



## SWIM & SURVIVE

### Q. What is Swim and Survive?

- A. Swim and Survive is a national swimming and water safety program that has been educating children aged 5-14 for over 20 years. It aims to reduce the number of Australians drowning by ensuring that people have a sound knowledge of how to be safe when in, on and around water, as well as teaching skills for swimming, personal survival and basic rescue.

### Q. How does Swim and Survive work?

- A. Swim and Survive provides a broad, balanced program of swimming, water safety and survival that is delivered by qualified instructors in schools and pools throughout Australia. The skills learnt in Swim and Survive give each child the building blocks to enjoy a lifetime of safe activity in the water. For example, sailing, body boarding, snorkeling and rowing are all enhanced by having basic Swim and Survive skills.

### Q. What does Swim and Survive develop?

- A. Water safety, water confidence, survival skills and endurance. The levels of the Swim and Survive program include water discovery, water awareness and water sense with appropriate skills to achieve at each level.

### Q. What is the Aquacode?

- A. The Aquacode is three messages that are important for all – “Go Together”, “Reach to Rescue”, and “Stay Afloat and Wave”.

### Q. Why should someone undertake swim and survive?

- A. Living in Australia, we are gifted with a wide variety of aquatic activities for health and enjoyment. It's important to have the skills to keep safe in all kinds of aquatic environment. With these skills we can enjoy a lifetime of fun in the water.

### Q. How do I find out more about Swim and Survive?

- A. There is information for parents, children and teachers on the website [www.swimandsurvive.com](http://www.swimandsurvive.com), or you can contact your local pool to see if they are involved in Swim and Survive or Royal Life Saving Branch. If you are a swim school and would like to deliver Swim and Survive, contact us and we can tell you more.

**For more information on Competitions and Games visit:**

[www.swimandsurvive.com](http://www.swimandsurvive.com)

**To have fun and enjoy water activities it is important that you try to learn as much as you can about the nature of water; dangers of the aquatic environment; rules of behaviour around water; and how you can offer help in an emergency.**

### Aquacode CHECKLIST:

- The prevention of emergencies depends on your understanding of, and ability to apply, simple common sense water safety measures.*  
*To help you do this, the Society has developed three easy-to-remember rules known as the Aquacode.*
- “Go Together” When playing in, on or around water always make sure someone is with you.*
- “Reach to Rescue” If someone needs help do not get into the water. Lie down and reach out with a stick.*
- “Stay Afloat and Wave” If you are in trouble in the water, try to relax, roll on your back, hold onto something if available, and wave one arm to attract attention.*

*Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. Contact Royal Life Saving on:*

**1300 RESQ ME**  
(1300 7377 63)

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For further information visit [www.royallifesaving.com.au](http://www.royallifesaving.com.au)