



SCHOOL SWIMMING, WATER SAFETY PROGRAMS AND AQUATIC ACTIVITIES POLICY

RLSSA NT PE Plan for Aquatic Education - 'Swim and Survive'

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What is Swim and Survive?

An Aquatic education program for schools

Swim and Survive is a comprehensive swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of all Australian children in order to prevent drowning and increase participation in safe aquatic activity.

Learn to swim; swimming lessons and infant aquatics are all terms commonly used across the aquatic industry for programs that seek to build swimming skills. Swim and Survive is all of these, but most importantly it ensures that the essential components of personal survival and water safety are provided, in addition to a process of developing strong and effective swimming technique and aquatic skill development. Swim and Survive is delivered in pools, schools with swimming pools, and other aquatic locations across the country by qualified swimming and water safety instructors.

Why Swim and Survive?

- 1 in 5 of all drowning deaths are children aged under 18 years of age
- 42 children (0 – 14) drowned in the 2010/2011 (13% of all drowning deaths)
- 12 children aged 0-4 drowned in backyard pools
- 57% of children aged 5 - 14 drowned in rivers
- Males are 3 times more likely to drown than females
- Drowning rate dramatically increases as teenagers become young adults

Skills and knowledge learnt in the Swim and Survive program provides a level of protection and aims to provide children with solid foundation skills in swimming, survival and basic rescue skills.

Wonder, Courage and Active

Wonder, Courage and Active have been chosen as the Swim and Survive program titles to reflect the hopes and aspirations of children and families as they embark on a lifetime of fun and safety in the water. Each program is structured into skill strands that ensure a balanced, comprehensive instructional approach to a child's aquatic education.

Wonder - A water familiarisation program for parents and their children aged 6 to 36 months.

Courage - A program that builds water confidence for preschool aged children between the ages of 3-5 years.

Active - A swimming and water safety program for school aged children between the ages of 5-14 years.

Teacher Tools

Swim and Survive Website Schools Registration

Swim and Survive is a national water safety program which aims to reduce drowning numbers by fostering knowledge and understanding of water safety skills, while promoting responsible fun in and around water. Royal Life Saving has developed a diverse range of educational resources including multimedia, hands on classroom activities and teaching ideas about water safety for both primary and secondary schools.

Materials link to swimming and water safety programs and provide a sound basis on which to encourage students' active participation in safe water practice.

To obtain access to the latest Swim and Survive Schools Resources simply:

1. Complete and Submit a Schools Registration Form
http://www.swimandsurvive.com.au/content_common/pg-schools.seo (ensuring that all the 'required fields' are completed)
2. Schools will receive a username and password, delivered via email to the address that they provided
3. Login to the Schools Zone

Water Smart Education Toolkit

Water Smart is an educational program for school students from Foundation to Year 10 (typically ages 5 to 16) to teach them vital water safety information in order to increase awareness of dangers in a range of aquatic environments, promote safe behaviour and have the ability to deal with a basic emergency situation.

There are two components of the Water Smart educational program

The Water Smart Educational Toolkit has been developed by Royal Life Saving Society - Australia together with education resource specialists, teachers and water safety instructors. The classroom resource outlines appropriate learning outcomes and has taken into consideration the new Australian National Curriculum for all years from Foundation to Year 10. The key components of the toolkit include the following:

- Units of Work (for each stage from Foundation to Year 10)
- Teacher Notes (background water safety information)
- Activity Sheets (practical activities that reflect the learning outcomes)
- Safety Tips (for aquatic environments and activities)
- Supplementary Resources (including four video clips and teaching guide)

Water Smart Award

The Water Smart Award is for primary school children that can be taught in the school's classroom and playground by school teachers, community leaders or swimming and water safety instructors. The Award is suitable for Year 4 to 6 students.

