



## 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 schools?

The Framework provides the education sector and individual schools with:

- > A basis to develop policies around swimming and water safety education and expectations when planning water safety programs.
- > A guide for developing or selecting a comprehensive and holistic swimming and water safety program encompassing elements in all key learning strands.
- > An understanding of water safety and lifesaving outcomes that could be incorporated into cross-curricula activities.
- > 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.

“Aims to improve learning outcomes.”

### What should your students learn?



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 schools help their students’ swimming and water safety education?

- 01 Provide swimming and water safety lessons for their students annually as a minimum.
- 02 Select 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.
- 03 Supplement practical skills with water safety knowledge activities in the classroom.
- 04 Offer opportunities to learn dry lifesaving elements such as resuscitation and first aid.
- 05 Offer a range of aquatic sports to enhance development of skills and encourage lifelong engagement in aquatic activity.
- 06 Seek learning experiences such as surf education or river safety programs that introduce students to different aquatic environments.
- 07 Discuss issues surrounding risk-taking, peer pressure, safe behaviours and attitudes using examples in aquatic environments and activities as case studies.
- 08 Ensure teachers are familiar with the Framework and resources available to assist in teaching water safety education.

## ! IMPORTANT CONSIDERATIONS

Students must always be actively supervised by a teacher when participating in school organised programs and activities in, on and around water. Even competent swimmers can find themselves in difficulty in the water.

Remember, your students have most likely learnt their skills in a controlled, purpose-build facility. Their competency in swimming and water safety directly corresponds to the point of time and the location where assessment took place. Always re-assess your students prior to participation in any aquatic activity.

Participation in swimming and water safety programs will not fully safeguard from drowning incidents. Programs aim to provide the skills and knowledge in order to make safer decisions and to develop the ability to acknowledge personal aquatic strengths and limitations.

### 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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