



SwimVAC 2022

Information Guide for Aquatic Facilities

ABOUT ROYAL LIFE SAVING

Royal Life Saving is focused on reducing drowning and promoting healthy, active and skilled communities through innovative, reliable, evidence-based advocacy; strong and effective partnerships; quality programs, products and services; underpinned by a cohesive and sustainable organisation.

Royal Life Saving is a public benevolent institution (PBI) dedicated to reducing drowning and turning everyday people into everyday community lifesavers. We achieve this through: advocacy, education, training, health promotion, aquatic risk management, community development, research, sport, leadership and participation and international networks.

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Royal Life Saving NSW

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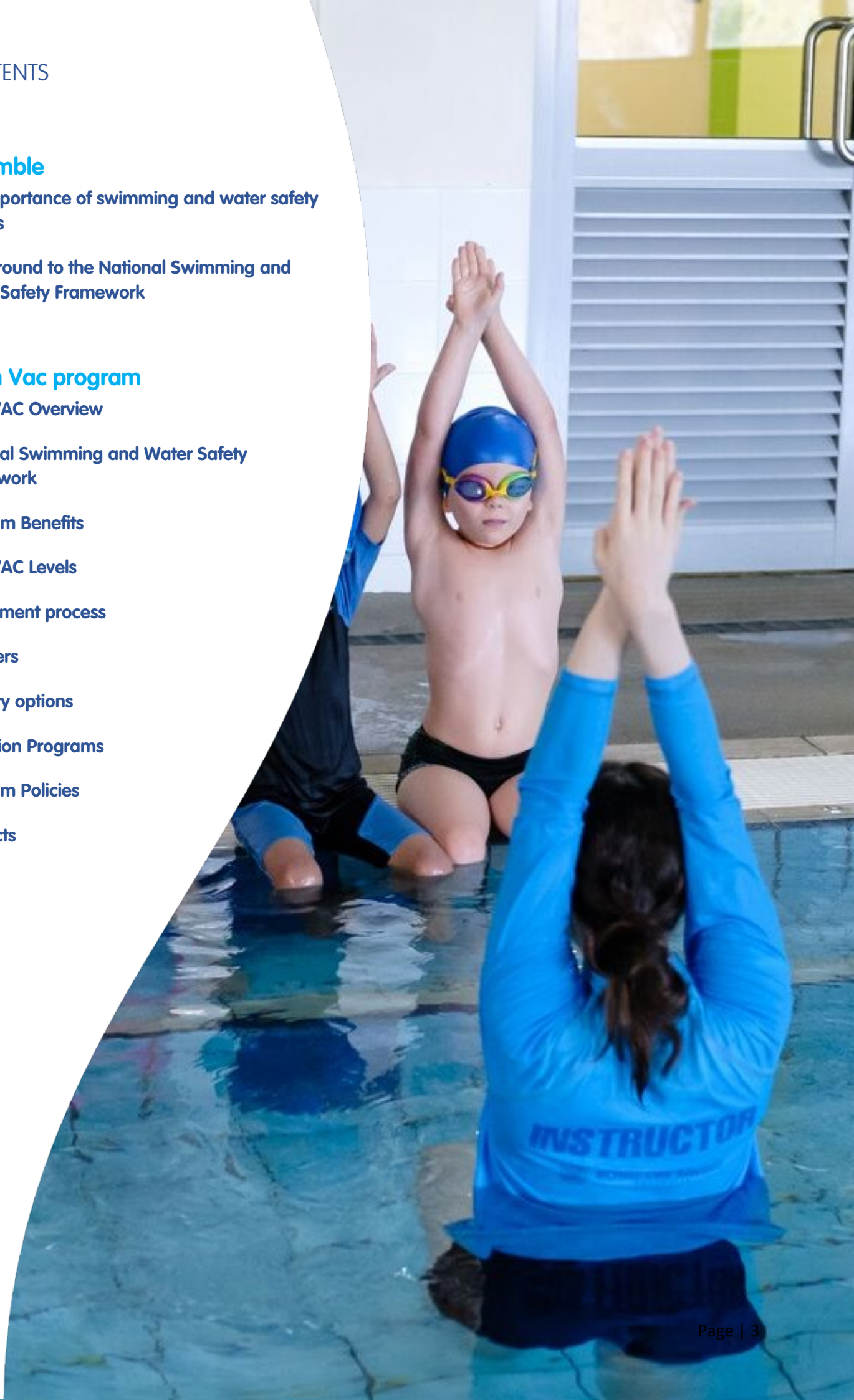
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The importance of Swimming and Water Safety Lessons

Why is learning to swim so important?

