



**Junior
Lifesavers**

Get wet. Have fun.
Learn lifesaving skills.

**Junior Lifesaver
Information Guide**

 DrowningPrevention.org.au



ROYAL LIFE SAVING
NEW SOUTH WALES



INFORMATION GUIDE

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ROYAL LIFE SAVING SOCIETY

The Royal Life Saving is the leading water safety, swimming and lifesaving organisation in Australia. Pool Lifesaving is a key part of the swimming and lifesaving pathway means of increasing swimming, water safety and lifesaving skills, creating more resilient communities and reducing drowning.

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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Printed copies of this document are available upon request.

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Project Team

Louise Smalley – RLSNSW

Danielle Smith – RLSNSW

OVERVIEW

Junior Lifesavers is an exciting new program for children aged 6 - 14 to Get Wet, Have Fun and Learn Lifesaving skills in a friendly, social, and healthy environment.

The Junior Lifesavers Program is a key part of Royal Life Saving's swimming and water safety pathway. For swim schools and aquatic facilities, it is one of the best tools you can have to keep children in the water for longer. Some of the key benefits of the program include:

- Dedicated planning and program resources to suit your facility
- Training and Coaching Program for Swim Teachers
- Promotional material and support for the program
- Direct linkages to recreational and competitive pathways including the Australian Youth Lifesaving Team and Australian Lifesaving Team

Junior Lifesavers combines the skills of swimming, rescue, accident prevention and emergency care into a series of events that are designed to test the overall ability of a young lifesaver, both in and out of the water.

Junior Lifesavers is easy to deliver; in fact, most aquatic staff and volunteers will already understand the swimming and lifesaving skills and principles required to deliver Junior Lifesavers from previous training and awards that are prerequisites for work and participation in aquatics.

Royal Life Saving provides several professional development courses for swimming and water safety teachers wishing to further their involvement with the lifesaving pathway, including:

- Teacher Of Lifesaving
- Pool Lifesaving Foundation Coach Course
- Pool Lifesaving Foundation Official Course



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BENEFITS OF JUNIOR LIFESAVERS

Junior Lifesaver also offers the following potential benefits for aquatic facilities, swim schools, schools and clubs:

1. A non-competitive offering for swimmers who don't want to pursue squads, or for those exiting the water safety pathway
2. Building relationships and lifesaving, leadership and initiative skills for future lifeguards and aquatic staff
3. Attract new and diverse members to the existing aquatic community
4. Affordable program with flexible delivery
5. Pathways for participants, parents, staff and volunteers in coaching, officiating, team management and competition
6. Support from RLS including promotional tools, program support, equipment and training
7. A purposeful and beneficial vehicle for community engagement, with programs that can be built to accommodate multicultural, non-English speaking, indigenous and disadvantaged participants

Junior Lifesavers can be adapted to supplement or add variety to swimming and water safety programs for all ages and abilities, for lifeguard training and development, or as a fun, challenging and interactive alternative to squads and competitive swimming.

ROYAL LIFE SAVING NSW SUPPORT

When partnering with Royal Life Saving NSW for Junior Lifesavers, you will receive the following resources / support:

- Full Program Guide including
 - Activity Resources (activity cards)
 - Marketing guide and resources
 - Risk Management Guide
 - Junior Lifesaving Carnival Guide
- Access to the Royal Life Saving NSW Partner Portal with updated resources, news & lifesaving videos
- Direct communications with the Junior Lifesavers support team
- Option to register participants through the Royal Life Saving NSW website process
- Professional development options for Teachers through Royal Life Saving NSW
- Assistance with organising a Lifesaving Carnival / Event
- Lifesaving equipment available to order through Royal Life Saving NSW

THE PROGRAM

Royal Life Saving NSW has developed a sample program / session plan and activity cards for Junior Lifesavers partners to utilise. Junior Lifesavers can be adapted to any facility, school or club environment to suit the customer base and scheduling of the organisation.

The activity cards are split into different skill areas:

1. Survival Swimming
2. Lifesaving Skills
3. Underwater Skills
4. Survival Skills
5. Rescues
6. Initiatives / Scenarios

This allows flexibility for the teacher to select certain activities from the skill area that are suitable for the participants, equipment available or lane space for the session. Included on the activity cards are questions to ask participants, variation options (regression & progression) and required equipment for the activity.

On each activity card, there are links to:

- The National Swimming & Water Safety Framework
- The Australian Education Curriculum
- The NSW Education Curriculum



Education



PARTICIPANT SWIMMING ASSESSMENT

Prior to participants engaging in the Junior Lifesavers program, it is essential they complete a swimming assessment.

This ensures the teachers of the program fully understand the levels of each participant for grouping purposes or to determine the difficulty of each activity to deliver. It is vital that activities are adapted according to participants skill levels to enable them to enjoy the sessions – remembering the program should be in a friendly, social, and healthy environment.

