



Australian Water Safety Council

Audit of National Water Safety Programs 2007



January 2008



Australian Government
Department of Health and Ageing



Australian Water Safety Council Audit of National Water Safety Programs

© 2008 Australian Water Safety Council

All rights reserved

The report is copyright. This work may be reproduced in whole or in part for research or training purposes subject to the inclusion of an acknowledgement of the source and provided no commercial usage or sale is made. For any other enquiries concerning reproduction, contact the RLSSA National Manager, Research and Health Promotion on phone (02) 8217 3128.

Further Copies:

Copies of the Audit of Water Safety Programs 2007 are available from the Australian Water Safety Council Website <http://www.watersafety.com.au>.

For further information please contact:

Royal Life Saving Society Australia

PO Box 558, Broadway NSW 2007 Australia.

Telephone: (02) 8217 3128

Facsimile: (02) 8217 3199

E-mail: info@rlssa.org.au

Website: <http://www.watersafety.com.au>

Suggested citation:

AWSC (2008). *Audit of National Water Safety Programs 2007*. Sydney, Australian Water Safety Council [Secretariat: Royal Life Saving Society Australia, PO Box 558, Broadway NSW 2007, Australia]

Funding

Funding for this report was provided by the Australian Government.

The Australian Water Safety Council is comprised of:

The Royal Life Saving Society Australia (RLSSA); Surf Life Saving Australia (SLSA); AUSTSWIM; Australian Swimming Coaches & Teachers Association (ASCTA); Australian Swimming Incorporated; Kidsafe Australia; Farmsafe Australia (FSA); Australia & New Zealand Safe Boating Education Group (ANZSBEG); Australian Local Government Association (ALGA); Surfing Australia; Aquatic and Recreation Institute (ARI); Standing Committee on Recreation and Sport (SCORS).



Australian Water Safety Council Audit of National Water Safety Programs

Contents

Abbreviations	4
Preamble	5
How was the information collected?.....	5
Information Collected	5
Description of Levels of Evidence	6
Future Directions.....	6
Presentation of Information Collected	6
National Programs	7
Aquatic and Recreational Signage Style Guide	7
Australasian-Oceania Swimming Professionals Convention	8
AUSTSWIM teacher of swimming and water safety (TSW).....	9
Child safety on farms	10
Guidelines for Safe Pool Operation.	11
Keep Watch.....	12
Pool Fencing for preventing children from drowning.....	13
RLSSA Bronze Rescue	14
RLSSA Infant Aquatics Water Familiarisation program for children aged 6 months to 4 years.....	15
RLSSA Junior Lifeguard Club A program to further develop swimming and lifesaving skills.	16
Safe Surfing Australia	17
Spring-into-Summer Swim Seminar Series	18
Surf Education.....	19
Swim and Survive: A national swimming and water safety program educating 5-14 year olds.....	20
Swim TOUR: National Learn-to-Swim Seminar Tour	21
Telstra Beach to Bush Surf Safety Program.....	22
Work with Culturally and Linguistically Diverse (CALD) communities across Australia.	23
State Programs	24
NSW – Country Energy Water Safety Program.....	24
NSW – Pilot Keep Watch Community Health Workers Water Safety Program	25
NSW – Water Safety Practice Note - NSW Swimming Pools Act 1992 and Swimming Pools Regulation 1999 - Brochure on pool legislation - backyard pool safety checklist	26
NT – RLSSA NT Remote Pools Project	27
NT – Swimming Pool Fencing Legislation.....	28
Qld – SwimWEST Conference	29
SA – CALD work in the Vietnamese Community in South Australia.....	30
SA – VACSWIM	31
Tas – Older Tasmanian Project	32
Tas – Working with CALD communities in Tasmania.....	33
Vic – Boating Safety for Kids Program	34
Vic – Open Water Learning Experience	35
Vic – Victorian Schools Pool Lifesaving TELEGAMES 2005	36
Vic – The Surfing Victoria Indigenous Surfing Program	37
WA – Spinal Injuries Prevention Program - Aquatic Safety.....	38
Regional Programs	39
Building Healthy Communities Nuiyu Aquatic Recreation Project.....	39
Hume Aquatic Recreation Project.....	40
Murdi Paaki Mobile Indigenous Training Program	41
Midwest/Geraldton WA - Outback Road Show "Kaitlyn's Pool"	42
Swim for Life – Auburn, Bankstown, Canterbury	43
Local Programs	44
Domestic swimming pool fencing for preventing children from drowning.....	44
Regular inspections of private pool fencing for preventing children from drowning.....	45



Australian Water Safety Council Audit of National Water Safety Programs
Abbreviations

ACT	Australian Capital Territory
AS	Australian Standard
ASCTA	Australian Swimming Coaches & Teachers Association
AUSTSWIM	The Australian Council for the Teaching of Swimming and Water Safety
AWSC	Australian Water Safety Council
AWSCRC	Australian Water Safety Council Research Committee
CALD	Culturally and Linguistically Diverse Communities
CHW	Community Health Worker
CSA	Community Service Announcement
Dept	Department
DES	Department of Emergency Services
DLG	Department of Local Government
DSR	Department of Sport and Recreation
FSA	Farmsafe Australia
GSPO	Guidelines for Safe Pool Operation
JLC	Junior Lifeguard Club
LSV	Life Saving Victoria
NCIS	National Coroners Information Service
NSW	New South Wales
NT	Northern Territory
NWSP	National Water Safety Plan
PBF	Paraplegic Benefit Fund
PFD	Personal Flotation Device
QA	Quality Assurance
QISU	Queensland Injury Surveillance Unit
Qld	Queensland
R&Y	Red and Yellow
RLSSA	Royal Life Saving Society Australia
RLSSWA	Royal Life Saving Society Western Australia
SA	South Australia
SLSA	Surf Life Saving Australia
SLSNSW	Surf Life Saving New South Wales
SLSNT	Surf Life Saving Northern Territory
SPSA	Swimming Pool Safety Assessment
Tas	Tasmania
TSW	Teacher of Swimming and Water Safety
TV	Television
USA	United States of America
VASR	Victorian Association of Sport and Recreation
Vic	Victoria
WA	Western Australia



Australian Water Safety Council Audit of National Water Safety Programs

Preamble

The Australian Water Safety Council (AWSC) in 2004 renewed its push to reduce drowning deaths in Australia with the launch of the National Water Safety Plan for the period 2004-2007. This new plan establishes both the good work being undertaken around Australia in drowning prevention and aquatic safety and provides direction in collaboration with State and Territory Water Safety Councils or Taskforces to continue to reduce drowning deaths.

As part of the effort the AWSC undertook an audit of water safety programs, services and resources available in Australia. The audit provides a snapshot of current activities that can be used / shared / implemented around Australia. There are plans for an online updatable database that will allow for searches to be carried out about the programs to be displayed on the AWSC website.

The programs that have been entered to date are presented later in the document. To undertake the audit several methods of collection have been established.

How was the information collected?

All members of the Australian Water Safety Council (AWSC), coordinators of State or Territory Water Safety Councils / Taskforces, people who had attended previous water safety conferences and water safety programs previously identified were contacted. A letter was e-mailed in November 2007 to all AWSC members and affiliates requesting that existing information be reviewed and updated if required, and inviting information on new water safety programs to be included either via the web or via a form.

Each program is entered once only (thus programs provided at different levels, such as local, state and nationally are in the audit only once even though they occur in different locations). People were informed that the purpose of the audit was to create an index of programs, services and resources, not to create a calendar of programs that tell people when programs are run, however this may be considered in the future.

