NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

STRANDS	FUNDAMENTAL			ACQUISITION			APPLICATION		
	Development Milestones			Development Milestones			Development Milestones		
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	**H4** Identify a range of aquatic environments	**H5** Identify hazards in a range of aquatic environments	**H6** Understand and respect safety rules for a range of aquatic environments	**H7** Explore a range of aquatic activities and understand how to participate safely	**H8** Understand and assess a range of aquatic risks	**H9** Understand behaviours that affect personal safety in aquatic environments and activities
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	**E4** Enter and exit deep water using feet first entries	**E5** Enter and exit deep water using head first entries	**E6** Enter and exit the water for a range of environments	**E7** Assist others to exit the water	**E8** Assist others to exit shallow water using bystanders	**E9** Assist others to exit deep water using bystanders
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	**F4** Float, scull or tread water for 1 minute wearing a lifejacket	**F5** Float, scull or tread water for 1 minute	**F6** Float, scull or tread water for 2 minutes and signal for help	**F7** Perform the HELP technique for 2 minutes	**F8** Perform the huddle technique for 2 minutes	**F9** Float, scull or tread water for 5 minutes and signal for help
SWIMMING	**S1** Move in the water with assistance	**S2** Move in the water without assistance	**S3** Move continuously for 5 metres	**S4** Swim continuously for 15 metres	**S5** Swim continuously for 25 metres	**S6** Swim continuously for 50 metres	**S7** Swim continuously for 100 metres	**S8** Swim continuously for 200 metres	**S9** Swim continuously for 400 metres
UNDERWATER	**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	**U4** Surface dive and recover an object from shoulder deep water	**U5** Surface dive, swim underwater and recover an object from shoulder deep water	**U6** Surface dive, swim underwater and search to recover an object from deep water	**U7** Search in a shallow water environment	**U8** Search in a deep water environment	**U9** Search in a deep water environment and recover a person
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	**L4** Recogise an emergency and call for help	**L5** Recognise and support an emergency	**L6** Respond to an emergency and perform a primary assessment	**L7** Respond to an emergency and perform CPR	**L8** Respond to an emergency and provide emergency care	**L9** Respond to an emergency and provide first aid
RESCUE	N/A	N/A	N/A	**R4** Be rescued by a non-swimming rescue technique	**R5** Rescue a person using a non-swimming rescue technique	**R6** Rescue a person using a non-swimming rescue technique with non-rigid aids	**R7** Rescue a conscious person using a wade and an accompanied rescue	**R8** Rescue a conscious person using a non-contact tow in deep water	**R9** Rescue an unconscious person in deep water
SURVIVAL SEQUENCE	N/A	N/A	**Q3** Perform a survival sequence to simulate an accidental entry	**Q4** Perform a survival sequence with a buoyant aid	**Q5** Perform a survival sequence without a buoyant aid	**Q6** Perform a survival sequence wearing light clothing	**Q7** Perform a survival sequence wearing a lifejacket	**Q8** Perform a survival sequence in a group	**Q9** Perform a survival sequence wearing heavy clothing