



NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

APPLICATION STAGE

APPLICATION STAGE

Application Stage Description

The Application Stage focuses on extending swimming and water safety skills and knowledge for safe aquatic recreation, survival in open water environments and the ability to perform swimming rescues and emergency care.

The Application Stage enables students to improve stroke technique whilst building fitness and endurance to aid personal survival and rescue. The content provides a greater emphasis on analysing the environment, external influences (e.g. peer pressure, alcohol and drugs) and options for managing situations where their own or others' safety and wellbeing may be at risk around water. Students learn to apply knowledge and understanding of water safety, personal survival, lifesaving and rescue principles in more complex rescue and survival scenarios. Students are provided with opportunities to demonstrate leadership and teamwork in effecting rescues, resuscitation and first aid.

This stage supports students to acknowledge their personal aquatic strengths and limitations to safely enjoy a range of aquatic activities.

Application Stage Outcome

By the end of the Application Stage a student should have the ability to understand behavioural and physical risks in a range of aquatic environments, apply survival skills and safely rescue and respond to a drowning victim, and if required perform CPR or first aid.

Specifically this includes:

- Understanding the behaviours that affect personal safety in aquatic environments and activities
- Assisting others to exit deep water using bystanders
- Floating, sculling or treading water for 5 minutes and signalling for help
- Searching in a deep water environment and recovering a person
- Swimming continuously for 400 metres
- Responding to an emergency and performing first aid
- Rescuing an unconscious person in deep water
- Performing a survival sequence wearing heavy clothing

This document details the Application Stage of the Framework. For other stages or for more information on the National Swimming and Water Safety Framework visit www.royallifesaving.com.au/programs/national-swimming-and-water-safety-framework

STRANDS



HAZARDS AND PERSONAL SAFETY



ENTRY AND EXIT



FLOTATION



SWIMMING



UNDER WATER



LIFESAVING



RESCUE



SURVIVAL SEQUENCE

APPLICATION

H7

Explore a range of aquatic activities and understand how to participate safely

H8

Understand and assess a range of aquatic risks

H9

Understand behaviours that affect personal safety in aquatic environments and activities

E7

Assist others to exit the water

E8

Assist others to exit shallow water using bystanders

E9

Assist others to exit deep water using bystanders

F7

Perform the HELP technique for 2 minutes

F8

Perform the huddle technique for 2 minutes

F9

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

S7

Swim continuously for 100 metres

S8

Swim continuously for 200 metres

S9

Swim continuously for 400 metres

U7

Search in a shallow water environment

U8

Search in a deep water environment

U9

Search in a deep water environment and recover a person

L7

Respond to an emergency and perform CPR

L8

Respond to an emergency and provide emergency care

L9

Respond to an emergency and provide first aid

R7

Rescue a conscious person using a wade and an accompanied rescue

R8

Rescue a conscious person using a non-contact tow in deep water

R9

Rescue an unconscious person in deep water

Q7

Perform a survival sequence wearing a lifejacket


Q8


Perform a survival sequence in a group

Q9

Perform a survival sequence wearing heavy clothing

DEVELOPMENT MILESTONES AND EXPLANATIONS

HAZARDS AND PERSONAL SAFETY 			
DEVELOPMENT MILESTONES	H7 Explore a range of aquatic activities and understand how to participate safely	H8 Understand and assess a range of aquatic risks	H9 Understand behaviours that affect personal safety in aquatic environments and activities
EXPLANATIONS	This includes (but not limited to): <ul style="list-style-type: none"> Swimming in open water Lifesaving Boating Water craft Fishing Looking after your mates Other recreational activities 	This includes understanding and evaluating: <ul style="list-style-type: none"> Risks associated with: <ul style="list-style-type: none"> Natural and physical environments Personal and behavioural actions Aquatic activities Performing rescues 	This includes understanding and evaluating: <ul style="list-style-type: none"> Use of alcohol and drugs Peer influences and group pressure Personal health and wellbeing Safe and unsafe behaviours including risk-taking Poor decision making Personal abilities and limitations Impacts on: <ul style="list-style-type: none"> The individual Family and friends Local community (e.g. school, workplace, sporting teams) Health and social system

ENTRY AND EXIT 			
DEVELOPMENT MILESTONES	E7 Assist others to exit the water	E8 Assist others to exit shallow water using bystanders	E9 Assist others to exit deep water using bystanders
EXPLANATIONS	This includes: <ul style="list-style-type: none"> A stirrup lift in shallow water A stirrup lift in deep water Assisted walk out 	This includes exiting the water with a person using a: <ul style="list-style-type: none"> Two person drag Two person carry Two handed seat 	This includes: <ul style="list-style-type: none"> An assisted lift