Information Collected

- Type of program
- Organisation responsible
- Location
- Program coverage
- Target population
- Program start date
- Program end date
- Months the program is run per annum
- Description of the program
- How the program is delivered
- Resources used by the program
- Reasons the program is considered best practice
- Level of evidence
- Supporting reasons for best practice
- References
- Web links
- Who provided the information



Australian Water Safety Council Audit of National Water Safety Programs

Description of Levels of Evidence

- I – Evidence obtained from a systematic review of all relevant randomised controlled trials.
- II – Evidence obtained from at least one properly designed randomised controlled trial.
- III-1 – Evidence obtained from well-designed pseudo-randomised controlled trials (alternate allocation or some other method).
- III-2 – Evidence obtained from comparative studies with concurrent controls and allocation not randomised (cohort studies), case control studies, or interrupted time series with a control group.
- III-3 – Evidence obtained from comparative studies with historical control, two or more single arm studies, or interrupted time series without a parallel control group.
- IV – Evidence obtained from case series, either post-test or pre-test and post-test.
- V – Expert Opinion

Future Directions

Water safety program information will continue to be collected until November 2008 and entered into the audit database. A major collection and reporting will occur in 2008 to encapsulate all water safety programs being conducted in Australia (or programs that have been conducted during the 2004-2007 period).

An upgrade of the Australian Water Safety Council website (www.watersafety.com.au) will allow for a searchable feature to search for water safety programs and resources. This feature will also allow for the searcher to be directed to particular members' website, if this is where the information resides. For example if someone is searching for "surf clubs" they would be directed to the Surf Life Saving Australia website (www.slsa.asn.au) or if someone was search for a "swim school" they would be directed to the swim school locator on the AUSTSWIM website (<http://www.austswim.com.au/pages/locator.htm>).

The audit information will also be integrated into the website thus allowing for people to update their information on a regular basis. It will also have a feature where an e-mail will be sent to people responsible for the program to update their information. The audit information will be displayed on the website allowing for a person to scroll through the different programs.

Presentation of Information Collected

The information returned is divided into National, State, Regional and Local programs in alphabetical order.



Australian Water Safety Council Audit of National Water Safety Programs
National Programs

Aquatic and Recreational Signage Style Guide

Type of program: Publication

Organisation responsible: Surf Life Saving Australia and Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: All ages - Community: All manager and venue operators of aquatic locations*

Program start date: 2003

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Signage plays an important role in risk management as it informs users of dangers, and safety information, offers some protection to the land manager from litigation and provides an economic alternative to that of employing a person at every access point to the aquatic location to inform people of dangers. The manual has been designed to provide a clear guide to land managers and venue operators of a best practice signage system that uses existing standards and risk management principles for aquatic and recreational signage.

How the program is delivered: Guide purchased through RLSSA or SLSA and then implemented by the purchaser.

Resources used by the program: Based on Australian Standards.

Reasons the program is considered best practice: This manual is based on current Australian Standards; was developed with and by industry in conjunction with the community; is being used by industry; is based on a risk management approach.

Level of evidence supporting reasons for best practice: V

References: Aquatic Signage Steering Committee (2006). National Aquatic and Recreational Signage Style Manual. State Government of Victoria, Department of Justice: Melbourne.

Web links:



Australian Water Safety Council Audit of National Water Safety Programs
Australasian-Oceania Swimming Professionals Convention

Type of program: Education

Organisation responsible: Australian Swimming Coaches and Teachers Association (ASCTA)

Location: Lavington, NSW

Program coverage: *National*

Target population: *Ages: All ages - Community: Teachers of Swimming and Water Safety*

Program start date: April, 1994

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	√	√	X	X	X	X	X	X	X

Description of program: International and national lecturers present on various professional development topics for Teachers of Swimming and Water Safety.

How the program is delivered: Open to all interested to register.

Resources used by the program: International and national standard presenters as selected by the ASCTA Learn-to-Swim Committee.

Reasons the program is considered best practice: Developed in consultation with the Industry.

Level of evidence supporting reasons for best practice: V

References:

Web links:

Information provided by: Ross Gage



Australian Water Safety Council Audit of National Water Safety Programs
AUSTSWIM teacher of swimming and water safety (TSW)

Core program plus: 1. Teacher of adults 2. Teacher of people with disability 3. Teacher of infant aquatics 4. Teacher of competitive strokes (extension programs with core TSW as prerequisite)

Type of program: Education

Organisation responsible: AUSTSWIM: The Australian Council for the Teaching of Swimming and Water Safety

Location: Boronia, VIC

Program coverage: *National*

Target population: *Ages: All ages - Community: 16 years plus*

Program start date: July, 1979

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Formal course work and practical industry based assessment.

How the program is delivered: Network of providers through quality assurance service agreement. Uses AUSTSWIM approved trainers' courses and providers.

Resources used by the program: Specifically developed resources including: Presenter kits, texts, multimedia, videos, assessment materials, course delivery and assessment policies and procedures.

Reasons the program is considered best practice: Industry developed with broad-based review committees.

Level of evidence supporting reasons for best practice: V

References: AUSTSWIM resources review committee minutes satisfaction survey.

Web links: www.austswim.com.au/policies

Information provided by: Gordon Mallett



Australian Water Safety Council Audit of National Water Safety Programs
Child safety on farms

Type of program: Prevention Activity: Promotion and education

Organisation responsible: Farmsafe Australia

Location: Moree, NSW

Program coverage: *National*

Target population: *Ages:* All ages - *Community:* Targets farmers, farm families, farm managers
re death/injury of children 0-14 years

Program start date: September, 2002

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Child drowning is one of the key risks to children living on or visiting farms. The program promotes: elimination of water hazards where feasible; securely fenced safe play areas on farms as a support to supervision and family rules. Promotional methods/tools include: safe play areas on farms resource guide (including fencing options); poster and brochure; website (www.farmsafe.org.au); TV community service ad (NSW and VIC) to be extended nationally; educational resources for schools; conduct regular surveys to help assess progress in implementation. Monitor incidents through media monitoring and NCIS. Conduct research as necessary (e.g. fence assessment).

How the program is delivered: Material available free of charge from Farmsafe Australia. Regular proactive promotion in media and through farmer mail outs. Materials provided to third party partners for distribution also. Implementation is voluntary.

Resources used by the program: Staff of Australian Centre for Agricultural Health and Safety with program funding from the Dept of Health and Ageing plus sponsorships from agribusiness partners.

Reasons the program is considered best practice: Developed in consultation with industry. Evidence based used in Australia and overseas. Modified Cochrane review has been conducted. Risk management approach. Practical and is being implemented by farmers.

Level of evidence supporting reasons for best practice: V

References: Harborview Injury Prevention and Research Centre, Child and adolescent drowning. University of Washington, 1997. Thompson DC, Rivara FP. Pool fencing for preventing drowning in children (Cochrane Review) in The Cochrane Library 2001; 1 Australian Centre for Agricultural Health and Safety. Children on farms. Moree: Australian Centre for Agricultural Health and Safety, 1997; Guidance Note Series No 7.

Web links: www.farmsafe.org.au

Information provided by: Julie Depczynski



Australian Water Safety Council Audit of National Water Safety Programs
Guidelines for Safe Pool Operation.

