

Swim and Survive – Level 6

No.	ACTIVITY SUMMARIES	TIME REQUIRED (hours)
HEALTH AND PHYSICAL EDUCATION	1 Accepting Responsibility Review and evaluate the issues surrounding acceptance of responsibility in aquatic environments and rescue.	2
	2 Aquatic Emergency Care Investigate the causes, treatment and prevention of common aquatic emergency incidents.	2
	3 Managing an Aquatic Emergency Develop a plan for managing an aquatic emergency.	3-4
	4 Project: Water Safety Education Investigate and evaluate a water safety program or initiative.	4-5
STUDY OF SOCIETY AND THE ENVIRONMENT	1 Changing Aspects of Australian Society Students analyse development of the image of Australian society over time and the basis of this image.	1
	2 Health and Safety Issues Associated with Australian Lifestyle Students produce a report analysing the issue of drownings in Australia using information available on the Royal Life Saving website.	4-5
	3 Health and Safety Issues – Prevention of Drownings in Future Students design educational or advertising campaigns designed to create awareness of risks associated with water activities.	4-5

Water Safety: Health and Physical Education

People are drawn to water because it is a source of curiosity, fun and enjoyment. There are many water environments in Australia that provide us with a variety of aquatic activities. These activities may include swimming, sailing, water skiing, fishing, boating, wind surfing, surfing and body surfing. Water environments available to us include open water and surf beaches, rivers, lakes, dams and creeks, back yard pools and aquatic fun parks. These aquatic environments can provide dangerous and hazardous situations even when safe practice is used.

During our teenage years further dangers can be created due to an increase in risk taking behaviours. Consumption of alcohol, drug taking and peer pressure can all cause individuals, particularly in this age group, to increase the risks they take when participating in activities around aquatic environments.

Refer to the following key safety tips as an emphasis during each activity.

Key Safety Tips for in and around the home

- Supervision by an adult around water (pools, spas, toilets, buckets and wading pools, dams, water tanks, troughs, sheep dips and irrigation channels)
- Swimming pools and spas – gates closed
- Always enter the water safely – use steps or ladders
- Safe play around water – never push people in
- Remove toys from swimming pools – young children are attracted to toys
- Buckets and wading pools – empty when not in use
- Toilets – seats and lids down
- Washing machines – lids down

Key Safety Tips for Swimming Pools / Aquatic Centres

- Always swim with an adult or friend
- Read and obey pool signs and lifeguards giving advice to swimmers
- Check depth markings on the side of the pool to see where it is best to swim or dive
- Stay clear of deep water unless you can swim well
- Make sure the water is clear before jumping in
- Do not run around the pool edge
- Use safe play activities

Key Safety Tips for the Beach

- Always swim with an adult or friend – never swim alone
- Swim between the red and yellow flags. This is the safest part of the beach and is patrolled by lifeguards
- Keep a watch on a reference point on the beach to avoid drifting too far away from the selected swimming area
- Obey lifeguards – leave the water when asked
- Don't enter the water – if you have any doubts about your ability to cope with the conditions
- Swim parallel to and not away from the shore when you swim long distances
- Swimming at the beach after dark means that you can't be seen if you get into difficulty

Key Safety Tips for Inland Waters

- Always swim with an adult – never swim alone
- Beware of slippery banks – don't walk close to, or run along the edge/bank.
- Check the water before entering or diving – for hazards and depth
- Read and obey notices and signs before entering
- Beware of boats using the waterway – avoid swimming near boat ramps or in areas set aside for boating
- Before entering – check for presence and strength of current and unknown area for hazards
- Before diving – check depth and presence of any snags, sandbanks, weeds, rocks or other hazards
- Enter cold water slowly
- If trapped in quicksand – spread the body's weight by lying flat on the surface, and move by slow arm and leg action
- If caught in a fast flowing river, rapids or storm water drain – float feet first in a half sitting position

Water Safety: Health and Physical Education

Activity 1 – Accepting Responsibility

The aquatic environment can be dangerous if not used appropriately. Each of us must accept responsibility for our own actions and ensure they do not affect others in a negative way. Minimising harm to others is paramount.

- Review the following case studies:
 - A teenager with limited aquatic experience (due to culture or ethnicity) extends beyond his capabilities due to peer group pressure and the desire to ‘fit in’
 - A kayak paddler fails to notify authorities that the craft had capsized and that the person he was paddling with is missing (refer to Case Studies – Activity 1)
 - A teenager is missing, presumed drowned following a party on a riverbank.
- Consider the following:
 - What factors influenced the choices each person made?
 - What were the implications of those choices?
- Rewrite one scenario with a ‘happy ending’.
- Modify the choices made during the scenario to reflect better decision-making.
- Justify your reasons for making each choice.
- This activity may be completed through whole or small group discussion or through individual reflection and response.

