



NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

What is the National Swimming and Water Safety Framework?

The Framework aims to enable individuals to develop the skills, knowledge and understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments.

What does this mean for my child?

The Framework provides children with:

- > A comprehensive education encompassing elements in all key learning areas.
- > Essential skills and knowledge that may help in situations where their own or others' safety and wellbeing are at risk around water.
- > An awareness of their personal aquatic capabilities and limitations.
- > Confidence to safely participate in a range of aquatic activities and sports.
- > Milestones to achieve progressively towards the National Swimming and Water Safety Benchmarks.

“The Framework supports a holistic swimming and water safety education including skills, knowledge, understanding, attitudes and behaviours.”

What should my child learn?



About **hazards and personal safety** for aquatic environments and activities in order to make safe decisions and develop the ability to assess risks and consequences for themselves and others.



A range of **entries and exits** and how to assess the environment and conditions prior to entering or exiting the water.



A range of personal **survival skills** including floating, orientation, sculling and treading water to prepare for unintentional immersion.



Swimming and survival strokes which increase in distance and endurance over time and how to select and modify a stroke for varying conditions, or for rescue or survival.



Breath control and underwater skills for submersion and moving through water before progressing to searching for submerged objects or an unconscious person.



Lifesaving actions to recognise and respond in an emergency including how to get help, basic resuscitation and first aid.



About **rescue principles and skills** including how to protect themselves, select an appropriate method and effectively perform a rescue.



Survival strategies for themselves and a group and to develop the ability to acknowledge their personal aquatic strengths and limitations.

“The health and well-being, physical fitness and social benefits of swimming and water safety promote an active lifestyle.”

How can you help your child's swimming and water safety education?

- 01** Boost skills with regular lessons to learn the correct techniques, increase confidence, develop proficiency and improve fitness.
- 02** Provide opportunities to practise the skills learnt in lessons.
- 03** Engage the whole family in the learning process and even have some lessons yourself to brush up on your skills.
- 04** Recreate around water to promote the benefits of an active and healthy lifestyle.
- 05** Participate in aquatic sports to enhance development of skills and encourage lifelong engagement in aquatic activity.
- 06** Experience a range of aquatic environments to aid the transfer of skills from pools to open and inland waterways.
- 07** Model safe behaviours and a positive attitude towards swimming and water safety.
- 08** Keep swimming, don't stop even if your child achieves or exceeds the Benchmarks.

! IMPORTANT CONSIDERATIONS

Children must always be actively supervised by a responsible adult when in, on and around water. Learning swimming and water safety skills does not alleviate the responsibility of supervision. Even competent swimmers can find themselves in difficulty in the water.

Your child will most likely learn their swimming and water safety skills in a controlled, purpose-built facility. Skills deteriorate overtime if not regularly practised and are not automatically transferable to other aquatic environments.

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

FOR MORE INFORMATION

You can find more information on the Framework here:
<https://www.royallifesaving.com.au/programs/national-swimming-and-water-safety-framework>



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