Type of program: Legislation / Standard

Organisation responsible: RLSSA / LSV

Location: Brighton, VIC

Program coverage: *National*

Target population: *Ages:* All ages - *Community:* Commercial aquatic industry

Program start date: 1991 in Victoria, 1994 nationally

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The purpose of the Guidelines for Safe Pool Operation (GSPO) is the development and distribution of safety standards for the commercial (public) swimming pool industry. It covers 7 areas, General Operations, Technical Operations (plant room), First Aid, Facility Design, Supervision, Programming and Low Patronage. The GSPO continues to be reviewed and updated to ensure that the guidelines are the best possible.

How the program is delivered: The GSPO is available via www.poolsafety.royallifesaving.com.au web site or hard copy. There is no enforcement per se as the GSPO are Guidelines but RLSSA does offer a substantial service in auditing pools against the GSPO with the Swimming Pool Safety Assessment (SPSA).

Resources used by the program: Numerous Australian standards. Dangerous Goods legislation and Codes of Practice from each State and Territory. OHS legislation and codes of practice from each State and Territory. Hazardous Substance legislation and codes of practice from each State and Territory.

Reasons the program is considered best practice: It is the only standard of its type in Australia. It is referred to in court (civil and coronial) as the relevant standard.

Level of evidence supporting reasons for best practice: V

References: Contained in the GSPO.

Web links: www.poolsafety.royallifesaving.com.au

Information provided by: Alistair Thom



Australian Water Safety Council Audit of National Water Safety Programs *Keep Watch*

Type of program: Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: 0-4 years - Community: Parents of Children 0-4 years*

Program start date: 1992

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Keep Watch is a public awareness program targeted at parents of children aged 0-4 years. The program aims to encourage parents to supervise their children around water (i.e. be within arms reach of their child at all times when they are near water), restrict children's access to water (e.g. ensure that have appropriate fencing around home swimming pools that meets Australian Standard AS1926), learn resuscitation, and ensure their child undertakes water familiarisation classes.

How the program is delivered: Keep Watch is delivered in a range of formats through the RLSSA Branch network. Delivery mechanisms include: providing information sessions to community health workers; community service announcements on TV, radio and in newspapers; distribution of information to parents at special events such as baby shows; website; mothers' group talks, resuscitation classes; and infant aquatic classes.

Resources used by the program: The program has a number of resources: Brochures, posters, CD-Roms, fact sheets, website, promotional ducks, CPR fridge magnets, and newsletters.

Reasons the program is considered best practice: Developed in consultation with parents of children, proven strategies of supervision, fencing, water familiarisation and resuscitation. Has been used for many years in Australia. A Cochrane review has found pool fencing to be effective.

Level of evidence supporting reasons for best practice: IV

References: Thompson, DC. Rivara, FP. (2004) Pool fencing for preventing drowning in children. [Systematic Review] Cochrane Injuries Group Cochrane Database of Systematic Reviews
Australian Standard AS1926

Web links: www.keepwatch.com.au

Information provided by: Richard Franklin



Australian Water Safety Council Audit of National Water Safety Programs
Pool Fencing for preventing children from drowning.

Type of program: Prevention Activity

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: National

Target population: Ages: 0-4 years - Community: Parents or care givers who look after children
0-4 years of age

Program start date: 1985

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Pool fencing has been found to be an effective means for restricting the access of children 0-4 years of age from entering an area where there is a swimming pool. An Australian Standard (AS1926) has been developed to help ensure compliance. While there are a range of possible swimming pool designs, four-sided fencing ensuring access through a dynamic, secure gate (i.e. self-closing and self-latching) was found to be the most effective. Enforcement of these requirements has also been found to increase compliance and effectiveness.

How the program is delivered: Enforced by State and Territory legislation. Implemented through building codes.

Resources used by the program: Australian Standard AS1926. Safety inspectors employed by municipal governments.

Reasons the program is considered best practice: Developed in consultation with industry. Restricts children from gaining access to swimming pools. Being used in Australia and internationally. Risk management approach. A Cochrane review has been conducted and found to be effective.

Level of evidence supporting reasons for best practice: III-2

References: Thompson, DC. Rivara, FP. (2004) Pool fencing for preventing drowning in children. [Systematic Review] Cochrane Injuries Group Cochrane Database of Systematic Reviews. Australian Standard AS1926 (see web links).

Web links:

<http://www.standards.com.au/catalogue/script/Result.asp?PSearch=false&SearchType=simple&Status=al1&DegrKeyword=as1926&Search=Search&Db=AS&Max=15>



Australian Water Safety Council Audit of National Water Safety Programs
RLSSA Bronze Rescue

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: All ages - Community: Main program Bronze Medallion is 14 years upwards*

Program start date: 1894

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Bronze Rescue program gives the participant knowledge and skills to be able to make the right survival decisions to help themselves or those around them to survive an aquatic emergency. The Bronze Rescue program is made up of Rescue Strands; Dry Rescue Wade Rescue Accompanied Rescue and Bronze Strands; Bronze Star Bronze Medallion Bronze Cross.

How the program is delivered: The Bronze Rescue program is conducted throughout Australia through RLSSA Branches, schools, and pools.

Resources used by the program: Brochures Posters Swimming & Lifesaving Manual Website Companion website Certificates and medallions.

Reasons the program is considered best practice: Used throughout Australia and internationally, Best practice in the National Water Safety Plan, VET qualification for career (Bronze Medallion), Bronze Medallion is the International Benchmark lifesaving award.

Level of evidence supporting reasons for best practice:

References:

Web links: www.bronzerescue.com.au

Information provided by: Penny Larsen



Australian Water Safety Council Audit of National Water Safety Programs
RLSSA Infant Aquatics Water Familiarisation program for children aged 6 months to 4 years.

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: 0-4 years- Community: All parents with children 0-4 years*

Program start date: 2001

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The RLSSA Infant Aquatic program encourages individual progression in developing aquatic skills suitable to a child's developmental stage. Key Components of the program are; Water Familiarisation, Water Safety, Early Buoyancy and Swimming Development. The key strands of the program are; Getting Wet, Keeping Balance, Breathing, Basic Kick & Arm Action, Going Underwater, and Staying Afloat

How the program is delivered: The program is conducted through RLSSA Endorsed Swim Schools and RLSSA Branches.

Resources used by the program: Brochures, posters, instructor guide, information on website, and certificates.

Reasons the program is considered best practice: Developed in consultation with industry. Consideration of physical, cognitive, social and emotional development of children used in the development of program. Used throughout Australia.

Level of evidence supporting reasons for best practice:

References:

Web links: www.royallifesaving.com.au

Information provided by: Penny Larsen



Australian Water Safety Council Audit of National Water Safety Programs
RLSSA Junior Lifeguard Club A program to further develop swimming and lifesaving skills.

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: 5-14 years - Community: 8-15 years*

Program start date: 1996

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Junior Lifeguard Club program is a unique aquatic alternative for children who want more than just swimming lessons. The program develops swimming and aquatic skills with an emphasis on; Lifesaving Skills, Swimming Skills, Community Education, Competition, Lifesaving Knowledge, Leadership and Teamwork Fitness.

How the program is delivered: The program is delivered through swim schools and pools as an alternative program for children. Lifesaving and swimming clubs are often the main organisers of the program.

Resources used by the program: JLC Coaches manual, lifesaving equipment, water logs, stickers, posters, and brochures.

Reasons the program is considered best practice: Only program of its type and is used throughout Australia.

Level of evidence supporting reasons for best practice:

References:

Web links: www.juniorlifeguard.com.au

Information provided by: Penny Larsen



Australian Water Safety Council Audit of National Water Safety Programs
Safe Surfing Australia

Type of program: Education, Prevention activity

Organisation responsible: Surfing Australia Inc.