Swimming lessons are an integral part of a child's education. Living in Australia, we have access to both inland and open water waterways. It is in our culture to recreate around waterways so ensuring all Australians have the skills to swim and survive in aquatic situations is essential.

Swimming is a life skill, and a skill for life. Not only does it open up a world of fun and even career opportunities, it carries a wealth of physical and mental wellbeing, social and community benefits that a person carries well into their senior years. It is low-impact, builds endurance, improves coordination and balance, and builds immunity

Drowning risk is greatest in kids aged 12 to 24 months, but the real benefits of swimming skills for drowning prevention are seen in their teen years, when they are more likely to swim with friends than under adult supervision. Therefore, ensuring that they develop a robust set of swimming and lifesaving skills, which includes being able to swim more than 50 metres before leaving primary school and perhaps gain a Bronze Medallion in secondary school, will help to keep them safer as they mature into young adults.

It is vital that all children continue swimming lessons throughout their school years to ensure they have the skills and knowledge to recreate safely in a range of inland and open water environments throughout their life.

Background to the National Swimming and Water Safety Framework

The National Swimming and Water Safety Framework (the Framework) was developed by the Royal Life Saving Society – Australia in 1999 and first published in Swimming and Lifesaving 4th edition. The Framework was developed to provide Governments, educational institutions, aquatic industry, teachers and parents with a basis for developing, providing or selecting an appropriate program that provides a balanced swimming and water safety education.

The Australian Water Safety Council has endorsed this Framework for over 15 years. The council prescribes that every Australian child must be given the opportunity to acquire and maintain a minimum standard of water safety competency.

Over the past few years, there has been increasing concern over the declining swimming and water safety skills and knowledge of children living in Australia and the associated issues of safety as a result of this decline. Numerous research studies have been conducted to investigate and further understand this problem.

To address these issue further, Royal Life Saving convened a National Swimming and Water Safety Education Symposium in 2017 with the objective to collaborate and consult with industry, governments and the education sector.

The Symposium attendees recognised the value of the National Swimming and Water Safety Framework in addressing some of the key issues and the requirement for it to be revised.

Following the Symposium, a National Swimming and Water Safety Reference Group was formed to review the Framework and contribute to the development of a revised Framework. The group comprised of representatives from across the aquatic industry, the education sector and academia.

Development of the Framework has been informed by the:

- Australian Water Safety Strategy 2016 – 2020
- Australian Physical Literacy Framework
- Relevant Australian Curriculum outcomes within the Health and Physical Education Learning Area
- Significant research into swimming and water safety by Royal Life Saving Society – Australia, other like organisations and researchers in the field.

Overview of SwimVAC

In 2019, Royal Life Saving took over the delivery of the Swim and Survive Vacation program from the Office of Sport NSW. For the last two years RLS have conducted swim and survive vacation programs in over 45 locations across regional and remote NSW.

This 2021/2022 Summer season, Royal Life Saving is launching a new swimming and water safety program- SwimVAC!

SwimVAC is a swimming and water safety holiday intensive program that runs over either 5 or 10 days. It has been designed in line with the National Swimming and Water Safety Framework and provides learning opportunities and experiences around swimming and survival skills in line with national benchmarks.

Prompted by research and the launch of the National Swimming and Water Safety Framework, Royal Life Saving have developed the new SwimVAC program aligning directly to the developmental stages and benchmark measures in the framework. Our aim is to give more children the opportunity to access vital lessons, with as little barriers as possible, and to achieve the age based benchmarks within the framework.

