



➤ 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. The Framework supports a structured and consistent understanding of swimming and water safety education across Australia.

➤ What does the framework mean for my child?

It provides children with:

- A comprehensive education covering elements in all key learning areas.
- Essential skills and knowledge that may help in situations where their own or others' safety and wellbeing are at risk around water.
- An awareness of their personal aquatic capabilities and limitations.
- Confidence to safely participate in a range of aquatic activities and sports.
- Milestones to achieve progressively towards the National Swimming and Water Safety Benchmarks.

➤ Swimming lessons should cover the following:

Hazards and personal safety: make safe decisions, assess risk and respond to problems in and around the water

Entry and exit: enter and exit the water in a variety of environments

Flotation: float to survive and recover

Swimming: increase stroke knowledge and endurance

Underwater skills: breath control and underwater object retrieval

Lifesaving: respond to emergencies and perform first aid

Rescue: protect yourself and rescue others safely

Survival sequence: make decisions on survival strategies to use in a range of situations

How you can help your children achieve these Skills:

1. Enrol your children in regular lessons
2. Give your children a chance to practice skills by visiting aquatic centres and waterways
3. Be involved in the learning process and even learn and improve on your own skills
4. Have fun and enjoy swimming at different waterways safely
5. Keep your child involved in swimming until the meet the framework requirements
6. Always practice safe behaviour, by keeping watch of your children

For more information please visit:

 drowningprevention.org.au/multiculturalcommunities



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