Location: Kingscliff, NSW

Program coverage: *National*

Target population: *Ages:* All ages - *Community:* Anyone wanting to learn to ride a surfboard

Program start date: October, 2003

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Safe Surfing program is a five level certificate course designed to take the beginner to higher levels of competence. This program is balanced with surf and beach environment issues, educating participants about the dangers of the ocean and giving a greater awareness of changing conditions.

How the program is delivered: Safe Surfing is delivered by the 70 affiliated surf schools around Australia.

Resources used by the program: - Soft surfboards - Rash shirts and wetsuits (when required). - A 64 page handbook/workbook for the participant to use as a technical backup to the practical course.

Reasons the program is considered best practice: For the student/coach ratio which is 8, although nationally accredited coaches sometimes reduce the ratio to 6 for greater personal contact.

Level of evidence supporting reasons for best practice: V

References:

Web links:



Australian Water Safety Council Audit of National Water Safety Programs
Spring-into-Summer Swim Seminar Series

Type of program: Education

Organisation responsible: Swim Australia

Location: Bellbowrie, QLD

Program coverage: *National*

Target population: *Ages: 15-55+ years - Community: Teachers and Managers of Swimming and Water Safety Programs*

Program start date: September, 2005

Program end date:

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	X	X	X	√	√	X

Description of program: Laurie Lawrence presents on teaching swimming and water safety.

How the program is delivered: Open to all interested to register.

Resources used by the program: International standard presenter with DVD etc. Developed relevant to topics.

Reasons the program is considered best practice: Developed in consultation with industry and very well received.

Level of evidence supporting reasons for best practice: V

References:

Web links: www.swimaustralia.org.au

Information provided by: Ross Gage



Australian Water Safety Council Audit of National Water Safety Programs *Surf Education*

Type of program: Education

Organisation responsible: Surf Life Saving Australia

Location: Bondi Beach, NSW

Program coverage: *National*

Target population: *Ages: 5-14 years Community: Junior Activities Members of SLSA*

Program start date: 1994

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	X	X	X	√	√

Description of program: Surf Education is a program designed for Junior Activities Members of Surf Life Saving Australia, also known as Nippers. The Program delivers education for children between the ages of U8 and U14, and focuses on surf safety, survival, and awareness. They are taught about the dangers of the surf and how to stay safe when at the beach. The program covers all aspects from water safety - reading the surf, recognising rips and currents, understanding waves etc as well as other dangers, such as the sun.

How the program is delivered: The different elements of the Surf Education Program are available for purchase by surf life saving clubs for the delivery of the course. The clubs are required to deliver a minimum level of the course to all junior activities participants. The program is delivered by club members; typically these are the parents of the children involved. These parents undergo training as an Age Manager, which is very comprehensive, incorporating all aspects of Junior Activities - including Surf Education.

Resources used by the program: The program uses the resources: - Surf Awareness 1 and 2; Surf Safety 1 and 2; and Surf Smart 1 and 2.

Reasons the program is considered best practice: Surf Life Saving Australia is the leading authority in surf lifesaving and surf education in Australia. This knowledge and experience is passed onto these members, and is understood to be best practice by the 40,000 strong membership which continues to grow.

Level of evidence supporting reasons for best practice:

References:

Web links: http://www.slsa.asn.au/doc_display.asp?document_id=3
http://www.slsa.asn.au/doc_display.asp?document_id=78

Information provided by: Tim Lee



Australian Water Safety Council Audit of National Water Safety Programs
Swim and Survive: A national swimming and water safety program educating 5-14 year olds.

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: National

Target population: Ages: 5-14 years Community: For all children in the targeted age group

Program start date: 1982

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Swim and Survive is a national swimming and water safety program that has been educating 5-14 year olds for over twenty years. It aims to reduce the number of Australians drowning by ensuring that people have a sound knowledge of how to be safe when in, on and around water, as well as skills in swimming, personal survival and basic rescue. There are six strands in the Swim and Survive program; Entries & Exits, Sculling & Body Orientation, Movement and Swimming strokes, Survival and PFD skills, Underwater skills and Rescue Skills. Swim and Survive aims to develop these themes; Swimming technique, Water Safety Knowledge, Water confidence, Survival skills, Endurance. There are 7 Levels of Swim and Survive to progress through and achieve.

How the program is delivered: The program is conducted through RLSSA Endorsed Swim Schools, RLSSA Branches, Departments of Education, Schools.

Resources used by the program: Aquapak, certificates, aqua quiz, website, log books, brochures, and posters.

Reasons the program is considered best practice: Developed in consultation with industry. Used throughout Australia and internationally. Best practice in National Water Safety Plan - all primary school children should achieve Level 4 Swim and Survive. The National Water Safety Framework links outcomes to the Key Learning Areas in Health and Physical Education in the National Curriculum. Over 10 million children have participated in the Swim and Survive program.

Level of evidence supporting reasons for best practice:

References:

Web links: www.swimandsurvive.com.au

Information provided by: Penny Larsen



Australian Water Safety Council Audit of National Water Safety Programs
Swim TOUR: National Learn-to-Swim Seminar Tour

Type of program: Education

Organisation responsible: Swim Australia

Location: Bellbowrie, QLD

Program coverage: *National:* Approximately 12 centres across Australia

Target population: *Ages:* All ages - *Community:* Teachers & Managers of Swimming and Water Safety Programs

Program start date: August, 2001

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	√	√	X	X	√	√	X	X	X

Description of program: Dave DuBois, USA, presents on various professional development topics for Teachers of Swimming and Water Safety and Swim School managers.

How the program is delivered: Open to all interested to register.

Resources used by the program: International standard presenter as selected by the ASCTA Learn-to-Swim Committee.

Reasons the program is considered best practice: Developed in consultation with the Industry.

Level of evidence supporting reasons for best practice: V

References:

Web links:

Information provided by: Ross Gage



Australian Water Safety Council Audit of National Water Safety Programs
Telstra Beach to Bush Surf Safety Program

Type of program: Community Awareness

Organisation responsible: Surf Life Saving Australia

Location: Bondi Beach, NSW

Program coverage: *National*

Target population: *Ages: 5-14 years Community: School Students in Rural communities*

Program start date: August, 2001

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	√	√	√	√	√	√

Description of program: The Telstra Beach to Bush Surf Safety Program offers school-age children in regional areas an introduction to surf lifesaving by utilising local waterways and surf lifesaving equipment. Classroom based surf safety lessons are delivered by a number of knowledgeable facilitators. The programs have been run in schools in remote locations in an attempt to increase awareness of the risks associated with the surf and local waterways, as well as ways to minimise these risks.

How the program is delivered: This program is delivered by each Surf Life Saving State Centre. Prior to the commencement of each program, these States highlight the specific regions and towns that the program will visit in that particular year and expressions of interest will be sent to each school in the area. This method is used to ensure that most regional communities in each State are able to participate in the program over a given period of time.

Resources used by the program: Each program facilitator uses information from all of SLSA's educational material (SLSA Training Manual, SLSA Surf Education Program, etc.) to deliver content.

Reasons the program is considered best practice: Provides students in rural communities with an understanding of the dangers at the beach. Due to their distance from the coast, many of these students would not ordinarily have access to this information. Many of these students however, do travel to the coast for holidays, and this program provides them with strong safety tips on these occasions.