SwimVAC is targeted at children from 3- 12 years of age with the aim of getting as many children as possible to the 6 and 12 year old national benchmarks for swimming and water safety.

National Swimming and Water Safety Framework

The National Swimming and Water Safety 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.

Learning and participating in swimming and water safety activities are vital in reducing the number of fatal and non-fatal drowning incidents in Australia. It is also vitally important in supporting broader community outcomes such as improving health and welfare, creating a more skilled workforce and increasing the rate of participation in physical activity.

Guiding principles of the framework

1. Everyone should have the opportunity to participate in a swimming and water safety education
2. Entry and progression may occur at different stages and rates through the framework
3. The framework is adaptable to support achievement
4. Structured programs are essential; however, aquatic play and recreation are also important
5. Learning should transition skills and knowledge to a range of aquatic environments and water based activities
6. The language of the framework aims to be accessible for all facilitators, educators and parents

Components of the framework

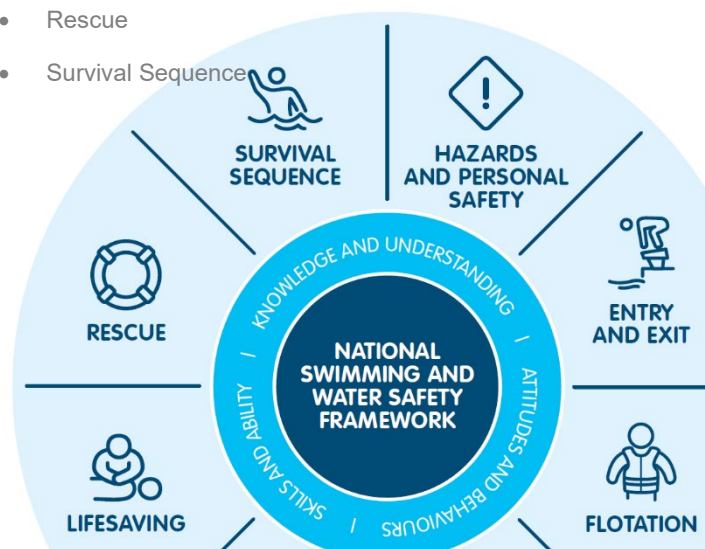
There are three interrelated elements within the framework as well as eight learning strands that together form a holistic framework and approach toward teaching swimming and water safety.

Elements:

- Knowledge and Understanding
- Skills and Abilities
- Attitudes and Behaviours

Strands

- Hazards and Personal Safety
- Entries and Exits
- Floation
- Swimming
- Underwater
- Lifesaving
- Rescue
- Survival Sequence



Stages

There are three developmental stages that an individual progresses through as they build confidence and competency in swimming and water safety.

These are Fundamental, Acquisition and Application. Each stage has three development milestones. More information about the framework and developmental milestones can be found here: [Swimming and Water Safety Framework | Royal Life Saving \(drowningprevention.org.au\)](https://drowningprevention.org.au)



National Benchmarks for Swimming and Water Safety

The national benchmarks in the framework are awarded when a child has progressed through all of the development milestones in the relevant stage. The two benchmarks within the SwimVAC program are the 6 and 12 year old benchmarks.

Children will achieve these benchmarks at different rates and ages. During the SwimVAC program children will be assessed by their swimming ability, not their age.

Every Australian at the age of 6 years should be able to:

	Identify rules for safe behaviour at aquatic environments at or near the home		Submerge the body and move through an obstacle
	Enter and exit shallow water unassisted		Identify people and actions to help in an aquatic emergency
	Float and recover to a standing or secure position		Perform a survival sequence to simulate an accidental entry
	Move continuously for 5 metres		

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

Program Benefits

There are a number of benefits associated with delivering or hosting a Royal Life Saving SwimVAC program:

- A nationally accredited Swimming and Water Safety program suitable to children of all ability levels
- Aligned with the National Swimming and Water Safety Framework
- Specialised curriculum documents, lesson plans, and certificates created by Royal Life Saving
- Increase access to aquatic participation for children in the community
- Employment for local Swimming Teachers
- Training and upskilling of all teachers delivering the program
- Attraction of new or returning customers to your facility
- Access to the SwimVAC marketing kit
- Access to support through our RLS Swimming and Water Safety Team
- Association with Royal Life Saving NSW ACT TAS
- Ongoing support past the 2 week program if you sign up to become a Partner with RLS

SwimVAC Levels

There are 4 levels in the SwimVAC program, 1 for preschool children of all abilities and 3 for school aged children 5 years and up.