The Water Smart Award focuses on:

- Water safety knowledge
- Introduction to resuscitation principles
- Basic reach and throw rescue techniques

Skill set NT Curriculum

The following table indicate the NTCF learning outcomes:

Health and Physical Education		
Award	Strand	Learning Outcomes
Courage 1	Promoting Individual and Community Health	HP KGP1.1 Individual and Community Health and Safety participate in assisted self-care activities and acknowledge carers

	Participating in Physical Activity and Movement	<p>PA KGP1.1 Movement engage in activities in a structured environment using a range of body movements</p> <p>PA KGP1.2 Games co-actively participate in a range of appropriate games</p> <p>PA KGP1.3 Fitness participate in activities that explore the use of their bodies and senses</p> <p>PA KGP1.4 Participation respond to physical activity</p>
Courage 2	Promoting Individual and Community Health	<p>HP KGP2.1 Individual and Community Health and Safety demonstrate self-care skills, identify ways of staying safe and indicate people who can help to keep us safe and well</p>
	Participating in Physical Activity and Movement	<p>PA KGP2.1 Movement move around a structured environment and perform simple whole body movements</p> <p>PA KGP2.2 Games participate in organised activities where equipment is shared</p> <p>PA KGP2.4 Participation participate in a range of physical activities</p>
Courage 3	Promoting Individual and Community Health	<p>HP KGP2.1 Individual and Community Health and Safety demonstrate self-care skills, identify ways of staying safe and indicate people who can help to keep us safe and well</p>
	Participating in Physical Activity and Movement	<p>PA KGP2.1 Movement move around a structured environment and perform simple whole body movements</p> <p>PA KGP2.2 Games participate in organised activities where equipment is shared</p> <p>PA KGP2.4 Participation participate in a range of physical activities</p>
Courage 4	Promoting Individual and Community Health	<p>HP KGP2.1 Individual and Community Health and Safety demonstrate self-care skills, identify ways of staying safe and indicate people who can help to keep us safe and well</p>
	Participating in Physical Activity and Movement	<p>PA KGP2.1 Movement move around a structured environment and perform simple whole body movements</p> <p>PA KGP2.2 Games participate in organised activities where equipment is shared</p> <p>PA KGP2.4 Participation participate in a range of physical activities</p>
Courage 5	Promoting Individual and Community Health	<p>HP KGP2.1 Individual and Community Health and Safety demonstrate self-care skills, identify ways of staying safe and indicate people who can help to keep us safe and well</p>
	Participating in Physical Activity and Movement	<p>PA KGP2.1 Movement move around a structured environment and perform simple whole body movements</p> <p>PA KGP2.2 Games participate in organised activities where equipment is shared</p> <p>PA KGP2.4 Participation participate in a range of physical activities</p>

Active D1	Participating in Physical Activity and Movement	<p>PA KGP3.1 Movement demonstrate simple movement patterns using various parts of the body</p> <p>PA KGP3.2 Games display confidence and safe practices in sharing equipment and playing games</p> <p>PA KGP3.4 Participation discuss ways to ensure the whole class is included in games and activities</p>
Active 1	Promoting Individual and Community Health	HP KGP3.1 Individual and Community Health and Safety describe and demonstrate actions and identify the people and products needed to maintain and promote health and safety
	Participating in Physical Activity and Movement	<p>PA KGP3.1 Movement demonstrate simple movement patterns using various parts of the body</p> <p>PA KGP3.2 Games display confidence and safe practices in sharing equipment and playing games</p>
Active D2	Participating in Physical Activity and Movement	<p>PA 1.1 Movement use simple movement sequences individually, in groups or teams</p> <p>PA 1.2 Games demonstrate basic motor skills in using equipment safely in a variety of play activities and games</p>
Active 2	Promoting Individual and Community Health	HP 2.1 Individual and Community Health and Safety formulate practical action plans for emergency situations in water settings
	Participating in Physical Activity and Movement	<p>PA 1.1 Movement use simple movement sequences individually, in groups or teams</p> <p>PA 1.2 Games demonstrate basic motor skills in using equipment safely in a variety of play activities and games</p>
Active D3	Participating in Physical Activity and Movement	PA 2.1 Movement demonstrate control in performing sequences of simple movement patterns
Active 3	Promoting Individual and Community Health	HP 3.1 Individual and Community Health and Safety identify safety equipment, rules and procedures to be followed for water activities and describe strategies to respond to situations that are potentially unsafe, harmful or risky
	Participating in Physical Activity and Movement	PA 3.1 Movement safely perform movement sequences incorporating equipment and displaying consistency and control
Active 4	Promoting Individual and Community Health	HP 3.1 Individual and Community Health and Safety identify safety equipment, rules and procedures to be followed for water activities and describe strategies to respond to situations that are potentially unsafe, harmful or risky
	Participating in Physical Activity and Movement	PA 3.1 Movement safely perform movement sequences incorporating equipment and displaying consistency and control