Level of evidence supporting reasons for best practice:

References:

Web links: http://www.slsa.asn.au/doc_display.asp?document_id=453

Information provided by: Chris Giles



**Australian Water Safety Council Audit of National Water Safety Programs
*Work with Culturally and Linguistically Diverse (CALD) communities
across Australia.***

Type of program: Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *National*

Target population: *Ages: All ages - Community: Targets will vary in each instance depending on the issues identified by the communities*

Program start date: March, 2005

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Royal Life Saving conducts numerous CALD programs in each State and Territory, recognising the diverse nature of Australia and the different language and cultural needs of Australians. Community consultation is held prior to a program commencing to determine what water safety issues are a concern in each of the communities, and what steps can be taken to help address these concerns.

How the program is delivered: Through a combination of public awareness campaign, utilising different media channels, the use of a community ambassador, and conducting training classes with bi-lingual presenters.

Resources used by the program: Translated resources and web based material.

Reasons the program is considered best practice: Origins in the best practice recommendation 27 from the NWSP. Developed in consultation with community and fulfilling a vital need to ensure safety information is accessible to all regardless of language barriers.

Level of evidence supporting reasons for best practice: V

References:

Web links: www.royallifesaving.com.au

Information provided by: Julia Bowyer



Australian Water Safety Council Audit of National Water Safety Programs
State Programs

NSW – Country Energy Water Safety Program

Type of program: Education

Organisation responsible: SLSNSW

Location: Narrabeen, NSW

Program coverage: *State:* Rural areas of NSW

Target population: *Ages:* 5-14 years - *Community:* Beach Visitors

Program start date: October, 2004

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	X	X	X	√	√	X

Description of program: This course is designed to teach school children the essentials of water safety and the techniques of a one-person rescue with the equipment available. The program is delivered at beaches, pools, dams or wholly in a classroom based setting using props and other equipment. It has been specifically orientated for those areas that are not geographically classed as 'outback' or 'coastal'.

How the program is delivered: The Program is sponsored by Country Energy and is designed and accessed through a band of Community Education Trainers within SLSNSW.

Resources used by the program: Workbooks, Face to Face delivery, SLS rescue equipment, charts, brochures, vehicles.

Reasons the program is considered best practice: Targets high risk groups based on statistics from established programs, evidence of increased awareness, risk management approach.

Level of evidence supporting reasons for best practice: III-2

References:

Web links:

Information provided by: Craig Roberts



Australian Water Safety Council Audit of National Water Safety Programs
NSW – Pilot Keep Watch Community Health Workers Water Safety Program

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Broadway, NSW

Program coverage: *State:* NSW

Target population: *Ages:* All ages - *Community:* NSW Community Health Workers

Program start date: February, 2003

Program end date: July, 2003

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	X	X	X	X	X	X

Description of program: A Keep Watch workshop and a number of resources for Community Health Workers (CHWs) in NSW were developed by RLSSA. The main objectives of the pilot program were: obtain a high level of awareness of the Keep Watch water safety messages and water safety prevention strategies by CHWs in NSW; and distribute Keep Watch water safety prevention strategies by CHWs in NSW.

How the program is delivered: Program was delivered via the RLSSA staff and volunteers throughout NSW.

Resources used by the program: Resources available in the "Keep Watch" program.

Reasons the program is considered best practice: The evaluation showed that the workshops increased CHWs knowledge about the Keep Watch water safety messages.

Level of evidence supporting reasons for best practice: IV

References: Franklin RC, Mitchell, R (2003). Evaluation of the Pilot Keep Watch Community Health Workers Water Safety Program. NSW Water Safety Taskforce, Sydney.

Web links: <http://www.keepwatch.com.au>



Australian Water Safety Council Audit of National Water Safety Programs
NSW – Water Safety Practice Note - NSW Swimming Pools Act 1992 and
Swimming Pools Regulation 1999 - Brochure on pool legislation -
backyard pool safety checklist

Type of program: Legislation / Standard

Organisation responsible: NSW Department of Local Government

Location: Nowra, NSW

Program coverage: *State:* NSW

Target population: *Ages:* All ages

Program start date: Unknown

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: - Practice Note provides advice to councils to assist them to perform their water safety functions in relation to beaches, public pools and other waterways under their care and control. Legislation, brochure and checklist set out legislative requirements in relation to backyard swimming pools, particularly in relation to fencing.

How the program is delivered: - Practice Note is advisory only - swimming pool legislation is enforced by local councils.

Resources used by the program: - DLG staff time in preparing Practice Note and administering legislation, council staff time in implementing and enforcing legislation.

Reasons the program is considered best practice: - Practice Note developed in consultation with industry. Legislation restricts children from gaining access to swimming pools.

Level of evidence supporting reasons for best practice: Unsure.

References:

Web links: Practice Note, brochure and checklist www.dlg.nsw.gov.au

Legislation www.legislation.nsw.gov.au

Information provided by: Karen Paterson



Australian Water Safety Council Audit of National Water Safety Programs
NT – RLSSA NT Remote Pools Project

Type of program: Community Awareness, Education, Pool Operations

Organisation responsible: Royal Life Saving Society Australia

Location: Darwin, NT

Program coverage: *State:* Northern Territory

Target population: *Ages:* All ages *Community:* Pool managers and the wider local community

Program start date: 2005

Program end date: 2008

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The RLSSA NT Remote Pools project aims to maximise the health, social and economic benefits of swimming pools. It aims to ensure that swimming pools in remote communities are managed by local indigenous people, provide a range of employment opportunities and are utilised by all members within the community. As such the program provides a dedicated remote pool support service. This includes providing support in the form of programs and training, community events and an annual remote pools conference which builds skills and network relationships across the Northern Territory.

How the program is delivered: The project is implemented by the NT Branch of RLSSA in a number of communities throughout the Northern Territory and is supported by the Australian Government Department of Communication, Information and the Arts, HBOSA Foundation and Paul Newman's Own Foundation.

Resources used by the program: Resources used include RLSSA staff time, local community member's time and skills, Royal Life Saving training resources and course books.

Reasons the program is considered best practice: Community engagement used to implement the program, expertise of RLSSA and local knowledge of NT branch staff, community participation and sound management and evaluation methodologies.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.royallifesaving.com.au/www/html/522-nt-remote-pools-project.asp>



Australian Water Safety Council Audit of National Water Safety Programs
NT – Swimming Pool Fencing Legislation

Type of program: Legislation / Standard

Organisation responsible: NT Government

Location: NT

Program coverage: *State:* Northern Territory

Target population: *Ages:* All ages - *Community:* Swimming pool owners

Program start date: January, 2003

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Swimming Pool Fencing Act 2002 commenced on 1 Jan 2003 replacing existing council by-laws state-wide. All swimming pools and spas on residential properties less than 1.8 ha are now required to be registered. Existing pool owners need not upgrade fencing until their property is sold or tenanted.

How the program is delivered: All new swimming pools must comply with Australian Standards. A compliance check is undertaken on 15% of all pools per annum.

Resources used by the program: Inspectors, 'Early Registration Incentive Scheme' providing cash rebates and interest free loans for pool fence upgrades.

Reasons the program is considered best practice: Supports Australian Standard. Restricts children from gaining access to swimming pools. A Cochrane review has been conducted and found to be effective.

Level of evidence supporting reasons for best practice: V

References: * Thompson, DC. Rivara, FP. (2004) Pool fencing for preventing drowning in children. [Systematic Review] Cochrane Injuries Group Cochrane Database of Systematic Reviews. * Australian Standard AS1926

Web links:

<http://www.standards.com.au/catalogue/script/Result.asp?PSearch=false&SearchType=simple&Status=al1&DegnKeyword=as1926&Search=Search&Db=AS&Max=15>



Australian Water Safety Council Audit of National Water Safety Programs
Qld – SwimWEST Conference

Type of program: Education

Organisation responsible: Swim Australia

Location: Bellbowrie, QLD

Program coverage: *State:* Queensland

Target population: *Ages:* 15-55+ years *Community:* Teachers of Swimming and Water Safety

Program start date: August, 2003

Program end date: Ongoing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	X	√	X	X	X	X

Description of program: Experts present on topics of relevance to teachers and managers involved in swimming and water safety programs.

