

# NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK – AT A GLANCE

The National Swimming and Water Safety Framework aims to enable individuals to develop the skills, knowledge, understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments.

The Framework encourages participation from the early years and will be a catalyst for lifelong learning and participation in swimming and water safety. The Framework supports a structured and consistent understanding of swimming and water safety education across Australia.

## GUIDING PRINCIPLES

These six principles underpin the Framework.

**01.**

Everyone should have the opportunity to a swimming and water safety education

**02.**

Entry and progression may occur at different stages and rates through the Framework

**03.**

The Framework is adaptable to support achievement

**04.**

Structured programs are essential; however, aquatic play and recreation are also important

**05.**

Learning should transition skills and knowledge to a range of aquatic environments and water-based activities

**06.**

The language of the Framework aims to be accessible for all facilitators, educators and parents

## INTENDED USE

Guides those who influence learning opportunities and are responsible for developing, providing or selecting a swimming and water safety program.



**Government**



**Education Sector**



**Swim Schools**



**Swimming and Water  
Safety Teachers**



**Parents**



**Individuals**

## ELEMENTS

Together, these interrelated elements support holistic swimming and water safety education.



**Knowledge and Understanding**



**Skills and Abilities**



**Attitudes and Behaviours**

## STRANDS

These key learning areas reflect a broad and balanced curriculum of swimming and water safety.



**HAZARDS AND PERSONAL SAFETY**



**ENTRY AND EXIT**



**FLOTATION**



**SWIMMING**



**UNDERWATER**



**LIFESAVING**



**RESCUE**



**SURVIVAL SEQUENCE**

## STAGES

The development stages that an individual can progress through as they build confidence and competence in swimming and water safety.

### Fundamental Stage



At this stage an individual may have limited or no experience in swimming and water safety.

### Acquisition Stage



At this stage an individual is building on the foundation skills through practice and working towards developing the minimum competencies to be safer in and around water.

### Application Stage

At this stage an individual is extending their skill level competency to safely participate in a range of aquatic activities in varying aquatic environments.

You can find more information on the Framework here:

<https://www.royallifesaving.com.au/programs/national-swimming-and-water-safety-framework>



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