NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

FUNDAMENTAL STAGE

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Fundamental Stage Description

The Fundamental Stage focuses on the development of confidence and competence in a range of foundation swimming and water safety skills that will be built upon in the later stages. Students will become familiar with the water and by the end of this stage have the ability to perform basic skills independently.

The Fundamental Stage provides opportunities for students to explore and learn about moving in and under the water. The content provides a basis to develop knowledge and skills for students to safely enjoy the water in a supervised environment. It provides opportunities to identify dangers inherent in a range of aquatic environments but specifically the home. In addition, the content enables students to explore the people who are important to their safety and to develop a basic understanding of the importance of calling for help and self-preservation in an aquatic emergency.

It enables students to develop and practise swimming and water safety skills through structured activities.

Fundamental Stage Outcome

By the end of the Fundamental Stage a student should be able to recognise and follow basic safety rules in an aquatic environment, perform a range of fundamental skills and recover to safety from a simulated accidental entry.

Specifically this includes:

- Identifying and describing where water can be found in locations at or near the home

- Identifying an emergency and actions to help

- Describing and following rules for safe behaviour in aquatic environments at or near the home

- Entering and exiting shallow water unassisted

- Floating and recovering to a standing or secure position

- Submerging the body and moving through an obstacle

- Moving continuously for a distance of 5 metres

- Performing a survival sequence

STRANDS	FUNDAMENTAL		
HAZARDS AND PERSONAL SAFETY	**H1** Identify aquatic environments at or near the home	**H2** Identify hazards in aquatic environments at or near the home	**H3** Identify rules for safe behaviour at aquatic environments at or near the home
ENTRY AND EXIT	**E1** Identify safe areas for entering and exiting shallow water	**E2** Enter and exit shallow water with assistance	**E3** Enter and exit shallow water unassisted
FLOTATION	**F1** Float on front and back with assistance	**F2** Float and recover to a secure position with a buoyant aid	**F3** Float and recover to a standing or secure position
SWIMMING	**S1** Move in the water with assistance	**S2** Move in the water without assistance	**S3** Move continuously for 5 metres
UNDER WATER	**U1** Submerge the body and exhale in the water	**U2** Submerge and recover an object from waist deep water	**U3** Submerge the body and move through an obstacle
LIFESAVING	**L1** Identify people who can help in an emergency	**L2** Identify how to get help	**L3** Identify people and actions to help in an aquatic emergency
RESCUE	N/A	N/A	N/A
SURVIVAL SEQUENCE	N/A	N/A	**Q3** Perform a survival sequence to simulate an accidental entry

DEVELOPMENT MILESTONES AND EXPLANATIONS

HAZARDS AND PERSONAL SAFETY

DEVELOPMENT MILESTONES	**H1** Identify aquatic environments at or near the home	**H2** Identify hazards in aquatic environments at or near the home	**H3** Identify rules for safe behaviour at aquatic environments at or near the home
EXPLANATIONS	**This includes describing where water can be found at:** • Home • Holiday accommodation • The farm Note: may include other waterways in the vicinity	**This includes describing the hazards of the following:** • Home and paddling pools • Bath and spas • Fishponds • Buckets and eskies • Dams and water tanks	**This includes describing rules for:** • Adult supervision • Safe play around water (e.g. no pushing, no running) • Home pool safety (e.g. shut the gate, no climbing, remove toys) • Water safety signs in the area

ENTRY AND EXIT

DEVELOPMENT MILESTONES	**E1** Identify safe areas for entering and exiting shallow water	**E2** Enter and exit shallow water with assistance	**E3** Enter and exit shallow water unassisted
EXPLANATIONS	**This includes identifying the following:** • Steps • Ladder • A gradual slope (e.g. beach entry)	**This includes demonstrating an entry and exit with assistance using:** • Steps • Ladder • A gradual slope (e.g. beach entry)	**This includes demonstrating unassisted:** • A slide in entry • Climbing out of shallow water

FLOTATION

DEVELOPMENT MILESTONES	F1 Float on front and back with assistance	F2 Float and recover to a secure position with a buoyant aid	F3 Float and recover to a standing or secure position
EXPLANATIONS	**This includes demonstrating:** • Floating on the back with support under the shoulders or head • Floating on front with face submerged and with support under the armpits	**This includes demonstrating:** • Rotating the body into a floating position with a buoyant aid • Floating while wearing a lifejacket • Recovering from a floating position to a standing or secure position with a buoyant aid	**This includes demonstrating:** • Floating in a front float position with face submerged • Floating in a back float position • Floating on the back for 30 seconds using a buoyant aid • Recovering from floating into a standing or secure position

SWIMMING

DEVELOPMENT MILESTONES	S1 Move in the water with assistance	S2 Move in the water without assistance	S3 Move continuously for 5 metres
EXPLANATIONS	**This includes demonstrating with assistance:** • Kicking • Arm movement • Combining leg and arm movements	**This includes demonstrating:** • Kicking with a buoyant aid • Arm movement with a buoyant aid • Combining leg and arm movements in both a front and back position	**This includes demonstrating:** • Moving a distance of 5 metres without assistance or buoyant aids

UNDERWATER

DEVELOPMENT MILESTONES	U1 Submerge the body and exhale in the water	U2 Submerge and recover an object from waist deep water	U3 Submerge the body and move through an obstacle
EXPLANATIONS	**This includes submerging:** • The body fully underwater, open eyes and blow bubbles through mouth and nose • Underwater and surfacing repetitively	**This includes submerging:** • The body to recover an object from a pool step, ledge or platform • The body in waist deep water to recover an object	**This includes submerging:** • The body fully underwater and moving horizontally through a hoop or under a flotation mat

LIFESAVING

DEVELOPMENT MILESTONES	L1 Identify people who can help in an emergency	L2 Identify how to get help	L3 Identify people and actions to help in an aquatic emergency
EXPLANATIONS	**This includes recognising:** • Parents, carers, adults as the first point of call • Emergency services – Police/Fire/Ambulance • Lifeguards/Lifesavers	**This includes recognising:** • When someone is in trouble • Not to enter the water to help • Ways to get help (e.g. shout, go and get an adult, find a lifeguard)	**This includes being able to:** • Identify what is an emergency • Identify types of emergencies (e.g. drowning incident, injury, collapse, allergic reactions, choking, fire, crime) • Recall the emergency number Triple Zero (000) • Recall their home address

SURVIVAL SEQUENCE

DEVELOPMENT MILESTONES	N/A	N/A	Q3 Perform a survival sequence to simulate an accidental entry
EXPLANATIONS	N/A	N/A	**This includes being able to:** a) Simulate an accidental entry b) Surface and orientate to a floating position c) Move to a position of safety d) Exit the water safely

NATIONAL BENCHMARK RELATING TO THE FUNDAMENTAL STAGE

Every Australian at the age of 6 years should be able to:

- Identify rules for safe behaviour at aquatic environments at or near the home
- Enter and exit shallow water unassisted
- Float and recover to a standing or secure position
- Move continuously for 5 metres
- Submerge the body and move through an obstacle
- Identify people and actions to help in an aquatic emergency
- Perform a survival sequence to simulate an accidental entry

ROYAL LIFE SAVING
AUSTRALIA