

# Swim *and* **SURVIVE**

## Curriculum Q&A Session

30<sup>th</sup> August 2021




# Housekeeping

- Please keep your microphones off unless speaking
- Feel free to have cameras on for today
- Put questions in the chat, take yourself off mute to ask, or put your “hand” up
- This Webinar will be recorded





# Partner Resources



## Swim and Survive Partner Resources

Public group

Home

Conversations

Documents

Notebook

Pages

Site contents

Recycle bin

Edit

+ New

Page details

Analytics

### Documents

+ New

Upload

Edit in grid view

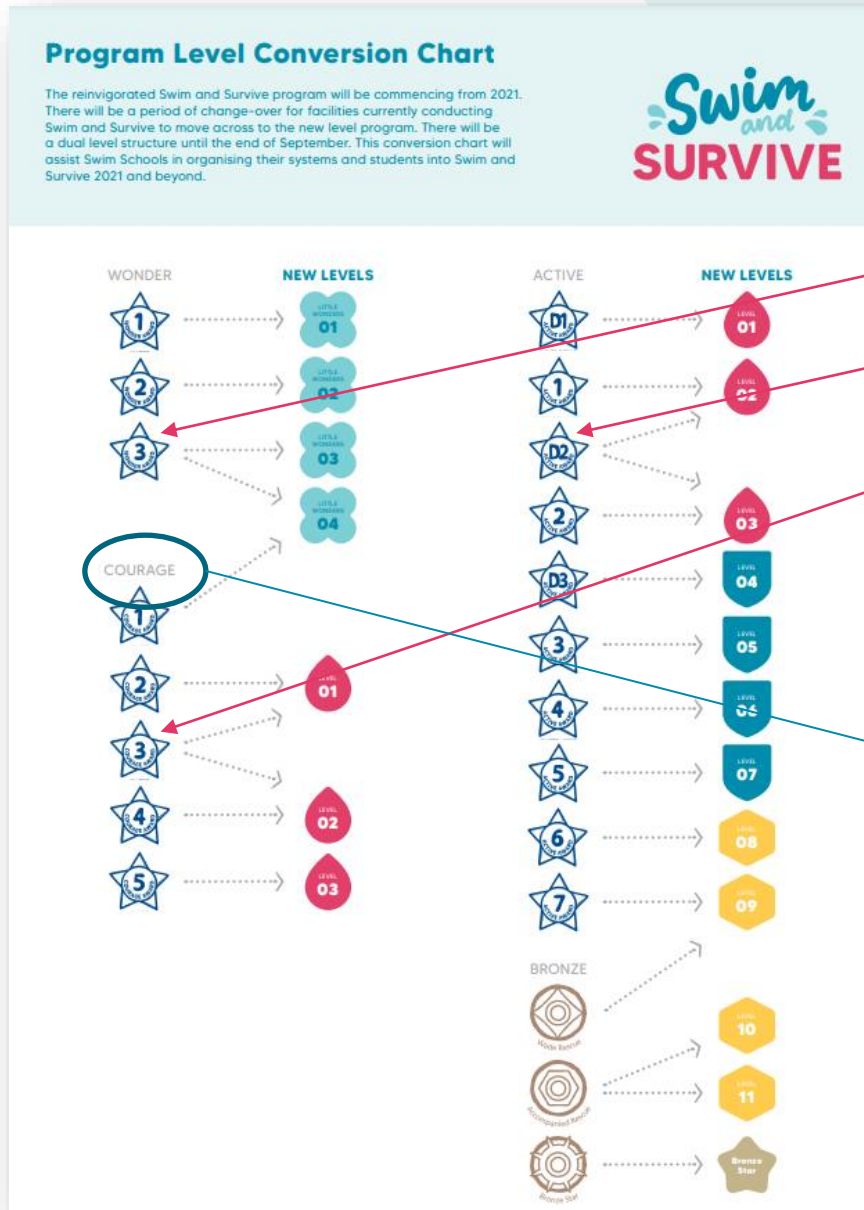
Sync

Export to Excel

	Name	Modified	Modified By
	June Forum	June 1	Jacqui Taylor
	New Curriculum Resources 2021	May 12	Jacqui Taylor
	Operational resources	May 11	Jacqui Taylor
	Order forms	February 10	Leaver - Jennifer How...
	Swim and Survive Partner Resources	May 12	Jacqui Taylor
	Teacher Resources	August 12	Jacqui Taylor
	Video Recordings	July 8	Jacqui Taylor
	SS Renew in June FAQs.pdf	May 30	Michelle Ling
	Swim and Survive - New Service Agreements.mp4	July 8	Michelle Ling
	Swim and Survive Forum - March 2021.mp4	April 13	Michelle Ling



# Partner Resources



Need to decide where the students who were previously in Active D2, Wonder 3, and Courage 3 will go

No longer "Courage" levels

# Checklist

- ✓ Notify Parents
  - Letter available on portal
- ✓ Notify relevant centre staff
  - reception/sales
- ✓ Implement new Customer Enquiry Form
  - available on portal
- ✓ Train Teachers/pool deck supervisors
  - Must sees available on portal
  - LSV can provide training if required
- ✓ Update data systems (eg Links)
- ✓ Order new certificates and rash vests
  - Order form available on portal
- ✓ Update lesson plans/attendance sheets
  - New lesson plans available on portal
  - Assessment/attendance sheets available on portal
- ✓ Update Marketing/promotional material
  - Check portal for lots of marketing material

# NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK

## NATIONAL BENCHMARKS



MINIMUM COMPETENCIES BY THE AGE  
OF 6 YEARS



MINIMUM COMPETENCIES BY THE AGE  
OF 12 YEARS



MINIMUM COMPETENCIES BY THE AGE  
OF 17 YEARS



<https://www.royallifesaving.com.au/educate-participate/swimming/national-swimming-and-water-safety-framework>