Activity 2 – Aquatic Emergency Care

- Investigate one of the following conditions relating to aquatic emergencies:
 - Near drowning
 - Hypothermia
 - Spinal injury (cervical spine)
 - Marine bites and stings
- Describe the signs and symptoms of the condition and outline the physiological effects on the body.
- Detail the first aid treatment that is recommended to manage the condition and include information on actions that can be taken to prevent the emergency occurring.
- This activity may be completed individually or in pairs.

Activity 3 – Managing an Aquatic Emergency

- Students are provided with a picture of an aquatic emergency.
- Each student completes a report outlining:
 - The characteristics that would be displayed by the persons in difficulty (eg: facial expressions, body position)

- The emergency management plan the student would implement to assist the persons in difficulty, considering:
 - ~ Priority of rescue
 - ~ Rescue technique(s)
 - ~ Equipment available
 - ~ Use of bystanders
 - ~ Environmental factors (eg. entry and exit points)
 - ~ Calling Emergency Services
- This activity may be completed individually, in pairs and can be supported by small or whole group discussion. **Note:** There are a number of acceptable emergency management plans, so it is important that each student provides a detailed rationale and explanation for their plan.

Extension activity

- Compare and discuss the various management plans developed by students

Project – Water Safety Education

- Investigate a Water Safety Education program or initiative including the following:
 - Project leader (organization)
 - Other organizations involved
 - Target market(s)
 - Key message(s)
 - Marketing method(s)
 - Resources used / required
 - Fees / costs (if applicable)
- Evaluate the program / initiative, considering whether:
 - The key messages are appropriate for the target markets
 - The marketing methods are effective
 - The outcomes of the program are being achieved
 - The program is cost effective
- Programs / Initiatives may include:
 - Swim and Survive
 - Bronze Medallion
 - Keep Watch
 - Home Pool Safety

Equipment Required

- Internet/Computer access
- Royal Life Saving website
- Library
- Activity sheet
- Case Studies

Studies of Society and the Environment

Key Safety Tips for Fishing

- Always fish with an adult
- Always wear a Personal Flotation Device (PFD)
- Check for hidden rocks or sudden drop-offs when wading
- Wear shoes with good grip – be careful of slippery rocks with moss and weed on them
- Watch for changes in weather a tides
- Never turn away from the sea – a wave may knock you over
- Never mix fishing and alcohol

Key Safety Tips for Boating

- Never go boating alone
- Everyone always wears a Personal Flotation Device (PFD)
- Don't stand up in the boat
- Check weather conditions – make for sure if bad weather threatens
- Always let someone know where you are going and what time you will return
- Wear and take appropriate spare clothes
- Boat should stay away from swimming areas, rocks and other craft
- Never mix boating and alcohol
- Ensure you boat has emergency equipment and stow safely
- Follow traffic rules
- Learn and practice capsize and person overboard drills
- Do not overload the boat
- Keep weight low and centred when leaving a boat

Activity 1 – Changing Aspects of Australian Society

- On the web research images of historical Australia and it's connection with beaches and waterways. Your students can start with The Royal Life Saving Society Australia's History page on their website.
- Organise students to write several paragraphs on how they believe Australians would be viewed by other cultures throughout the world based on these pictures.

- Generate a classroom discussion to compare and contrast student views.
- Discuss views on how this image may have developed over time. For example, climate, geographical location etc.

Activity 2 – Health and Safety Issues Associated with our Lifestyle

- Students are to use statistics from the Royal Life Saving website as the basis for a 300 word report on the incidence of drownings in Australia.
- In their report students will have to discuss the recent trends in drownings in Australia. For example, have there been any significant changes in the number of drownings, the location of drownings, or the age of victims? Points of analysis may also include changes in legislation or educational campaigns.
- The report should also include a discussion on why or why not any of these changes have occurred.
- Students may be encouraged to present this issue in a variety of forms besides written. Suggestions may be a power point presentation or an oral report.

Activity 3 – Health and Safety Issues – Prevention of Drownings in the Future

- Students are to develop an educational campaign aimed at:
 - a Tourists to inform them of the dangers of water-based activities in Australia and how to minimise risk. This may include postcards, posters or a leaflet to be made available at tourism information offices and airports.
 - b Parents to minimise the risk of drowning around the home or during leisure activities.
 - c Primary school students to create an awareness of risks associated with water activities.

