NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

AQUISITION STAGE

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Acquisition Stage Description

The Acquisition Stage focuses on the swimming and water safety skills that help a student to survive in the water. Students will become comfortable in the water and by the end of the stage have the ability to perform personal survival and rescue skills.

The Acquisition Stage provides opportunities to develop greater proficiency across the learning areas and to increase endurance levels. Students learn the different swimming and survival strokes and when and how they can be modified for different situations. Students will expand their survival skills through combining floating, sculling and treading water, using lifejackets and learning strategies they can use when they or others experience difficulty in the water. Students develop greater awareness of dangers and the ability to identify hazards inherent in a range of aquatic environments. Students will explore the principles of rescue including self-preservation and are introduced to non-swimming rescues and how to respond to an aquatic emergency in any environment.

This stage enables students to develop knowledge and skills to safely enjoy the water. They will start to develop an understanding of their personal strengths and limitations in aquatic survival and lifesaving skills.

Acquisition Stage Outcome

By the end of the Acquisition Stage a student should have developed a positive attitude toward learning swimming and water safety. They should be able to identify safety rules in a range of aquatic environments, perform a range of personal survival skills including a survival sequence simulating an accidental entry in an open water environment.

Specifically this includes:

- Understanding and respecting rules for a range of aquatic environments

- Demonstrating entries and exits for a range of environments

- Floating, sculling or treading water for 2 minutes and signalling for help

- Performing a surface dive swimming underwater, searching to recover an object from deep water

- Swimming continuously for a distance of 50 metres

- Responding to an emergency and rescuing a person using a non-swimming rescue technique

- Performing a survival sequence

ACQUISITION STAGE

STRANDS	ACQUISITION		
HAZARDS AND PERSONAL SAFETY	**H4** Identify a range of aquatic environments	**H5** Identify hazards in a range of aquatic environments	**H6** Understand and respect safety rules for a range of aquatic environments
ENTRY AND EXIT	**E4** Enter and exit deep water using feet first entries	**E5** Enter and exit deep water using head first entries	**E6** Enter and exit the water for a range of environments
FLOTATION	**F4** Float, scull or tread water for 1 minute wearing a lifejacket	**F5** Float, scull or tread water for 1 minute	**F6** Float, scull or tread water for 2 minutes and signal for help
SWIMMING	**S4** Swim continuously for 15 metres	**S5** Swim continuously for 25 metres	**S6** Swim continuously for 50 metres
UNDER WATER	**U4** Surface dive and recover an object from shoulder deep water	**U5** Surface dive, swim underwater and recover an object from shoulder deep water	**U6** Surface dive, swim underwater and search to recover an object from deep water
LIFESAVING	**L4** Recogise an emergency and call for help	**L5** Recognise and support an emergency	**L6** Respond to an emergency and perform a primary assessment
RESCUE	**R4** Be rescued by a non-swimming rescue technique	**R5** Rescue a person using a non-swimming rescue technique	**R6** Rescue a person using a non-swimming rescue technique with non-rigid aids
SURVIVAL SEQUENCE	**Q4** Perform a survival sequence with a buoyant aid	**Q5** Perform a survival sequence without a buoyant aid	**Q6** Perform a survival sequence wearing light clothing

DEVELOPMENT MILESTONES AND EXPLANATIONS

HAZARDS AND PERSONAL SAFETY

DEVELOPMENT MILESTONES	H4 Identify a range of aquatic environments	H5 Identify hazards in a range of aquatic environments	H6 Understand and respect safety rules for a range of aquatic environments
EXPLANATIONS	**This includes describing where water can be found at:** • Home • Inland waterways (e.g. rivers, lakes, dams, creeks) • Aquatic facilities • Oceans and harbours • Beaches and lagoons • The farm	**This includes describing the hazards of:** • Home and paddling pools, baths and spas • Rivers, lakes, dams and creeks • Aquatic facilities and waterparks • Beaches and lagoons • Irrigation channels and pumps, tanks, wells and waterholes • Drains and pipes	**This includes (but not limited to):** • Closing the pool gate and removing toys • Wearing a lifejacket • Listening to Lifesavers/ Lifeguards • Swimming between the flags • Swimming with adult supervision or never swim alone • Not playing in drains or pipes • Obeying water safety signs in the area

ENTRY AND EXIT

DEVELOPMENT MILESTONES	E4 Enter and exit deep water using feet first entries	E5 Enter and exit deep water using head first entries	E6 Enter and exit the water for a range of environments
EXPLANATIONS	**This includes demonstrating with and without a lifejacket a:** • Slide in entry • Step in entry • Stride in entry • Compact jump • Climb out exit	**This includes demonstrating a:** • Fall in entry • Dive in entry • Climb out exit preferably using a higher ledge	**This includes demonstrating whilst wearing light clothing a:** • Step in entry • Stride in entry • Compact jump • Fall in entry • Deep water exit

