



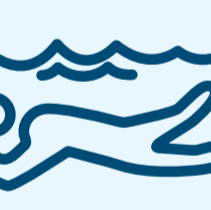

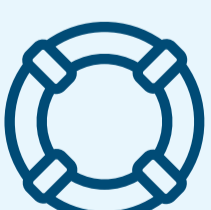



# NATIONAL SWIMMING AND WATER SAFETY BENCHMARKS

STRANDS	EVERY AUSTRALIAN AT THE AGE OF 6 YEARS SHOULD BE ABLE TO:	EVERY AUSTRALIAN AT THE AGE OF 12 YEARS SHOULD BE ABLE TO:	50% OF ALL AUSTRALIANS AT THE AGE OF 17 YEARS SHOULD BE ABLE TO:
 <p><b>HAZARDS AND PERSONAL SAFETY</b></p>	Identify rules for safe behaviour at aquatic environments at or near the home	Understand and respect safety rules for a range of aquatic environments	Understand behaviours that affect personal safety in aquatic environments and activities
 <p><b>ENTRY AND EXIT</b></p>	Enter and exit shallow water unassisted	Enter and exit the water for a range of environments	Assist others to exit deep water using bystanders
 <p><b>FLOTATION</b></p>	Float and recover to a standing or secure position	Float, scull or tread water for 2 minutes and signal for help	Float, scull or tread water for 5 minutes and signal for help
 <p><b>SWIMMING</b></p>	Move continuously for 5 metres	Swim continuously for 50 metres	Swim continuously for 400 metres
 <p><b>UNDER WATER</b></p>	Submerge the body and move through an obstacle	Surface dive, swim underwater and search to recover an object from deep water	Search in a deep water environment and recover a person
 <p><b>LIFESAVING</b></p>	Identify people and actions to help in an aquatic emergency	Respond to an emergency and perform a primary assessment	Respond to an emergency and provide first aid
 <p><b>RESCUE</b></p>	Perform a survival sequence to simulate an accidental entry	Rescue a person using a non-swimming rescue technique with non-rigid aids	Rescue an unconscious person in deep water
 <p><b>SURVIVAL SEQUENCE</b></p>		Perform a survival sequence wearing light clothing	Perform a survival sequence wearing heavy clothing

## 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



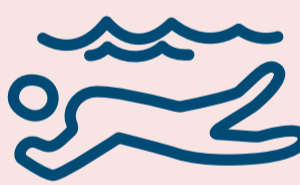
Enter and exit shallow water unassisted



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

## EVERY AUSTRALIAN AT THE AGE OF 12 YEARS SHOULD BE ABLE TO:



Understand and respect safety rules for a range of aquatic environments



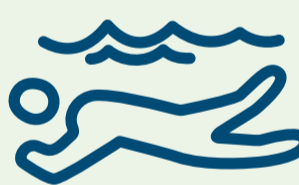
Enter and exit the water for a range of environments



Float, scull or tread water for 2 minutes and signal for help



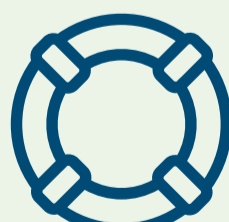
Swim continuously for 50 metres



Surface dive, swim underwater and search to recover an object from deep water



Respond to an emergency and perform a primary assessment



Rescue a person using a non-swimming rescue technique with non-rigid aids



Perform a survival sequence wearing light clothing

## 50% OF ALL AUSTRALIANS AT THE AGE OF 17 YEARS SHOULD BE ABLE TO:



Understand behaviours that affect personal safety in aquatic environments and activities



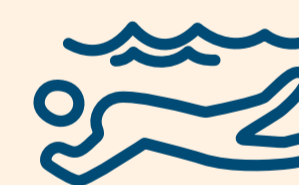
Assist others to exit deep water using bystanders



Float, scull or tread water for 5 minutes and signal for help



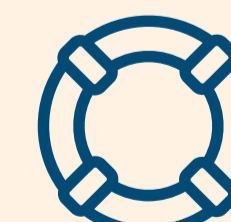
Swim continuously for 400 metres



Search in a deep water environment and recover a person



Respond to an emergency and provide first aid



Rescue an unconscious person in deep water



Perform a survival sequence wearing heavy clothing