

NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

The National Swimming and Water Safety Framework was developed to provide a guide for the basis for developing, providing or selecting a quality program that provides a balanced swimming and water safety education.

The Framework reflects 'Best Practice' in swimming and water safety education to improve learning outcomes for participants. This quick implementation checklist should be used to assist Swim Schools and other organisations to align their swimming and water safety programs to be consistent with the Framework.

Follow these 3 steps:

- 01** Use this checklist as a guide to assist with aligning to the Framework
- 02** Review your program to ensure it is consistent with the Framework
- 03** Modify your program where it is not consistent with the Framework

Aim and Purpose

- The aim of the program is to provide participants with the skills, knowledge, understanding, attitudes and behaviours to lead safe and active lives in, on and around water.
- The purpose of the program is primarily for the instruction of personal aquatic survival skills or lifesaving skills.

Outcomes

- The outcomes of the program demonstrate a progression consistent with the Development Milestones.
- The outcomes of the program demonstrate a progression towards the National Benchmarks.
 - Relating to Fundamental
 - Relating to Acquisition
 - Relating to Application

Content

- The content of the program incorporates the elements of the Framework to support a holistic education:
 - Skills and Abilities
 - Knowledge and Understanding
 - Attitudes and Behaviours
- The content of the program incorporates each of the eight strands at each level of the program or across the curriculum:
 - Hazards and Personal Safety
 - Entry and Exit
 - Flotation
 - Swimming
 - Underwater
 - Lifesaving
 - Rescue
 - Survival Sequence
- The content provides sufficient volume to address the breadth of information to be taught as described in the explanations.
- The language within the program is consistent and does not conflict with the Framework.

Structure

- The levels of the program offered provide learning outcomes for development stages consistent with the Framework stages:
 - Fundamental Stage
 - Acquisition Stage
 - Application Stage
- The structure of the program is student centric and allows for modification based on an individual's swimming and water safety capabilities.

Areas for Improvement

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Date / /

Name

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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