Equipment Required

(Activities 1 – 3)

- Internet/Computer access
- Royal Life Saving website
- Library
- Coloured pencils and textas
- Poster paper
- All Key Safety Tips provided

Case Studies

Ethnicity

Two young women from Vietnam drowned yesterday in tragic circumstances. Visiting Australia on the holiday of a lifetime, one of the women entered a local river to cool off on a hot summers day. She started to struggle soon after. Seeing her friend in difficulty, the second woman entered the water to assist her, only to get in trouble herself. Both women failed to return to the riverbank.

Lack of Responsibility – 1

Police questioned a young man today following an incident at a local waterway last night. The man had been paddling a kayak with a friend when it capsized, throwing both men into the water. The young man swam to shore and went straight home to “have a shower and warm up”. The whereabouts of the other man are unknown and it presumed he has drowned. Police believe alcohol and/or drugs had been taken by both men at a party earlier in the evening.

Lack of Responsibility – 2

A young man was found drowned in Port Phillip Bay. He was last seen alive celebrating his 22nd birthday before deciding to go on a midnight swim. Police divers found him the following afternoon. Alcohol is believed to be a factor in his death.

Managing an Aquatic Emergency

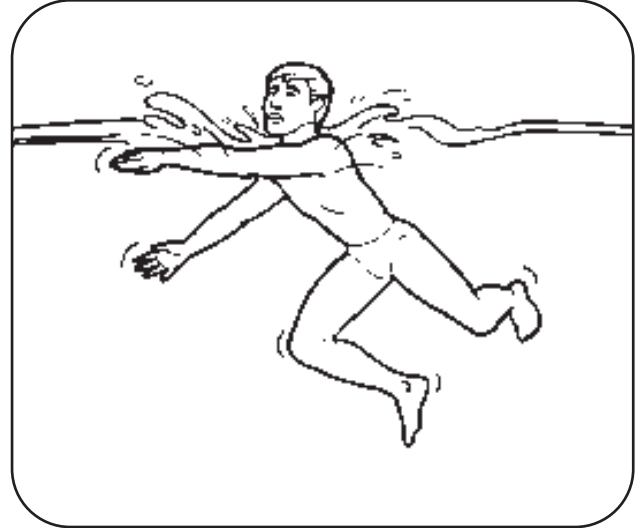
Identify common characteristics of a person in trouble in the water.



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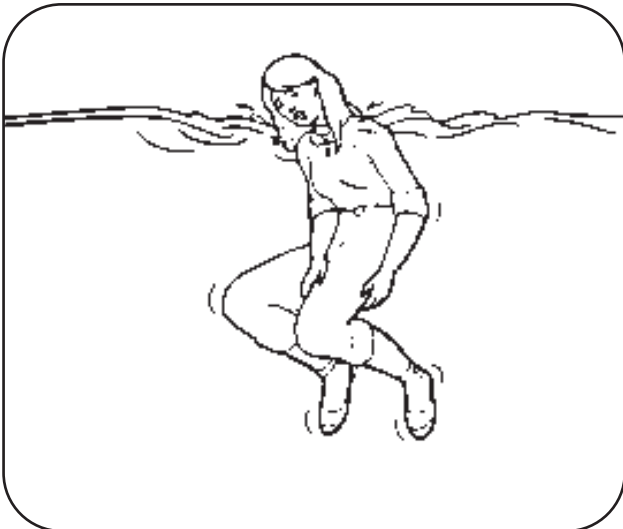
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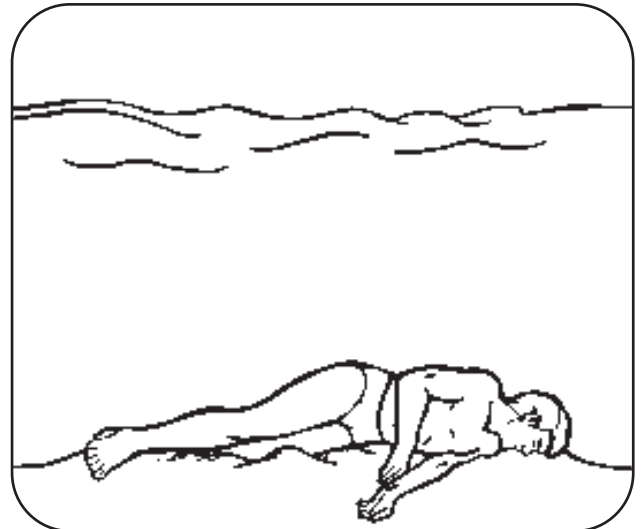
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