to the safety of our students
- Lesson plans can be more of a wish list than a strict outline that we adhere to. We only have 30 minutes with the children so they must be quick learners if they want to move on to the next skill. We may have a lesson plan for the whole school but each class may surpass that skill at a different rate.
- Teacher involvement is vital to the success of the programme.
- We need more trained Instructors and funds to compensate them.
- Currently we only have two experienced instructors to implement the Swim in Schools Programme.
- We need more funding for transport. We are really limited to which schools can get involved because we do not have the funds to transport them to safe beaches. We will be able to offer the Swim in Schools Programme to more schools.
- We need more equipment for the increase in number of schools. There is not much that is required for swimming but goggles and kick boards which will make all the difference.
- We need to have a proper pool. We need to eventually have a location for a proper pool, allocated to the use of Cook Islands people to conduct training for this very important life skill.

DEVELOPMENT PROGRAMME

TALENT IDENTIFICATION

Within our swimming in schools programme, certain children of various age groups will continue to develop with our coaches to a level suitable for National representation at regional and international events. Identified for potential scholarships

ELITE

Selected swimmers will further develop under our elite programme representing the Cook Islands at all international events



INFRASTRUCTURE/SWIMMING POOL



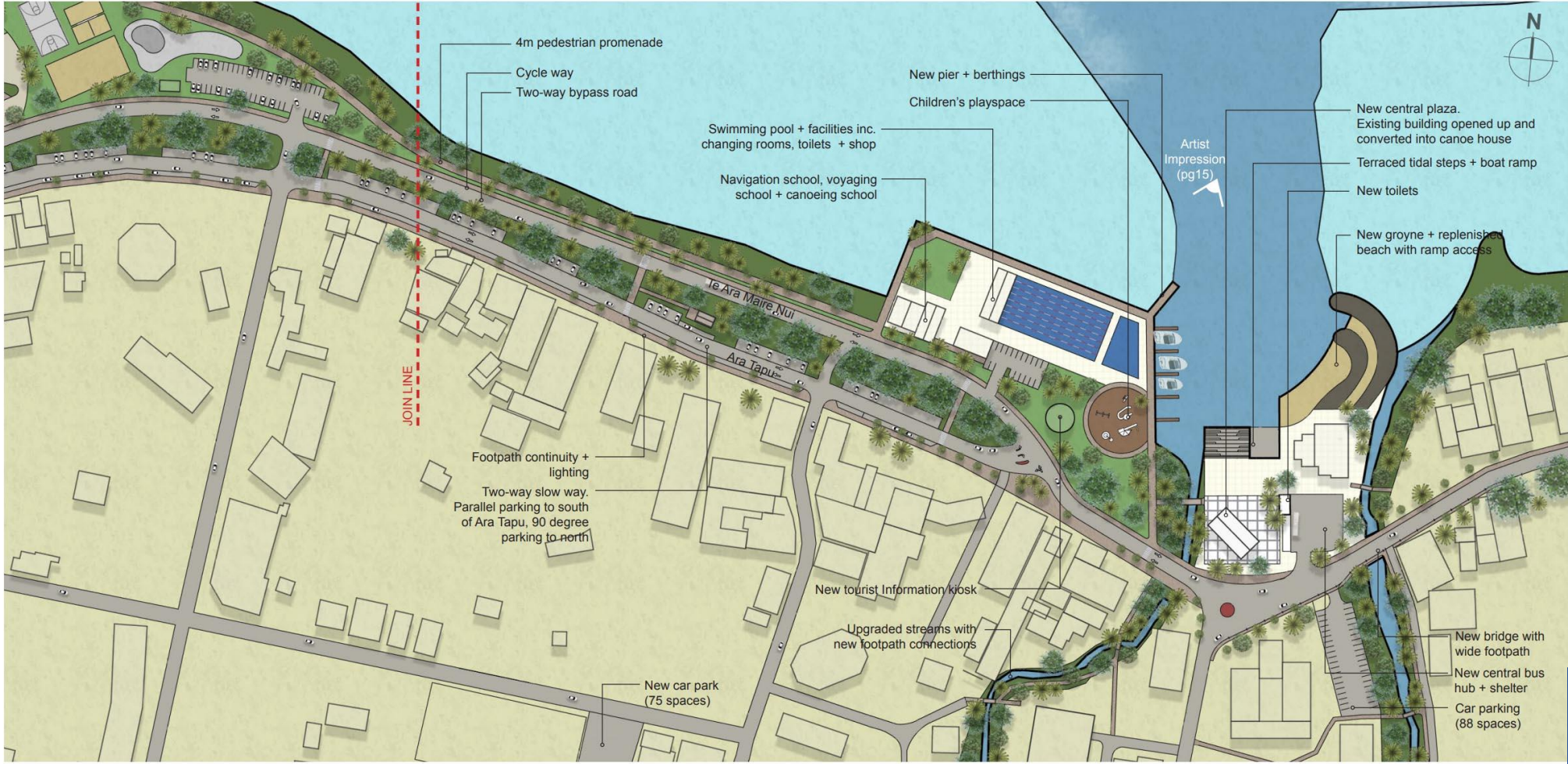
INFRASTRUCTURE/SWIMMING POOL



INFRASTRUCTURE/SWIMMING POOL



SWIMMING POOL-AVARUA



1:2000 @ A3

02 | TE TAU PAPA O AVARUA FIVE YEAR DEVELOPMENT PLAN

Artist Impression | Overall

SWIMMING POOL-AVARUA

02 | TE TAU PAPA O AVARUA FIVE YEAR DEVELOPMENT PLAN

Artist Impression | Avarua Harbour





Crushed coral footpath
 Playground
 Lighting (Primarily in existing locations)
 Existing public toilet

Primary pedestrian only covered (pergola) walkway
 Social centre based on traditional Are
 Public toilets and shower relocated

Shared footpath / service lane until Social Centre, then designated footpath
 Look out areas with low height coral walls and walkways down to beach
 Opened sided look out huts/shelters
 Secondary pedestrian only axial link
 Crushed coral shared path (cyclists and pedestrians) with broken kerb barriers
 Slow zone. Cobblestones/ unit pavers with varying colour and texture
 Bus stops and shelters. Existing hedge removed. New low hedge to tennis courts
 Existing picnic tables
 Section of road converted into a pedestrian only route
 Existing cricket cage
 Existing building converted into tennis hub
 New alignment of rear loop road

Carparks
 Secondary pedestrian only axial link
 House converted into a bar / cafe and opened up to the plaza with an outdoor courtyard
 Crushed coral shared path (cyclists and pedestrians) with broken kerb barriers
 Remove sections of hedge to open up views to golf course
 Existing shed revamped
 Gym, storage + sports facility

03
STRATEGY

SWIMMING POOL-NIKAO

ARTIST IMPRESSION | OVERVIEW OF RECREATIONAL CENTRE

