



NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

What is the National Swimming and Water Safety Framework?

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

What does this mean for the Aquatic Industry and Swim Schools?

The Framework provides the aquatic industry and swim schools with:

- > A structured and consistent understanding of swimming and water safety education across Australia
- > A guide for developing comprehensive and holistic swimming and water safety programs encompassing elements in all key learning strands.
- > An understanding of water safety and lifesaving knowledge outcomes to be incorporated into lessons to underpin skills being taught.
- > A continuum of learning towards evidence-based National Benchmarks.
- > The capacity to track student achievement against the development milestones and benchmarks.
- > The ability to identify students that may be below the competency standards to target for remediation programs.

“A catalyst for improving programs.”

What should a program include?



About **hazards and personal safety** for aquatic environments and activities in order to make safe decisions and develop the ability to assess risks and consequences for themselves and others.



A range of **entries and exits** and how to assess the environment and conditions prior to entering or exiting the water.



A range of personal **survival skills** including floating, orientation, sculling and treading water to prepare for unintentional immersion.



Swimming and survival strokes which increase in distance and endurance over time and how to select and modify a stroke for varying conditions, or for rescue or survival.



Breath control and underwater skills for submersion and moving through water before progressing to searching for submerged objects or an unconscious person.



Lifesaving actions to recognise and respond in an emergency including how to get help, basic resuscitation and first aid.



About **rescue principles and skills** including how to protect themselves, select an appropriate method and effectively perform a rescue.



Survival strategies for themselves and a group and to develop the ability to acknowledge their personal aquatic strengths and limitations.

“A ‘good’ program balances all of the Framework elements and learning strands to provide a continuum of learning towards the competency standards of the National Benchmarks and beyond.”

How can Swim Schools help their students’ swimming and water safety education?

- 01** Develop programs that include key learning areas that are consistent with the Framework strands and incorporate the elements of skills, knowledge and understanding, attitudes and behaviour.
- 02** Review current programs to identify gaps and areas for improvement. Use the Framework Implementation Checklist as a guide.
- 03** Incorporate skills from all learning strands as regular components of lesson plans, not just for a water safety day or week.
- 04** Ensure knowledge and understanding elements are incorporated into the teaching of skills to assist with applying water safety skills and knowledge in a range of contexts.
- 05** Extend program offerings to encompass broader lifesaving, rescue and first aid outcomes that may lead to a career pathway or continued participation in aquatic recreation.
- 06** Offer a range of aquatic sports to enhance development of skills and encourage lifelong engagement in aquatic activity.
- 07** Investigate and promote opportunities for students’ skills and knowledge to be applied in a range of aquatic environments to assist with transferring skills.
- 08** Promote the value of the National Swimming and Water Safety Framework and the importance of learning water safety and lifesaving skills to the community.

! IMPORTANT

The Framework is endorsed by the Australian Water Safety Council who prescribes that every Australian child must be given the opportunity to acquire and maintain minimum standards of water safety competency.

Leading aquatic industry organisations and individuals, State and Territory Government representatives, and academics have contributed to the National Swimming and Water Safety Framework.

The Australian Taxation Office in its ruling on GST and personal aquatic survival skills stipulates that swimming and water safety programs that are consistent with the National Swimming and Water Safety Framework are GST-free.

FOR MORE INFORMATION

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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