Active 5	Promoting Individual and Community Health	HP 3.1 Individual and Community Health and Safety identify safety equipment, rules and procedures to be followed for water activities and describe strategies to respond to situations that are potentially unsafe, harmful or risky
	Participating in Physical Activity and Movement	PA 3.1 Movement safely perform movement sequences incorporating equipment and displaying consistency and control
Active 6	Promoting Individual and Community Health	HP 3.1 Individual and Community Health and Safety identify safety equipment, rules and procedures to be followed for water activities and describe strategies to respond to situations that are potentially unsafe, harmful or risky
	Participating in Physical Activity and Movement	PA 4.1 Movement develop coordinated actions of the body by performing and modifying movement sequences
Active 7	Promoting Individual and Community Health	HP 3.1 Individual and Community Health and Safety identify safety equipment, rules and procedures to be followed for water activities and describe strategies to respond to situations that are potentially unsafe, harmful or risky
	Participating in Physical Activity and Movement	PA 4.1 Movement develop coordinated actions of the body by performing and modifying movement sequences
Dry Rescue	Promoting Individual and Community Health	HP 4.1 Individual and Community Health and Safety develop dry rescue skills and discuss safe water practices, self-preservation in rescues and recognising an emergency
	Participating in Physical Activity and Movement	PA 5.1 Movement perform movement skills at a level for confident and competent participation in physical activity
Wade Rescue	Promoting Individual and Community Health	HP 5.1 Individual and Community Health and Safety further develop first aid and water rescue skills and identify safe water practices, self-preservation in rescues and emergency situations
	Participating in Physical Activity and Movement	PA 5.1 Movement perform movement skills at a level for confident and competent participation in physical activity
Accompanied Rescue	Promoting Individual and Community Health	HP 5+.1 Individual and Community Health and Safety evaluate personal and group safety based on a balanced assessment between prevention and treatment including priorities for rescue and first aid
	Participating in Physical Activity and Movement	PA 5.1 Movement perform movement skills at a level for confident and competent participation in physical activity
Bronze Star	Promoting Individual and Community Health	HP 5+.1 Individual and Community Health and Safety evaluate personal and group safety based on a balanced assessment between prevention and treatment including priorities for rescue and first aid
	Participating in Physical Activity and Movement	PA 5+.1 Movement demonstrate consistent application of advanced movement skills in water activities

Resuscitation Awareness	Promoting Individual and Community Health	<p>HP 3.1 Individual and Community Health and Safety describe strategies to respond to situations that are potentially unsafe, harmful or risky</p> <p>HP 4.1 Individual and Community Health and Safety develop basic first aid skills needed in a range of emergency situations</p>
Resuscitation	Promoting Individual and Community Health	<p>HP 4.1 Individual and Community Health and Safety develop basic first aid skills needed in a range of emergency situations</p> <p>HP 5.1 Individual and Community Health and Safety further develop first aid skills needed to offer immediate assistance in an emergency</p>

Options to Schools

Option 1: Royal Life Saving NT Branch facilitated program (This option is not usually the best option for remote schools).

In order for RLSSA - NT to facilitate the most effective Swim and Survive program, the Education and Program Manager will assist you with the following:

- Co-ordinating with your school on
 - Swimming Venue
 - Times of pool bookings
 - Times of lesson
 - Number of children attending
 - Grouping of children attending
 - Previously obtained levels of children
 - The inclusion of any qualified AUSTSWIM staff

In addition the Education and Program manager will:

- Make all venue bookings
- Provide qualified AUSTSWIM Instructors with current CPR and OCHRE Card
- Provide lists of groups to schools for perusal prior to the program
- Monitor the overview of the on going program
- Provide specialised equipment and training aids
- Provide printed certificates of achievement
- Record and database each child's achievements
- Reward with free RLSSA – NT membership which includes 5% discount on all staff training
- Certificate issued to the school for their Recognition of Excellence in Water Safety Awareness and Education

Approximate cost to schools is currently \$50.00 - \$60.00 per child – based on 8 x 45 minute lessons.

This includes:

- Venue Hire and Entry Fees
- Qualified AUSTSWIM staff with Ochre Card
- Specialised equipment
- Certificates for all participants
- Electronic records of each child's achievements
- Administration costs

Option 2: Swim and Survive Partner

Schools that have access to AUSTSWIM qualified staff and want to facilitate their own Swim and Survive Program can become a Swim and Survive Partner with Royal Life Saving NT. This program gives schools all the necessary resources and assistance for the school to coordinate and deliver their own Swim and Survive program.