# Curriculum Level 01 to Bronze Star

SwimAndSurvive.com.au



ROYAL LIFE SAVING  
AUSTRALIA



LEVEL  
01

LEVEL  
02

LEVEL  
03

NATIONAL BENCHMARK  
6 YEARS

LEVEL  
04

LEVEL  
05

LEVEL  
06

LEVEL  
07

NATIONAL BENCHMARK  
12 YEARS

LEVEL  
08

LEVEL  
09

LEVEL  
10

LEVEL  
11

Bronze  
Star

WORKING TOWARDS  
NATIONAL BENCHMARK  
17 YEARS

HAZARDS & PERSONAL SAFETY	Identify where water can be found around the home H1	Identify dangers in aquatic environments around the home H2	Identify rules for safe behaviour in and around home aquatic environments H3	Identify aquatic environments H4		Identify and describe hazards in aquatic environments H5	Understand and follow safety rules for aquatic environments H6	Explain water safety signage	Explore how to participate safely in a range of aquatic activities H7	Understand and assess a range of aquatic risks H8	Understand personal abilities and limitations that affect safety in and around water	Understand survival, rescue, resuscitation, and emergency care theory
ENTRY & EXIT	Identify safe areas for entering and exiting water E1	Slide in entry and exit E3	Fall in entry and recover E5	Step in entry E4	Compact jump E4	Stride in entry E4	Dive in entry E5					Entries and exits for rescue
	Enter and exit the water E2						Enter and exit the water in a range of environments wearing light clothing E6					
FLOTATION	Float on front and back using a buoyant aid F2	Float on front and back and recover F3	Float on back for 30 seconds	Float on front and back in deep water and recover	Head-first and feet-first sculling							
	Orientate the body using rotation with a buoyant aid	Tread water using a buoyant aid Fit a lifejacket and float	Tread water for 30 seconds	Orientate the body using rotation skills	Float, scull or tread water wearing a lifejacket F4	Float, scull or tread water for 1 minute F5	Float, scull or tread water for 2 minutes and signal for help F6	Fit a lifejacket whilst in the water	Perform the HELP technique for 2 minutes F7	Perform the huddle technique for 2 minutes F8	Float, scull or tread water for 5 minutes and signal for help F9	
SWIMMING	Kick on front and back using a buoyant aid S1	Swim 5 metres basic freestyle S3	Swim 10 metres freestyle with breathing	Swim 15 metres freestyle S4	Swim 25 metres freestyle S5	Swim 50 metres freestyle S6	Swim 75 metres freestyle	Swim 100 metres freestyle S7	Swim 150 metres freestyle	Swim 200 metres freestyle	Be introduced to timed swims	
	Glide on front and back	Glide on front and back, kick and recover S2	Swim 5 metres backstroke S3	Swim 15 metres backstroke S4	Swim 25 metres backstroke S5	Swim 50 metres backstroke S6	Swim 75 metres backstroke	Swim 100 metres backstroke S7		Swim 200 metres continuously using 1 swimming stroke and 2 survival strokes	Swim 250 metres continuously using 2 swimming strokes and 2 survival strokes S8	Swim 300 metres in a target time of 12 minutes