All levels have been created in line with the strands and development milestones in the National Swimming and Water Safety Framework.

The four levels on offer are:

- Preschool (all abilities)
- School Age Beginner
- School Age Intermediate
- School Age Advanced

The preschool, school age beginner and intermediate levels are programmed as 5 days as it is a more reasonable ask for children to achieve the set milestones across a 5-day setting. Organisations can choose to run 2x 5-day programs across the 2 week span with customers choosing to attend 1 or 2 weeks.

The school age advanced level is programmed to run across 10 days due to the more involved milestones. This level is designed to get as many children to the 12 year old national benchmark as possible within the 10 lessons.

For children who are already at or beyond the 12 year old benchmark Royal Life Saving has lifesaving programs that extend to the 'Application' stages of the national framework.

See next page for a more in depth look at each of the levels of SwimVAC 2022.



Preschool- all ability

Framework Link	Fundamental Milestones 1-3
Benchmark	Working toward Milestone 3 (6yr benchmark)
Age Group	3 to 5 year old's (Not attending primary school)
Class Ratio	1:5
Length of Class	30 mins
Program Length	1x 5-day or 2x 5-day program options
Program Cost	5-day program \$37.50 pp

School Age- Beginner

Framework Link	Fundamental Milestones 1-3
Benchmark	Milestone 3 (6yr benchmark)
Age Group	5 years and up (Attending primary school)
Class Ratio	1:6
Length of Class	45 mins
Program Length	1x 5 day or 2x 5-day program options
Program Cost	5-day program \$45 pp

FUNDAMENTAL		
H1 Identify aquatic environments at or near the home	H2 Identify hazards in aquatic environments at or near the home	H3 Identify rules for safe behaviour at aquatic environments at or near the home
E1 Identify safe areas for entering and exiting shallow water	E2 Enter and exit shallow water with assistance	E3 Enter and exit shallow water unassisted
F1 Float on front and back with assistance	F2 Float and recover to a secure position with a buoyant aid	F3 Float and recover to a standing or secure position
S1 Move in the water with assistance	S2 Move in the water without assistance	S3 Move continuously for 5 metres
U1 Submerge the body and exhale in the water	U2 Submerge and recover an object from waist deep water	U3 Submerge the body and move through an obstacle
L1 Identify people who can help in an emergency	L2 Identify how to get help	L3 Identify people and actions to help in an aquatic emergency
N/A	N/A	N/A
N/A	N/A	Q3 Perform a survival sequence to simulate an accidental entry

School Aged Intermediate

Framework Link	Acquisition Milestone 4
Benchmark	Working towards Milestone 6 (12yr) benchmark
Age Group	5 years and up (Attending primary school)
Class Ratio	1:7
Length of Class	45 mins
Program Length	1x 5 day or 2x 5-day program options
Program Cost	5-day program \$45 pp

School Age- Advanced

Framework Link	Acquisition Milestones 5 - 6
Benchmark	Milestone 6 (12yr) benchmark
Age Group	5 years and up (Attending primary school)
Class Ratio	1:10
Length of Class	45 mins
Program Length	10-day program only
Program Cost	10-day program \$85 pp