FLOTATION



DEVELOPMENT MILESTONES	F7 Perform the HELP technique for 2 minutes	F8 Perform the huddle technique for 2 minutes	F9 Float, scull or tread water for 5 minutes and signal for help
EXPLANATIONS	This includes demonstrating: <ul style="list-style-type: none"> • Fitting a lifejacket whilst in the water • The HELP technique for 2 minutes • The HELP technique wearing light clothing • Signalling for help 	This includes demonstrating: <ul style="list-style-type: none"> • Communicating with and reassuring group members • Supporting those without lifejackets • The huddle technique for 2 minutes • Signalling for help 	This includes demonstrating whilst wearing heavy clothing: <ul style="list-style-type: none"> • Removing clothing (heavy or all items) then; • Interchange between floating, sculling or treading water for 5 minutes. • Signalling for help

SWIMMING



DEVELOPMENT MILESTONES	S7 Swim continuously for 100 metres	S8 Swim continuously for 200 metres	S9 Swim continuously for 400 metres
EXPLANATIONS	This includes demonstrating at least: <ul style="list-style-type: none"> • One swimming stroke and; • One survival stroke <p>Note: recognised stroke techniques should be used</p>	This includes demonstrating at least: <ul style="list-style-type: none"> • Two swimming strokes and; • Two survival strokes <p>Note: efficient stroke techniques should be used</p>	This includes demonstrating at least: <ul style="list-style-type: none"> • Two swimming strokes and; • Three survival strokes <p>Note: efficient stroke techniques should be used</p>

UNDERWATER



DEVELOPMENT MILESTONES	U7 Search in a shallow water environment	U8 Search in a deep water environment	U9 Search in a deep water environment and recover a person
EXPLANATIONS	This includes demonstrating: <ul style="list-style-type: none"> • An individual search • A team search 	This includes demonstrating: <ul style="list-style-type: none"> • An individual search • A team search 	This includes demonstrating: <ul style="list-style-type: none"> • A search pattern • A surface dive to recover a person

LIFESAVING



DEVELOPMENT MILESTONES	L7 Respond to an emergency and perform CPR	L8 Respond to an emergency and provide emergency care	L9 Respond to an emergency and provide first aid
EXPLANATIONS	This includes being able to: <ul style="list-style-type: none"> • Identify and assess dangers • Assess the situation and person • Send for help • Perform CPR • Monitor the person and situation • Hand over to emergency services 	This includes being able to: <ul style="list-style-type: none"> • Identify and assess dangers • Assess the situation and person • Send for help • Perform CPR • Identify the causes of shock • Recognise the signs and symptoms of shock, hypothermia, marine envenomation • Manage shock, hypothermia, marine envenomation • Hand over to emergency services 	This includes being able to: <ul style="list-style-type: none"> • Identify and assess dangers • Assess the situation and person • Send for help • Perform CPR • Apply appropriate first aid • Monitor the person and situation • Hand over to emergency services

RESCUE



DEVELOPMENT MILESTONES	R7 Rescue a conscious person using a wade and an accompanied rescue	R8 Rescue a conscious person using a non-contact tow in deep water	R9 Rescue an unconscious person in deep water
EXPLANATIONS	<p>This includes demonstrating:</p> <ul style="list-style-type: none"> Defensive techniques A wade rescue with an aid An accompanied rescue with a buoyant aid <p>Note: may include a watercraft rescue (e.g. surfboard, canoe)</p>	<p>This includes demonstrating:</p> <ul style="list-style-type: none"> Defensive techniques A non-contact tow with a: <ul style="list-style-type: none"> Non-rigid aid Buoyant aid 	<p>This includes demonstrating:</p> <ul style="list-style-type: none"> Supporting and turning over an unconscious person who is face down (non-spinal) A contact rescue; at least two of the following: <ul style="list-style-type: none"> Cross-chest tow Clothing tow Armpit or double armpit tow Wrist tow Head tow <p>Note: may include tube rescue</p>

SURVIVAL SEQUENCE



DEVELOPMENT MILESTONES	Q7 Perform a survival sequence wearing a lifejacket	Q8 Perform a survival sequence in a group	Q9 Perform a survival sequence wearing heavy clothing
EXPLANATIONS	<p>This includes being able to:</p> <ol style="list-style-type: none"> Swim 50 metres Scull, float or tread water for 3 minutes Adopt the HELP technique; signalling for help intermittently Exit the water Reflect on actions and acknowledge aquatic strengths and limitations 	<p>This includes being able to:</p> <ol style="list-style-type: none"> Scull, float or tread water for 4 minutes; signalling for help intermittently Reassure and provide instruction to others Form the huddle technique Swim survival strokes slowly together for 4 minutes Exit the water Reflect on actions and acknowledge aquatic strengths and limitations 	<p>This includes being able to:</p> <ol style="list-style-type: none"> Scull, float or tread water for 3 minutes; signalling for help intermittently Remove heavy items of clothing Swim survival strokes slowly for 4 minutes Exit the water Reflect on actions and acknowledge aquatic strengths and limitations <p>Note: Heavy clothing includes long sleeved shirt/top, jumper or jacket, long pants, socks and shoes</p>

NATIONAL BENCHMARK RELATING TO THE APPLICATION STAGE

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



Search in a deep water environment and recover a person



Assist others to exit deep water using bystanders



Respond to an emergency and provide first aid



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



Rescue an unconscious person in deep water



Swim continuously for 400 metres



Perform a survival sequence wearing heavy clothing







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