# Frequently Asked Questions

#### Is there a cost to participate in the lifesaving education holiday program?

<<Insert here the costs to participate in your program>>

#### What are the requirements for participation?

All children and young people that wish to be part of the program must:

* Be aged 5-14
* Complete a Junior Activities Preliminary Evaluation prior to commencing activities in the water;
* Commit to all or most program sessions to ensure validity of the evaluation (where applicable) and gain the most from the program;
* Have a parent/ guardian present for the entire program; and
* Parents/guardians and participants must be willing to participate in a short evaluation of the success of the program and skills learnt

#### Why should my child/ren participate in the program?

This is an exciting opportunity to be a part of Life Saving Victoria’s program, bringing Lifesaving Education to regional inland water ways and regional pools and beaches this summer.

The program is structured specifically to their ages and abilities, and gradually teaches basic lifesaving skills required to be safer in and around an aquatic environment.

#### Is this a learn to swim program?

This is a lifesaving and water safety program. Although your child will benefit enormously and increase their confidence from exposure to open water-based activities including survival swimming and board paddling, this is not a learn to swim program. Options to enrol into swimming lessons exist with your local aquatic facility through either holiday intensives or weekly lessons.  <<insert link to your LTS program here>>

#### My child is currently 11 (12 in January 2023), what age group will they be in?

The age group that your child is, is the age they are as at the beginning of the program; therefore, your child was 11 on the eve of the program turning 12 in the middle of the program they would be classed as being in the Under 12 age group (even though they turn 12 during the season).

Providers have the options of combining age groups and being flexible based on participant skills, ability and confidence.

**Can I drop my children at the program and leave?**

No, it is a requirement that a parent or designated guardian is at the venue during the entire duration of the programs.

#### What will my child/ren be doing in the program?

Lifesaving education, similar to Nippers, is an iconic program for many Victorians which teaches lifesaving skills whilst extending swimming and water safety competencies.

It progressively teaches children basic water safety and lifesaving skills required to be safe around an aquatic environment, whilst encouraging teamwork and developing their skills to become future community lifesavers.

Your child/ren will participate in both land-based and water based-activities depending on the schedule, age group and conditions each day.

Activities will include:

Introduction to Lifesaving:

A picture containing text, clipart

Description automatically generatedIn this activity, participants, and their parents/caregivers/guardians, will be welcomed by the instructor, and introduced to the aquatic location and the other participants in the group.

Be Aware and Be Prepared:

A yellow circle with a black and yellow triangle with a black exclamation mark

Description automatically generatedIn this activity, participants will gain the knowledge and skills to keep safe across a variety of different aquatic settings. Deliver this activity in two sections, focusing first on the current location and second, focusing on other types of aquatic environments.

A black and yellow sign with a person kneeling on the ground

Description automatically generatedEveryday Lifesaver:

Participants will be given the skills and opportunity to be ‘Everyday Lifesavers’. They’ll learn the emergency response sequence, DRSABCD, by following a variety of age-appropriate and engaging real life scenarios.

Survival Strategies:

A yellow circle with black and black vest

Description automatically generatedWearing a lifejacket, and practicing important survival techniques -including the huddle, the HELP position, safely entering and exiting the water- are vital survival strategies participants can use if they find themselves in trouble in the water.

Rescue Strategies:

A yellow circle with black lines

Description automatically generatedRescue tubes, towels, ropes and even bike helmets are all examples of rescue items participants will have an opportunity to practice using. This will enable them to make informed decisions if ever they are required to perform a rescue.

Safe Boarding:

A yellow circle with a white object on it

Description automatically generatedBody Boards are a popular activity enjoyed by many children in open waterways. Participants will learn key skills needed to stay safe, including safety equipment, how to paddle effectively, and strategies to escape LSV’s own ‘The Gauntlet’ (simulation of a wave channel)!

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Description automatically generatedStaying Fit & Healthy:

In this activity, participants will learn the importance of establishing a healthy mind and body for the safe enjoyment of aquatic activities.

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Description automatically generatedSurvival Swimming:

In this activity, participants will practise the skills to survive an unexpected fall into deep (open) water, including entry/exit techniques, floating, gliding, sculling and treading water.