FLOTATION

DEVELOPMENT MILESTONES	**F4** Float, scull or tread water for 1 minute wearing a lifejacket	**F5** Float, scull or tread water for 1 minute	**F6** Float, scull or tread water for 2 minutes and signal for help
EXPLANATIONS	**This includes demonstrating wearing a lifejacket:** • Floating on back • Survival sculling • Treading water using any leg action	**This includes demonstrating:** • Interchanging between floating, sculling and treading water for 1 minute • Sculling in a head first and a feet first direction	**This includes demonstrating whilst wearing light clothing:** • Removing clothing then; • Interchanging between floating, sculling and treading water for 2 minutes • Signalling for help

SWIMMING

DEVELOPMENT MILESTONES	**S4** Swim continuously for 15 metres	**S5** Swim continuously for 25 metres	**S6** Swim continuously for 50 metres
EXPLANATIONS	**This includes demonstrating:** • Moving for 15 metres using a swimming or survival stroke Note: the technique should resemble a stroke	**This includes demonstrating:** • Moving for 25 metres using a combination of swimming and survival strokes Note: the technique should resemble a stroke	**This includes demonstrating:** • Moving for 50 metres using a combination of swimming and survival strokes Note: recognised stroke techniques should be used

UNDERWATER

DEVELOPMENT MILESTONES	**U4** Surface dive and recover an object from shoulder deep water	**U5** Surface dive, swim underwater and recover an object from shoulder deep water	**U6** Surface dive, swim underwater and search to recover an object from deep water
EXPLANATIONS	**This includes:** • A feet-first surface dive • A head-first surface dive • Recovering an object	**This includes:** • A feet-first surface dive and swimming underwater for at least a metre • A head-first surface dive and swimming underwater for at least a metre • Recovering an object	**This includes:** • An extended feet-first surface dive and swimming underwater for up to 5 metres • A head-first surface dive and swimming underwater for up to 5 metres • Using the hands to search and recover an object

LIFESAVING

DEVELOPMENT MILESTONES	**L4** Recognise an emergency and call for help	**L5** Recognise and support an emergency	**L6** Respond to an emergency and perform a primary assessment
EXPLANATIONS	**This includes being able to:** • Recognise when someone is in trouble • Describe what to do in an emergency • Describe the roles and responsibilities of Police/Fire/Ambulance • Demonstrate how to call Triple Zero (000) • Recall their home address	**This includes being able to:** • Describe the roles and responsibilities of Lifeguards /Lifesavers • Demonstrate how to call Triple Zero (000) and provide relevant information (e.g. location, number of people, casualty condition and to remain on the phone)	**This includes being able to:** • Check for any dangers • Check if someone is responsive • Send for help • Open and clear the airway • Check for breathing • Place a person in the recovery position

RESCUE

DEVELOPMENT MILESTONES	**R4** Be rescued by a non-swimming rescue technique	**R5** Rescue a person using a non-swimming rescue technique	**R6** Rescue a person using a non-swimming rescue technique with non-rigid aids
EXPLANATIONS	**This includes being rescued by a:** • Talk rescue • Reach rescue • Throw rescue Note: The teacher performs the rescue and the student is the casualty	**This includes demonstrating a:** • Talk rescue • Reach rescue using a rigid aid • Throw rescue using a buoyant aid	**This includes demonstrating a:** • Reach rescue using a non-rigid aid • Throw rescue using a weighted rope • Throw rescue using an unweighted rope

SURVIVAL SEQUENCE

DEVELOPMENT MILESTONES	**Q4** Perform a survival sequence with a buoyant aid	**Q5** Perform a survival sequence without a buoyant aid	**Q6** Perform a survival sequence wearing light clothing
EXPLANATIONS	**This includes being able to:** a) Float for 30 seconds b) Signal for help c) Grasp a buoyant aid which has been thrown to them d) Scull, float or tread water with buoyant aid e) Kick to safety holding aid and exit f) Identify personal aquatic strengths and limitations	**This includes being able to:** a) Scull, float or tread water for 1 minute; signalling for help intermittently b) Swim survival strokes slowly for 1 minute c) Exit the water d) Identify personal aquatic strengths and limitations	**This includes being able to:** a) Scull, float or tread water for 2 minutes; signalling for help intermittently b) Swim survival strokes slowly for 3 minutes c) Exit the water d) Reflect on actions and acknowledge aquatic strengths and limitations Note: Light clothing may include shorts and t-shirt, pyjamas, or long sleeved shirt/top and long pants

NATIONAL BENCHMARK RELATING TO THE ACQUISITION STAGE

Every Australian at the age of 12 years should be able to:

- Understand and respect safety rules for a range of aquatic environments

- Surface dive, swim underwater and search to recover an object from deep water

- Enter and exit the water for a range of environments

- Respond to an emergency and perform a primary assessment

- Float, scull or tread water for 2 minutes and signal for help

- Rescue a person using a non-swimming rescue technique with non-rigid aids

- Swim continuously for 50 metres

- Perform a survival sequence wearing light clothing

Notes

ROYAL LIFE SAVING
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