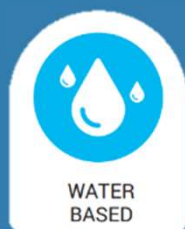


VWSC swim assessment

Extension for survival swimming



Lifesaving
education programs

The Victorian Water Safety Certificate describes specific competencies that should be achieved by the end of primary school. This activity will assess the competencies required.

Equipment

- ☐ Participants to bring light clothes to wear in the water for survival sequence
- ☐ Underwater sink toys
- ☐ Markers/buoys or additional water safety staff to map out 50 metre swim

Instructions

During this activity, assess the following competencies:

1. Swim continuously for 50 metres
2. Complete a surface dive, swim underwater and search to recover an object from deep water
3. Perform a survival sequence wearing light clothing:
 - a) Enter the water safely
 - b) Scull, float and tread water for 2 minutes; signaling for help intermittently
 - c) Swim survival strokes slowly for 3 minutes
 - d) Exit the water safely
4. Other competencies can be assessed using the following fast cards"
 - a) Water safety knowledge: Be aware and be prepared
 - b) Lifesaving: Everyday lifesaver
 - c) Rescue skills: Rescue strategies

In open waterways

- If you are assessing in an open waterway;
 - Only assess students who have displayed sufficient competency to achieve
 - If you have low/medium ability swimmers, have them try the course first with a lifejacket, kickboard or noodle. Then try without aid if comfortable (VWSC not achieved if aid required)
 - Swim parallel to shore if possible (to remain at waist deep)
 - Swim course should be a "there and back" where possible– 25m each way. Have instructors stationed at least every 10m with rescue equipment
 - Reiterate "call for help"
 - Ensure swim course clear of debris and people

Resources



VWSC
competency video



VWSC assessment
"must sees"



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