



LIFE SAVING AND SWIMMING - SKILLS FOR LIFE

Several years ago, Royal Life Saving conducted research into the swimming and water safety skills of Australian school children. Numerous studies found that many children were unable to swim at the end of primary school, and in many other cases those who could swim lacked fundamental water safety skills. What is more shocking are the current statistics around drownings in NSW: <https://www.royallifesaving.com.au/research-and-policy/drowning-research/summer-drowning-toll>

As a result, The National Swimming and Water Safety Framework was developed by the Royal Life Saving Society – Australia in 1999. This Framework aims to enable individuals to develop the skills, knowledge, understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments. The Framework provides three benchmarks for children at age 6, 12 and 17 years. For a 12 year old the benchmark is depicted in the following picture:

NATIONAL SWIMMING AND WATER SAFETY BENCHMARK

Every Australian at the age of 12 years should be able to:



Understand and respect safety rules for a range of aquatic environments



Surface dive, swim underwater and search to recover an object from deep water



Enter and exit the water for a range of environments



Respond to an emergency and perform a primary assessment



Float, scull or tread water for 2 minutes and signal for help



Rescue a person using a non-swimming rescue technique with non-rigid aids



Swim continuously for 50 metres



Perform a survival sequence wearing light clothing

As a result, as part of our PDHPE curriculum we will be running a 4-day Swim and Survive program during Week 9 of this Term, Tuesday 9th December to Friday 12th December. It is a fun and dynamic swimming and water safety program that focuses on the development of swimming, personal survival, basic rescue and lifesaving skills. This program aims to provide your child with the required skills to lead safe and active lives in, on and around water and is the last chance to develop these skills before they leave school.

No matter the level of experience, Swim and Survive is inclusive for everyone at any ability to learn these essential skills. Students will attend school and then travel by bus to Mt Druitt Swimming Centre. As this is part of the Stage 4 PDHPE curriculum, it is expected that all students attend. There will be no formal Year 7 classes at school during that time.

We hope that you can support this initiative and talk about the importance of learning these skills with your child.

Permission notes have been emailed directly to parents via SchoolBytes. Information will continue to be forwarded via school social media platforms (Facebook and Instagram) as well as directly to students via year group meetings. All students have been informed via these meetings throughout the term and within their PDHPE classes.

Final payments are due 2nd December. If you need any assistance with payments, please reach out to the school. We do not want any students to miss out on this opportunity.

Thank you.