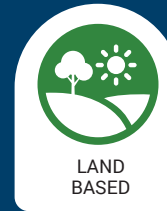


My community



Lifesaving
education programs

In this activity, participants will recognise the connection that Aboriginal and Torres Strait Islander communities have to the land and water, and look at ways to maximise local community interaction with aquatic environments.

Outcomes:

- Understand Aboriginal and Torres Strait Islander people's cultural connection to the land and waterways
- Identify barriers to community interaction with the local aquatic environment
- Explore ways to encourage greater community involvement in the local aquatic environment

Equipment:

- ☐ Digital device/projector suitable for showing the group a video
- ☐ Whiteboards & markers

Key messages:



Be aware and be prepared











My community

Instructions:

- 1 Prior to the activity, visit the Acknowledgement of Traditional Owners website to find out the name of formally recognised Traditional Owners of the land where the activity will be held.

'I begin today by acknowledging the Traditional Custodians of the land on which we <gather/meet> today, and pay my respects to their Elders past and present. I extend that respect to Aboriginal and Torres Strait Islander peoples here today.'

- 2 Begin with Acknowledging the Traditional Owners of the land.
- 3 Discuss with the group why this is an important way to start the session.
- 4 Ask participants to name other groups of people who might use the aquatic environment and feel a connection to it. Record these on a whiteboard, using the table on the right as an example.
- 5 Break participants into small groups. Invite each to choose a community from the whiteboard. Ask them to brainstorm what barriers might be preventing this community group from using/ accessing aquatic environments and some strategies which might make these environments more inviting/accessible. Use the table (right).
- 6 Share responses as a group.

Community group	Barriers	Strategies
 Aboriginal and Torres Strait Islanders	Access to pools in remote areas	Make open waterways safe to swim
 Older Australians	Getting in and out of the water	Install ramps and hoists at the pool
 People with a disability	Getting a wheelchair to the shore	Provide beach mats to roll wheelchairs
 Migrants and non-English speaking background	Not understanding water safety information	Information in multiple languages
 Families	Kids don't know how to swim	Swimming lessons
 Public transport users	Bus doesn't go to the safest beaches	Petition for new PT routes
 Teenagers	Drinking and risk taking behaviour	Education in high schools
 Sports people/athletes	Other boats and users	Lifejackets and surf etiquette education

Video demonstration



Key questions:



Q. Why is it important to acknowledge Traditional Owners and their connection to land?

A. It's a way of showing respect to the Aboriginal and Torres Strait Islander people and developing an awareness of their relationship with the land.

Q. Why is it important to be inclusive?

A. Everyone should have the opportunity to access, participate and enjoy the local aquatic environment.

Variation:

Invite an Elder from your local Traditional Owners to speak about their connection to the waterway and land on which the program is being delivered.

Check out the extension card "caring for our waterways" for a lesson about the importance of keeping our waterways clean and safe!