How the program is delivered: Open to all interested to register.

Resources used by the program: International standard presenters.

Reasons the program is considered best practice: Developed in consultation with industry and very well received.

Level of evidence supporting reasons for best practice: V

References:

Web links: www.swimaustralia.org.au

Information provided by: Ross Gage



**Australian Water Safety Council Audit of National Water Safety Programs
SA – CALD work in the Vietnamese Community in South Australia.**

Type of program: Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: Adelaide, SA

Program coverage: State: Metro South Australia

Target population: Ages: All ages - Community: Vietnamese community members without first aid training

Program start date: March, 2005

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Consultation with the Vietnamese community in SA was undertaken to determine their knowledge and awareness of water safety issues, their water safety issues of concern, the information/assistance they required, and how they required this to be delivered. Following community consultation, the emerging issues were highlighted, resources prepared to meet issues, and strategies planned for implementation and ongoing relationships within the community.

How the program is delivered: The program is delivered to the community through a public awareness campaign via media channels, the employment of an ambassador, and face to face meetings such as training days and information seminars.

Resources used by the program: Materials which have been translated include: fact sheets, how to use public pool guide, media releases, and website.

Reasons the program is considered best practice: - Developed in consultation with Vietnamese community. Provides access to information and resources to CALD audiences whose would not otherwise be able to access water safety information. Follows recommendation 27 from NWSP.

Level of evidence supporting reasons for best practice: V

References:

Web links: www.royallifesaving.com.au

Information provided by: Julia Bowyer



**Australian Water Safety Council Audit of National Water Safety Programs
SA – VACSWIM**

Type of program: Education, Prevention Awareness

Organisation responsible: Office for Recreation and Sport

Location:

Program coverage: *State:* South Australia

Target population: *Ages:* 5-14 years *Community:* Aimed for 20,000 participants.

Program start date:

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	X	X	X	X	X	X	X	X	X	X	X

Description of program: The VACSWIM program aims to provide water safety instruction and training for participants to know what to do to survive and/or be safe in the water for their personal safety and the safety of others in aquatic environments, including: sculling, treading water, floating, safe entry and exit from the water, techniques of clothed swimming survival, use of devices to assist rescue, and basic swimming skills. The program also encourages participants with special needs to use water as a form of recreation and therapy.

How the program is delivered: The South Australian Government through the Office for Recreation and Sport, has appointed LeisureCo as the contractor to manage VACSWIM 2008.

Resources used by the program: Located at school pools, public and private pools, beaches and lakes throughout South Australia.

Reasons the program is considered best practice: This program uses qualified instructors, a strict child protection policy is enforced, the program is aligned to RLSSA and SLSA Swim and Survive Programs and a participant code of behaviour is enforced.

Level of evidence supporting reasons for best practice: I

References:

Web links: www.vacswimsa.com

Information provided by: Chris Maschotta



Australian Water Safety Council Audit of National Water Safety Programs

Tas – Older Tasmanian Project

Type of program: Education, Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: Lindisfarne, TAS

Program coverage: State: Tasmania

Target population: Ages: Over 55's - Community: Currently being run in Tasmania but will be extended nationally during 2008.

Program start date: 2007

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The program aims to encourage people over the age of 55 years to improve their lifestyles through access and safe use of aquatic facilities and recreational areas. It is hoped that reacquainting older people with the water will result in health, enjoyment and vitality.

How the program is delivered: The program is delivered through a range of activities which include: lifesaving knowledge and skills, personal survival skills, basic rescue skills, stroke correction and aquatic exercise, resuscitation and emergency care, older active fun days and media awareness campaigns.

Resources used by the program: Resources used include RLSSA staff time, local community member's time and skills, Royal Life Saving training resources and course books.

Reasons the program is considered best practice: Research, RLSSA expertise, community engagement and has been implemented following a thorough testing process.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.royallifesaving.com.au/www/html/1020-grey-medallion.asp>

Information provided by: Jamie McIntyre



Australian Water Safety Council Audit of National Water Safety Programs

Tas – Working with CALD communities in Tasmania

Type of program: Education

Organisation responsible: Royal Life Saving Society Australia

Location: Hobart, Tas

Program coverage: State: Tasmania

Target population: Ages: All ages - Community: Newly arrived refugees and immigrants

Program start date: August, 2006

Program end date: January 2007

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: This program was aimed at newly arrived African refugees and immigrants to: improve their water safety knowledge; improve their water safety skills; increase their participation in aquatic activities; improve their first aid knowledge; increase their understanding of RLSSA and the opportunities for employment in the aquatic industry; and engage members of the community to advocate to their peers about water safety and the benefits of aquatic recreation.

How the program is delivered: To refugees and immigrants newly arrived in Tasmania.

Resources used by the program: This program used a range of strategies and programs to achieve its aims. These included: Swim and Survive program; First Aid course; Bronze Medallion programs; Community development via encouraging participants of the Bronze Medallion Programs to share their knowledge with their peers.

Reasons the program is considered best practice: Based on RLSSA programs.

Level of evidence supporting reasons for best practice: V

References:

Web links: www.royallifesaving.com.au

Information provided by: Richard Franklin



Australian Water Safety Council Audit of National Water Safety Programs
Vic – Boating Safety for Kids Program

Type of program: Education

Organisation responsible: Life Saving Victoria

Location: Oakleigh, VIC

Program coverage: *State:* Vic

Target population: *Ages:* 5-14 years

Program start date: March, 2005

Program end date: June, 2005

Months run in 2004:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	√	√	√	√	X	X	X	X	X	X

Description of program: The Boating Safety for Kids Program educates kids on the following: dangers of different waterways; safety equipment; use of PFD's; filling in trip tags; emergency response key messages.

How the program is delivered: Schools across Victoria are emailed and faxed information on when the program is available to them. Logistics of the program is managed by Life Saving Victoria staff. The program is delivered by Life Saving Victoria (Casual Staff). The program is enforced in the local press in all areas of Victoria.

Resources used by the program: - Equipment – Show bags (workbook, stickers, trip tags & Recreational boating safety handbook)

Reasons the program is considered best practice: Develop awareness of recreational boating.

Level of evidence supporting reasons for best practice:

References:

Web links:



Australian Water Safety Council Audit of National Water Safety Programs
Vic – Open Water Learning Experience

Type of program: Education

Organisation responsible: Life Saving Victoria

Location: Oakleigh, VIC

Program coverage: *State:* Vic

Target population: *Ages:* 5-14 years - *Community:* All people in the target age group

Program start date: November, 2000

Program end date: November, 2005

Months run in 2004:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	X	X	X	X	X	X	X	√	√

Description of program: Open Water Learning Experience is a 90 minute program that provides a practical approach to lifesaving skills. Participants learn self preservation and skills to potentially save others lives. Children rotate around 5 main activities: body boarding skills, lifejackets (PFD's), rope rescues (rescues), DRABC, ski's or treasure hunt. Each participant receives a certificate for their participants.

How the program is delivered: Schools across Victoria are emailed and faxed information on when the program is available to them. Logistics of the program is managed by Life Saving Victoria staff. The program is delivered by Life Saving Victoria (Casual Staff). The program is advertised in the local press in all areas of Victoria.