ACQUISITION		
H4 Identify a range of aquatic environments	H5 Identify hazards in a range of aquatic environments	H6 Understand and respect safety rules for a range of aquatic environments
E4 Enter and exit deep water using feet first entries	E5 Enter and exit deep water using head first entries	E6 Enter and exit the water for a range of environments
F4 Float, scull or tread water for 1 minute wearing a lifejacket	F5 Float, scull or tread water for 1 minute	F6 Float, scull or tread water for 2 minutes and signal for help
S4 Swim continuously for 15 metres	S5 Swim continuously for 25 metres	S6 Swim continuously for 50 metres
U4 Surface dive and recover an object from shoulder deep water	U5 Surface dive, swim underwater and recover an object from shoulder deep water	U6 Surface dive, swim underwater and search to recover an object from deep water
L4 Recognise an emergency and call for help	L5 Recognise and support an emergency	L6 Respond to an emergency and perform a primary assessment
R4 Be rescued by a non-swimming rescue technique	R5 Rescue a person using a non-swimming rescue technique	R6 Rescue a person using a non-swimming rescue technique with non-rigid aids
Q4 Perform a survival sequence with a buoyant aid	Q5 Perform a survival sequence without a buoyant aid	Q6 Perform a survival sequence wearing light clothing

Assessment Process

All students will be assessed against the relevant strands and milestones in the National SWSF on the last day of the program. SwimVAC teachers will complete the assessments for the children in their classes. Students are assessed based on their progression of a skill. This program does not assess skills based on a yes or no to competence, instead there is a scale of achievement consisting of four areas; Not attempted, With Assistance, Working Towards and Achieved.

Key:

NA- Not Attempted

WA- With Assistance

WT- Working Towards

A- Achieved

Children will receive a certificate at the end of their program with their assessment of skills. This will provide information to parents and carers about the child's current swimming and water safety skills ability against the national benchmarks.

Assessment information will also be sent back to Royal Life Saving for research purposes. All information remains confidential and safe.

Teachers

The SwimVAC program is run by accredited Swimming and Water Safety Teachers who have industry standard qualifications and specific training for facilitating the SwimVAC programs.

All SwimVAC Swimming Teachers must hold the following:

- Current Swimming and Water Safety Skillset
- Current CPR certification
- Current Working with Children Check (or equivalent)

Delivery Options

SwimVAC programs will run across NSW during the same two week period in January 2022. Programs run on weekdays only for both weeks.

Dates for 2022:

Week 1: Monday 10th to Friday 14th January 2022

Week 2: Monday 17th to Friday 21st January 2022.

There are two delivery options for pools taking part in a SwimVAC program. Both options have service agreements and requirements for program delivery. The program levels delivered, times of classes and availability of the pool are all catered to the community and are decided upon by the councils/ pool owners.

Delivery Option 1:

- RLS run the Swim Vac program as designed (5 or 10 day)
- RLS employ staff (Swim Teachers) for the program, schedule and take customer bookings, organise marketing, promotion and customer communication.
- RLS provide program lesson plans, marketing kit, staff uniforms, extra equipment, kids packs, teacher resources, parent resources, certificates and signage.
- RLS program pricing used
- RLS refer customers to the pools LTS program long term
- Facility charges entry fee each visit (optional)
- Facility provides a registered Pool Lifeguard for the duration of the program.

Delivery Option 2:

- Facility is partnered with RLS and delivers the RLS developed SwimVac program for either 5 or 10 days.
- RLS provides program lesson plans, marketing kit, teacher uniforms, kids packs, teacher resources, parent resources, certificates and signage.
- Facility organises, employs and pays staff (swimming teachers + Lifeguards) for the duration of the program.
- RLS inducts selected swim teachers into the SwimVAC program
- Facility organises lesson schedule and takes customer bookings internally
- Facility agrees to charge RLS program prices for customer enrolment
- Facility can add on daily entry fee costs to program price (optional)
- Facility reports to RLS on booking numbers, assessment results + provides customer emails for completion of post program survey

Royal Life Saving Provide:

- Customised marketing toolkit and marketing of the program across our platforms.
- Safety Signage about the program for the pool
- Complete swimming and water safety program including teaching resources and lesson plans.
- High quality training and inductions to all staff involved in running a SwimVac program.
- Supporting activity kit for kids
- Parent/ carer information on water safety and drowning prevention strategies
- RLS employ Swim teachers of your choice or alternatively source teacher(s) if you have no one in your immediate community. (Delivery Option 1 only)
- RLS take care of all program scheduling, customer bookings and communication. (Delivery Option 1 only)

Agreements

All delivery options for SwimVAC come with an agreement between Royal Life Saving and the operating council or facility owner. Agreements cover the expectations of Royal Life Saving and the expectations of the facility. Agreements may differ due to varied delivery options. A basis of the agreement between both entities is outlined below.