The procedure for becoming a Swim and Survive Partner: Contact the RLSSA – NT Education and Program Manager who will discuss the program and provide all necessary documentation to be completed.

- Complete the RLSSA – NT Membership *Free* Annual Corporate Membership (valued at \$100.00)
- Swim and Survive Partner Agreement to be completed. Reviewed 1st July annually
- Swim and Survive Partner Self Audit

On receipt of the above mentioned paperwork and membership form, RLSSA –NT Branch will provide the school with:

- Instructors Guide – designed specifically for instructors and examiners. Developed for each award level in the Swim and Survive Program. They include certificate items and must sees as well providing Water Safety knowledge questions and answers.
- Assessment paperwork
- Electronic copies of Instructor Guide and Assessment paperwork
- Any necessary support or training for your instructors.

On completion of your swim program assessment sheets are to be returned to RLSSA – NT Branch whereby:

- Printed Certificates will be issued at no additional cost to the school
- All information will be recorded and available to schools electronically
- Certificate issued to the Swim and Survive Partner for their Recognition of Excellence in Water Safety Awareness and Education

Other recommended resources to assist in the delivery of the Swim and Survive Program include:

- Swim & Survive Resource Pack which includes AquaPak, assessment guides for Wonder, Courage and Active Awards and instructional DVD (Cost \$55 each)

Option 3: Collaborate with Royal Life Saving NT to create your school aquatic program

Designated person from the school liaises direct with the Royal Life Saving's NT Program and Education Manager to develop a customized aquatic skill development program. This may include conducting a program at an alternative aquatic location e.g. Berry Springs or visiting a nearby swimming pool e.g. Maningrida. The school may wish to run an intensive program over 4 days or during a school camp. There are a range of aquatic venues and options for schools.

Option 4: Risk Management to conduct annual assessment of students Swim and Survive level

Student's assessment levels must be recorded and reviewed annually as students are often around water at school camps and recreation activities. Schools running swim carnivals and water fun days need to know 'who are at most risk' i.e. non swimmers and weak swimmers. Celebrate the student's achievements and recognise that your school has contributed to drowning prevention and aquatic skill development. Assessments must be conducted by an AUSTSWIM qualified instructor who has completed an induction of the Swim & Survive program. Schools under this option are to sign a partnership agreement to ensure student records are recorded.

The Water Survival Challenge Proficiency

The Water Safety Survival Challenge is not part of the Swim & Survive program and has been created in NSW to cater for schools who conduct one of carnival days.

Teaching Implications

Qualifications

Instructors teaching Swim and Survive Wonder and Courage must hold a current AUSTSWIM Teacher of Infant and Preschool Aquatics qualification or equivalent.

Instructors teaching Swim and Survive Active must hold a current AUSTSWIM Teacher of Swimming and Water Safety qualification or equivalent.

Qualifications must remain current to be valid and it is recommended that regular professional development is undertaken to ensure knowledge and skills are kept up to date. Professional development sessions are available through the Branches. As part of the qualification, a current CPR qualification must be updated each year to remain valid.

(Reference: Royal Life Saving's Guidelines for Safe Pool Operation. Note: GSPO Program Guidelines currently under review)

Resources

Swim & Survive Program Presentation

A power point detailing the program is available for teachers.

Implementation Guide

An implementation guide for the program is available for teachers.

Swim Teacher/Instructor Guide

A Swim Teacher/Instructor Guide is available for schools after completion of Swim & Survive partner program paperwork.

AquaPak

A complete Swim & Survive resource pack is available to purchase at \$55 includes DVD.

School Resources online

<http://www.royallifesaving.com.au/schools>

- Learning Outcomes
- Curriculum Materials
- Case Studies
- Water Safety Signs
- Water Safety Tips

Ratios & DoE Water Safety Policy

Refer to DoE policy and procedures for ratios and qualifications. Appropriate teacher:student ratios will depend on a number of factors including:

- The environment
- The venue
- Amount of space available

EDOC 2013/399-2 Attachment

- Level of ability of the class
- Nature of class participants
- Type of activity

Royal Life Saving NT adopts the Supervision Guidelines from the Guidelines for Safe Pool Operations (GSPO) as industry best practice in water safety. Royal Life Saving NT and DECS have created a ratio table that aligns the GSPO to AUSTSWIM policies in line with swimming programs and facilities/environments in the Northern Territory. Royal Life Saving NT will notify DECS policy of any changes in the guidelines as they occur.