Resources used by the program: - Equipment, certificates, etc.

Reasons the program is considered best practice: Develop awareness of open waterways across the Victorian Community.

Level of evidence supporting reasons for best practice:

References:

Web links:

Information provided by: Andrew Skillern



Australian Water Safety Council Audit of National Water Safety Programs
Vic – Victorian Schools Pool Lifesaving TELEGAMES 2005

Type of program: Education

Organisation responsible: Life Saving Victoria

Location: Box Hill North, VIC

Program coverage: State: Vic

Target population: Ages: 5-14 years Community: All people in the target age group.

Program start date: September, 2004

Program end date: May, 2005

Months run in 2004:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
X	X	X	X	X	X	X	X	√	X	X	X

Description of program: The TELEGAMES is a school based Pool lifesaving Competition that is conducted throughout Victoria. The whole event is based on achievement and is conducted at a number of venues. Results from each event are sent to us in Melbourne and overall winners are posted on the internet. Medals are awarded for individual winners, runners up and third place. Pennants are awarded to schools for winning relay events.

How the program is delivered: Each area of Victoria where the competition will be held is faxed and notified of the date of the event. Schools can then contact Life Saving Victoria to register a team and then they can compete in the competition.

Resources used by the program: Manual of events, the internet, key staff from schools, key staff from Life Saving Victoria, life saving equipment.

Reasons the program is considered best practice: Provides a pathway to the Junior Lifeguard Club. Provides a pathway to junior pool lifesaving via state and national teams.

Level of evidence supporting reasons for best practice:

References:

Web links: www.lifesavingvictoria.com.au

Information provided by: Andrew Skillern



**Australian Water Safety Council Audit of National Water Safety Programs
Vic – The Surfing Victoria Indigenous Surfing Program**

Type of program: Education

Organisation responsible: Surfing Victoria

Location: Torquay, VIC

Program coverage: State: Victoria

Target population: Ages: All ages Community: Indigenous Australians

Program start date: 2001

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Indigenous Surfing Program focuses on the promotion of surfing within indigenous communities in Victoria. Surfing skills and water safety information are taught to participants.

How the program is delivered: Community visits are performed by representatives to promote the program and its opportunities to community educators. Role models go to camps to promote surfing. Surfing / Water safety is an integral component taught to all participants. An indigenous component was added to The Roxy Surf Jam to further encourage participation. The Victorian Indigenous Surfing Titles increases participation and awareness.

Resources used by the program: Surfing Australia local surfing schools. Support from Sport & Recreation Victoria. Community role models. Surfboards, wetsuits.

Reasons the program is considered best practice: The program encourages participation in surfing and water safety activities. It has been developed with the help of input from a broad base of partners: Surfing Victoria, Surfing Victoria's Indigenous Sub-committee, Victorian Indigenous Surfing Association, Sport & Recreation Victoria, VASR, local indigenous co-ops & communities.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.surfindustralia.com/>



Australian Water Safety Council Audit of National Water Safety Programs
WA – Spinal Injuries Prevention Program - Aquatic Safety

Type of program: Education and Public Awareness

Organisation responsible: Paraplegic Benefit Fund (PBF) Australia

Location: Osbourne Park, WA

Program coverage: State: Western Australia

Target population: Ages: 15-34 years

Program start date: 2002

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: PBF's Aquatic Injury Prevention Program has been designed to raise awareness of spinal cord injury in the aquatic environment, with the ultimate aim of reducing the incidence and impact of these injuries. It provides education to the aquatic industry, creates awareness in the community, produces resources and actively engages with the community to spread its message. It aims to: Contribute to the reduction of injury in the aquatic environment, including but not limited to spinal cord injury; Raise awareness of aquatic related spinal cord injury in the community; Promote and inspire confidence in the handling and management of suspected spinal cord injury; Raise awareness of disability, specifically spinal cord injury, in the community; Develop and implement community-based aquatic injury prevention programs aimed at reaching young males aged between 15 and 34.

How the program is delivered: Presentations to Centre Supervisors and Instructor inservice. Branded with the slogan "What are you diving into?" used on all resources and other reference material. Series of resources available for aquatic centres, surf life saving clubs, parents, community groups and other interested parties by contacting PBF.

Resources used by the program: Posters – A series of four posters represents different aquatic settings showing the negative consequences of unsafe aquatic behaviour. These are available for use in aquatic community centres and for other interested parties. Brochures.

Reasons the program is considered best practice: Developed in response to past injuries, specifically targeting males aged 15-34. Review of NSW campaign "Don't dive into a wheelchair". Working closely with other aquatic related organisations to reduce the incidence and impact of injury in the aquatic environment.

Level of evidence supporting reasons for best practice: V

References: Blitvich, J. D., G. K. McElroy, et al. (1999). "Characteristics of "low risk" and "high risk" dives by young adults: risk reduction in spinal cord injury." Spinal Cord 37: 553-559

Web links:

http://www.pfbne.asn.au/asp/index.asp?sid=5&page=injury_prevention&cid=80&gid=18



Australian Water Safety Council Audit of National Water Safety Programs
Regional Programs

Building Healthy Communities Nuiyu Aquatic Recreation Project

Type of program: Education, Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: Darwin, NT

Program coverage: *Regional:* Nuiyu Nambiu region

Target population: *Ages:* All ages

Program start date: August 2006 (following six months of community consultation)

Program end date: June 2008

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The program aims to increase levels of physical activity and recreation using the community swimming pool. The program works with people of all ages to promote the benefits of swimming. Structured programs, recreational activities and community events are held and employability, skills and training build community capacity and assist the community to manage and utilize the swimming pool beyond the project period.

How the program is delivered: This project is implemented by Betty Sullivan, a local project officer, and the project is funded by the Australian Government Department of Health and Ageing through the Building Healthy Communities in Remote Areas Initiative.

Resources used by the program: A local project officer has been employed, RLSSA staff time, local community member's time and skills, Royal Life Saving training resources and course books.

Reasons the program is considered best practice: Community engagement, community participation and programming, sound methodologies and evaluation, RLSSA expertise.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.royallifesaving.com.au/www/html/515-swim-for-life---nuiyu-aquatic-recreation-project.asp>



Australian Water Safety Council Audit of National Water Safety Programs

Hume Aquatic Recreation Project

Type of program: Education, Community Awareness

Organisation responsible: Royal Life Saving Society Australia via Life Saving Victoria

Location: Hume, VIC

Program coverage: *Regional:* Hume, Victoria

Target population: *Ages:* All ages *Community:* Muslim community

Program start date: January 2007

Program end date: December 2007

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: This project aimed to maximise the health, social and economic benefits of the community swimming pools in areas with high Islamic populations. The project engaged a range of organisations, facilities and leaders in activities aimed at increasing the use of local aquatic facilities by Muslim families. Training and employment pathways were promoted to build job opportunities for local youth.

How the program is delivered: Life Saving Victoria employed local community project officers who facilitated a range of consultation activities in order to identify key issues and opportunities to make a difference. This project is supported by the Australian Government Department of Immigration and Citizenship, and the Department of Victorian Communities and local businesses and is implemented by Lifesaving Victoria. The project also partners with the Hume City Council and a number of local organisations and community leaders.

Resources used by the program: Local project officer, RLSSA staff time and skills, local community member's time and skills and Royal Life Saving training resources and course books.