My Community:

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

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Description automatically generatedBeach Flags/Sprints:

Participants will learn the most effective way to run at an aquatic environment (on sand, dirt, or mud!) and participate in a unique lifesaving sport which will provide participants with bragging rights if crowned the King or Queen of beach flags.

A black and yellow trophy with a star in the center

Description automatically generatedIronman/Ironwoman:

Working with your team, complete the challenging Ironman/Ironwoman course that incorporates all the skills learnt throughout the program – including swimming, running, paddling, rescues, and survival techniques.

#### What should my child bring?

* Any medication requirements (parent/ guardian to have with them)
* Bathers, lightweight long-sleeved shirt, sunglasses, warm clothing and spare towel (in case of cool weather), SPF 30+ sunscreen, wetsuit (optional), drink bottle, wide brimmed hat, enclosed shoes (recommended).
* Participants will be provided with a rash top to wear during the program and a lifesaving cap.

#### What happens if we miss a session?

All participants and a parent/ guardian are encouraged to attend every session. If you’re child/ children miss a session due to illness/ injury, they may still participate in following lessons. Please let your Program Coordinator (details will be provided ahead of the first session) know if you are unwell / unable to attend any session.

#### Will my child be swimming in open water environments?

This program will be conducted at \*\*\* Centre utilising the pool and outdoor space. We will simulate open water conditions in some activities however will not swim in an open water environment.

Or: The program is conducted in an open water environment when safe to do so. There is a combination of land and water based activities each day (weather and conditions dependant).

#### I have my Bronze Award/ Inland Waterway Life Saving Certificate; can I help deliver the program?

Programs will be delivered by the aquatic facility and/or LSV staff in each location that have undergone training in the content and risk management procedures of the program. Whilst it will be fantastic to have an extra set of eyes on the program and encourage assistance in other ways, we do request that you leave the program delivery and in water activities up to the trained staff.

If you are an employee or would like to become an employee of the relevant aquatic facility, please contact your local facility directly.

#### How can I help/ volunteer on the program?

\*\*\* encourages parents to actively contribute to the running of the program. If you would like to assist, please provide your Working with Children Check (Volunteer) details (on the enrolment form) which must also be with you on the day.

Tasks may include; cooking the BBQ, setting-up / packing-up the program, moving flags and other equipment between activities.

If you do not have a Working with Children Check or are unable/unwilling to assist on the day you are still required to supervise your child throughout the program.

#### Where do I find the Participant Swimming Ability Evaluations requirements?

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| --- | --- |
| **Participant Swimming Ability Skills Assessment** | |
| **Age Group** | **Criteria (all unassisted)** |
| **Junior**  **(5- 7years)** | From a standing position in waist deep water perform a front glide (distance 1-2 meters) & recover to stand.  Back float for minimum 5 seconds, recover to stand. |
| **Intermediate**  **(8-10 years)** | Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 meters.  Tread water and/or sculling for minimum 1 minute.  Back float for minimum 90 seconds, recover to stand. |
| **Advanced**  **(11-14 years)** | Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.  Back float for minimum 90 seconds, recover to stand.  Tread water and/or sculling for minimum 3 minutes.  Submerge to touch the sand/ground at the bottom of the water with hands. |

#### How does my child/ren complete a Junior Activities Preliminary Evaluation?

Your child may already have received a certificate from their swimming lessons stating the competencies met (as per criteria above). Alternatively, you may contact <<insert name of your local aquatic facility>> and request an assessment – please take the above criteria for their reference.

#### Does my child need to meet the necessary criteria?

Participant swimming ability evaluations are in place to ensure that participants are able to swim and float to ensure their safety when participating in programming in an open water environment or pool.

By registering your child/ren into the program you are agreeing that they meet the standard required for the Age Group or to discuss options with the provider for your child to safely participate, I.e., undertaking additional swimming lessons in the weeks prior, having additional support available for in water activities, being included in another age group. Please also indicate with the provider when your child is well above the recommended swimming criteria to ensure appropriate adaptations may be made.

#### Will food be provided?

<<Delete or amend this section>> TBC depending on restrictions and availability, optional but encouraged if allowed.

A BBQ will be provided at the last session of each program where certificates will be presented. This will also be an opportunity to complete the post-program survey.

#### How do I cancel my child/ren’s registration?

To cancel your registration please contact the facility directly via:

Phone: <<Insert Phone number here>>

Email:  <<Insert email Address here>>