Participating facilities provide RLS with:

- Access to the pool and some equipment for duration of the lessons
- Free lane hire for the duration of the program
- Provide a lifeguard on site for the duration of the program.
- Copy of Current Public Liability (COC)
- Copy of current Covid Safe Plan
- Copy of emergency evacuation plan

Extension Programs

Junior Lifesavers Vacation Program

This summer season Royal Life Saving are launching a new lifesaving program- Junior Lifesavers (JL).

Junior Lifesavers is designed as an 'Introduction to Lifesaving' program for swim schools and is designed to be delivered as a term based or ongoing program, however over the January 2022 holidays RLS will be facilitating a Junior Lifesavers Vacation program structured the same as SwimVAC. Junior Lifesavers Vacation programs will be run over 10 days during the same 2 weeks in January as the SwimVAC programs.

Junior Lifesavers is an extension of the SwimVAC program in that it is catered to children/ teens who have passed the 12 year old benchmark outlined in the framework. The JL Vacation program is in line with the milestones in the Application stage of the National SWSF. This program is not age restrictive but is based on skill level. All children/ teens wanting to participate in the program **MUST** be able to complete the following:

- Enter and Exit the water safely
- Float, scull or tread water for 2 minutes
- Surface dive and swim underwater to recover a submerged object
- Swim continuously for 50m using a combination of swimming and survival strokes (must be recognised strokes)

The Junior Lifesavers program focuses on extending swimming and water safety skills to improve fitness, endurance and aid in personal survival and rescues. The program is based around individual and team activities to teach swimmers how to apply principles of rescues, survival skills and lifesaving in various scenarios. Students are provided with opportunities to demonstrate leadership and teamwork in facilitating rescues, resuscitation and first aid.

As with the SwimVAC programs there is an agreement made between the organisation and RLS based around their chosen delivery option. An organisation can run both the SwimVAC and Junior Lifesaver programs simultaneously OR just one of the two. The JL vacation program is perfect for aquatic facilities who may already run their own learn to swim vacation programs but are looking to test out a lifesaving program on their customer base.

Details for Junior Lifesavers Vacation agreement:

- Delivery Option 1 or 2 available
- Agreement details are the same as SwimVAC as listed in 'Agreements' section
- Facility must charge RLS program costs
 - \$85 per participant for 10 day program
- RLS provide program lesson plans, specialised lifesaving equipment if none are available, uniforms, kids packs, parent information, marketing kit, signage
- Training to all staff conducting a Junior Lifesavers program

RLS SwimVAC Policies/ Forms

Royal Life Saving have a number of policies used for the delivery of our SwimVAC and Junior Lifesaver programs including:

- Wet weather Policy
- Make up/ Cancellation Policy
- Covid- 19 Position Statement
- Refund Policy
- Child Safety Policy
- Daily Risk and Hazard Assessment Form
- Incident report form
- Skill assessment forms

All above policies and forms are available to participating facilities and staff conducting the program. Some are also available to customers.

Where to from here?

If you are interested in hosting or delivering one of our Vacation Programs here are the steps to follow:

1. Head to our website drowningprevention.org.au/Swimvac
2. Fill out the Expression of Interest form
3. Royal Life Saving will be in contact with the relevant program agreement
4. Read, complete and return the signed agreement to louisesmalley@royalnsw.com.au
5. Once received RLS will start preparing your program!

Contact details

For more details regarding our programs feel free to contact our team below:

Program coordination team:

E: swimandsurvive@royalnsw.com.au

P: (02) 9634 3700

Program Manager:

Louise Smalley

E: louisesmalley@royalnsw.com.au

P: (02) 9634 3700



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