Reasons the program is considered best practice: Local project officer, community engagement and participation and RLSSA expertise.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.royallifesaving.com.au/www/html/520-muslim-aquatic-recreation-project.asp>



Australian Water Safety Council Audit of National Water Safety Programs

Murdi Paaki Mobile Indigenous Training Program

Type of program: Education: Community Awareness

Organisation responsible: Royal Life Saving NSW

Location: Gladesville, NSW

Program coverage: *Regional:* Murdi Paaki region

Target population: *Ages:* All ages

Program start date: December, 2004

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The rates of Indigenous drowning deaths are 3.6 times higher than non Indigenous drowning deaths in Australia. The Mobile Indigenous Training Program is unique in that a Royal Life Saving training officer takes the water safety and training programs to the community. Learning is more effective when participants are in a familiar and supportive environment. Royal Life Saving's programs are flexible and can be adapted to suit individual settings. Consideration of culturally appropriate timing, location and methods of assessment are incorporated. Providing flexible training programs at the community level ensures that the skills and knowledge base remain within the community to increase capacity. The training officer visits towns throughout the vast Murdi Paaki region and can provide a number of programs including Water smart and Swim and Survive, Bronze Medallion, Senior First Aid and Austswim training courses.

How the program is delivered: The establishment of the program infrastructure has been funded via the VET Infrastructure for Indigenous People Program, Department of Education and Training. Royal Life Saving is working in collaboration with the Department of Tourism, Sport and Recreation and the Murdi Paaki Regional Enterprises through an integrated service delivery model.

Resources used by the program: Royal Life Saving training resources and course books. Specific Indigenous resources are also being developed.

Reasons the program is considered best practice: The program adopts a holistic approach to safety promotion for Indigenous communities: increasing life skills and community capacity, through the provision of aquatic based programs.

Level of evidence supporting reasons for best practice: Unsure

References:

Web links:

Information provided by: Marilyn Lyford



Australian Water Safety Council Audit of National Water Safety Programs

Midwest/Geraldton WA - Outback Road Show "Kaitlyn's Pool"

Type of program: Prevention Activity

Organisation responsible: Aquarena, RLSSWA, DSR (Midwest)

Location: Geraldton, WA

Program coverage: *Regional:* Midwest/Geraldton

Target population: *Ages:* All ages - *Community:* Remote Communities

Program start date: March, 2002

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: In 2002 the program was delivered in remote communities. To teach water safety in rural/remote areas in the knowledge that three times the number drown in dams, water tanks, rivers and lakes. In 2003/04 we worked on the Swim Across Australia program. The pool used for this unique trip is being modified to use as a mobile teaching/safety facility and will travel to the very remote areas of WA. I would really like to see the same in other states of Australia. We will be ready to start our travels in 2006.

How the program is delivered: The original program was delivered by volunteers. We communicated with Communities, Schools and individuals to deliver the first pilot program. The program costs were provided by DSR, RLSSWA & Aquarena. We taught where we could find water, e.g. lakes, pools, water holes and where there was no water (March very hot and dry) we used dry river beds and sand pits.

Resources used by the program: teaching/rescue aids because we were out in remote areas we used natural resources rather than commercial ones that are not available. In addition to teaching water safety we ran the Heart Beat Club for Community members and school teachers.

Reasons the program is considered best practice:

Level of evidence supporting reasons for best practice:

References:

Web links:

Information provided by: Colin Hassell



Australian Water Safety Council Audit of National Water Safety Programs

Swim for Life – Auburn, Bankstown, Canterbury

Type of program: Education, Community Awareness

Organisation responsible: Royal Life Saving Society Australia

Location: South Western Sydney, NSW

Program coverage: *Regional:* Auburn, Bankstown and Canterbury

Target population: *Ages:* All ages *Community:* Muslim community

Program start date: January 2007

Program end date: December 2007

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: The Swim for Life program aimed to increase participation, employment and training opportunities for people from Muslim communities in South Western Sydney. The project focused on using existing aquatic and recreational facilities in the target areas. The project included the community activities and vocational training opportunities such as: Active family fun days, female aquatic programs, the Water Smart program for primary schools, CPR and Senior First Aid, Bronze Medallion, Pool Lifeguard and AUSTSWIM Teacher of Swimming and Water Safety qualification.

How the program is delivered: RLSSA employed three highly skilled Community Development Officers to establish and coordinate water safety and first aid courses, female classes and community events. This project is implemented by the Australian Government Department of Immigration and Citizenship, Royal Life Saving NSW and its community partners.

Resources used by the program: Local project officer, RLSSA staff time and skills, local community member's time and skills and Royal Life Saving training resources and course books.

Reasons the program is considered best practice: Local project officer, community engagement and participation and RLSSA expertise.

Level of evidence supporting reasons for best practice: V

References:

Web links: <http://www.royallifesaving.com.au/www/html/517-swim-for-life---auburn-bankstown-canterbury.asp>



Australian Water Safety Council Audit of National Water Safety Programs

Local Programs

Domestic swimming pool fencing for preventing children from drowning

Type of program: Community Awareness

Organisation responsible: Joint Program of Queensland Health and Department of Emergency Services

Location: Brisbane, QLD

Program coverage: *Local:* Mt. Isa and Mackay

Target population: *Ages:* 0-4 years *Community:* All Health and DES staff

Program start date: 2002

Program end date: June, 2007

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: A Child Injury Prevention Project has been jointly funded until June 2007 in Mt Isa and Mackay. This Project will focus on a number of childhood and toddler injuries including a priority in relation to pool fencing. Work is being done to educate parents and carers as well as with local Councils to establish effective pool fence compliance schemes. Liaison has also been established with local pool providers and pool shops.

How the program is delivered: Local mass media has been used to promote the key messages of proper fencing, maintenance and locking the gate. Fridge magnets have been distributed as have information sheets at pool shops and through Councils.

Resources used by the program:

Reasons the program is considered best practice: Baseline data has been established, detailed process evaluation has been carried out and the results are now published in the Cochrane Review, which is considered the best practice possible at the moment. Detailed evaluation data is available from Injury Prevention and Control and Professor Rod McClure

Level of evidence supporting reasons for best practice: III-2

References:

Web links:

Information provided by: Phillip Carswell



Australian Water Safety Council Audit of National Water Safety Programs

Regular inspections of private pool fencing for preventing children from drowning

Type of program: Legislation / Standard

Organisation responsible: Shire of Irwin

Location: Dongara, WA

Program coverage: Local:

Target population: Ages: All ages

Program start date: Unknown

Program end date: Continuing

Months run per annum:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
√	√	√	√	√	√	√	√	√	√	√	√

Description of program: Local Government has an obligation to enforce the WA Building Regulations 1989. All pools in local government areas need to be inspected at least every 4 years. The Shire of Irwin inspects pools every 2 years.

How the program is delivered: Enforced by state legislature. Safety inspector visits.

Resources used by the program: Australian Standard AS1926. Safety inspectors employed by municipal governments.

Reasons the program is considered best practice: Developed in consultation with industry. Restricts children from gaining access to swimming pools. Being used in Australia and internationally. Risk management approach. A Cochrane review has been conducted and found to be effective.

Level of evidence supporting reasons for best practice: III-2

References: Thompson, DC. Rivara, FP. (2004) Pool fencing for preventing drowning in children. [Systematic Review] Cochrane Injuries Group Cochrane Database of Systematic Reviews. Australian Standard AS1926 (see web links).

Web links:

<http://www.standards.com.au/catalogue/script/Result.asp?PSearch=false&SearchType=simple&Status=all&DegnKeyword=as1926&Search=Search&Db=AS&Max=15>

Information provided by: Bradley Morris