Royal Life Saving NSW has provided a Swimming Assessment criteria per age group as a guide, which is developed from the National Swimming & Water Safety Framework. If participants are below their relevant age group criteria, it is recommended for them to participate in the Junior Lifesavers program once their skill level meets the age group criteria.

The evaluation should be conducted in a safe and constructed pool environment with a water & safety ratio of no more than 1:5. A 1:1 ratio may be considered for new members where the swim school / organisation may not be familiar with the ability of the new participant.

PROGRAM STRUCTURE

Royal Life Saving NSW has provided a planning tool in the program guide to support Junior Lifesavers partners in developing their program and how Junior Lifesavers may fit into their schedule, other sessions and participant skill levels.

Examples of how the program may be delivered includes:

- › Integration of Junior Lifesavers activities into other sessions
- › Come and try day / session
- › Weekly sessions over a term base or certain period
- › 3-Day holiday program
- › Afternoon mini carnival
- › 1-2 week holiday program
- › Full day carnival



PROGRAM DELIVERY OPTIONS

To enable Junior Lifesavers partners to integrate the program to suit their needs, Royal Life Saving NSW allows flexibility on how the program may be delivered, as per examples listed above. If required, Royal Life Saving NSW will support partners to select the most appropriate delivery option, taking into consideration pool space availability, number of participants and what other programs the organisation is currently offering.

As part of the agreement with Royal Life Saving NSW when becoming a Junior Lifesavers partner, the deliverer must follow the content in the activity cards to ensure the program follows the safety guidelines and upholds Royal Life Saving NSW reputation. Within the program guide, there is an example of implementing the 10-week delivery option with 1x 2-hour session per week and a lifesaving carnival to wrap it up.

Outline of the 10-week delivery option:

	Warm up	Skill Focus #1	Skill Focus #2	Skill Focus #3	Cool Down
Duration	10mins	15mins	15mins	15mins	5 minutes
Week 1	Initial Swimming Assessment	Entries and Exits	Survival Swimming (Strokes)	Rescues (Dry)	Aqua Aerobics
Week 2	Swimming and Fitness	Lifejackets	Survival Swimming (Treading water)	Line throw	Stretches / Yoga
Week 3	Swimming and Fitness	Rescues (Dry)	Underwater Swimming (search & Rescue)	Fin swim	Aqua Aerobics
Week 4	Swimming and Fitness	Rescues (Wet)	Underwater Swimming (duck dives)	Underwater Obstacle Course	Stretches / Yoga
Week 5	Swimming and Fitness	Lifejackets	Rescues (Wet)	Survival Swimming (Strokes)	Aqua Aerobics
Week 6	Swimming and Fitness	Entries and Exits	Fin & Tube Swims	Lifejackets	Stretches / Yoga
Week 7	Swimming and Fitness	Brick Carry	Manikin Tows	Relays	Aqua Aerobics
Week 8	Swimming and Fitness	Manikin Carry	Manikin Relays	Relays	Stretches / Yoga
Week 9	Swimming and Fitness	CPR	Introduction to SERC	SERC Scenarios	Aqua Aerobics
Week 10	Swimming and Fitness	CPR	Raft Building		Stretches / Yoga
Week 11	Mini Carnival, Awards Presentation and BBQ				

AGREEMENT WITH RLSNSW

When becoming a Junior Lifesavers partner, the delivery of the program comes with an agreement between Royal Life Saving NSW and the facility owner, school, council or organisation delivering the program. The agreement covers expectations of Royal Life Saving and the expectations of the deliverer of the program.

See below for an overview of the expectations for both entities:

Program deliverers:

- › Provide a safe and appropriate environment to run the program
- › Implement a COVID safe plan (in line with relevant regulations at the time of delivery)
- › Do not alter the resources / branding provided by Royal Life Saving NSW
- › Deliver the content / program as per the activity cards provided by Royal Life Saving NSW

Royal Life Saving NSW:

- › Provide resources to deliver the program (inclusive of activity cards, program guide, marketing toolkit & resources and risk management guide)
- › Development opportunities for teachers (teacher of lifesaving, pool lifesaving coaching course etc)
- › Assist with any enquiries regarding the delivery of the program including session planning, equipment, space required for lessons and administration / registration processes)
- › Provide access to the Junior Lifesavers portal to access resources, news, videos etc

Where to from here?

If you are interested in delivering Junior Lifesavers at your organisation, please visit our website drowningprevention.org.au and enquire through the Junior Lifesavers page.

For more details on the program or any questions, please feel free to contact us:

Phone: **(02) 9634 3700**

Email: juniorlifesavers@royalnsw.com.au

Junior Lifesavers

FOR MORE INFORMATION

Sydney T: 02 9634 3700
E: nsw@royalnsw.com.au

Hunter T: 02 4929 5600
E: hunter@royalnsw.com.au

Illawarra T: 02 4225 0108
E: illawarra@royalnsw.com.au

Northern T: 02 6651 6266
E: northern@royalnsw.com.au

Riverina T: 02 6921 7422
E: riverina@royalnsw.com.au

Western T: 02 6369 0679
E: western@royalnsw.com.au

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