	Move 3 metres continuously using arms and legs S3		Swim 5 metres survival backstroke kick S3	Swim 10 metres survival backstroke	Swim 15 metres survival backstroke S4	Swim 25 metres survival backstroke S5	Swim 50 metres survival backstroke S6	Swim 75 metres survival backstroke	Swim 100 metres survival backstroke S7			
				Swim 10 metres breaststroke kick	Swim 15 metres basic breaststroke S4	Swim 25 metres breaststroke S5	Swim 50 metres breaststroke S6	Swim 75 metres breaststroke	Swim 100 metres breaststroke S7			
						Swim 10 metres dolphin kick			Swim 10 metres basic butterfly	Swim 10 metres butterfly	Swim 15 - 25 metres butterfly	
								Swim 15 metres sidestroke S4	Swim 25 metres sidestroke S5	Swim 50 metres sidestroke S6	Swim 100 metres sidestroke S7	
UNDERWATER	Submerge the body and exhale in the water U1	Submerge to recover an object from chest deep water U2	Swim through a submerged obstacle U3	Surface dive and recover an object from shoulder deep water U4		Surface dive, swim underwater for at least 1 metre and recover an object from shoulder deep water U5	Surface dive, swim underwater for up to 3 metres and search to recover an object in deep water U6	Tumble turn		Search in shallow water U7	Search in deep water U8	Head-first and feet-first surface dive Search pattern in deep water
LIFESAVING	Identify people who can help in an emergency L1	Identify different ways to get help L2	Identify people and actions to help in an aquatic emergency L3	Recognise an emergency and call for help L4	Recognise and support an emergency L5		Respond to an emergency and perform a primary assessment L6					Resuscitation awareness
RESCUE		Be pulled to safety with an aid R4	Be rescued with a buoyant aid	Talk rescue R5	Reach rescue using a rigid and non-rigid aid R5	Throw rescue 5 metres using a buoyant aid	Throw rescue 10 metres using weighted and unweighted rope R6	Rescue initiative scenario no more than 10 metres	Wade rescue 15 metres R7	Accompanied rescue 15 metres	Rescue initiative scenario no more than 15 metres	Rescue competencies and initiative scenarios
SEQUENCING & SURVIVAL		Float with a buoyant aid for 30 seconds and kick to safety	Perform a survival sequence to simulate an accidental entry Q3		Perform a survival sequence with a buoyant aid Q4	Perform a survival sequence without a buoyant aid	Perform a survival sequence wearing light clothing Q6		Perform a survival sequence wearing a lifejacket Q7	Perform a survival sequence in a group Q8	Perform a survival sequence wearing heavy clothing Q9	Perform a survival sequence scenario



# VICTORIAN WATER SAFETY CERTIFICATE

This is to certify that,

\_\_\_\_\_

has achieved the swimming and water safety skills  
of the Victorian Water Safety Certificate.

Date \_\_\_\_\_



The Hon Daniel Andrews MP  
Premier of Victoria



= Level 7

Swim  
and  
SURVIVE

Life  
Saving  
Victoria



# Swim and SURVIVE



## Questions?

