

SwimVAC Levels

National Swimming and Water Safety Framework

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 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 \$42.50 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

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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 \$42.50 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

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	1x 5-day or 2x 5-day program options
Program Cost	5-day program \$42.50pp

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Junior Lifesavers

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	1x 5 day or 2x 5-day program options
Program Cost	5-day program \$42.50 pp

APPLICATION		
Development Milestones		
H7 Explore a range of aquatic activities and understand how to participate safely	H8 Understand and assess a range of aquatic risks	H9 Understand behaviours that affect personal safety in aquatic environments and activities
E7 Assist others to exit the water	E8 Assist others to exit shallow water using bystanders	E9 Assist others to exit deep water using bystanders
F7 Perform the HELP technique for 2 minutes	F8 Perform the huddle technique for 2 minutes	F9 Float, scull or tread water for 5 minutes and signal for help
S7 Swim continuously for 100 metres	S8 Swim continuously for 200 metres	S9 Swim continuously for 400 metres
U7 Search in a shallow water environment	U8 Search in a deep water environment	U9 Search in a deep water environment and recover a person
L7 Respond to an emergency and perform CPR	L8 Respond to an emergency and provide emergency care	L9 Respond to an emergency and provide first aid
R7 Rescue a conscious person using a wade and an accompanied rescue	R8 Rescue a conscious person using a non-contact tow in deep water	R9 Rescue an unconscious person in deep water
Q7 Perform a survival sequence wearing a lifejacket	Q8 Perform a survival sequence in a group	Q9 Perform a survival sequence wearing heavy clothing

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Unsure of which level your child is best suited to?

The picture below shows the levels available in the program (left side) and the skills (right side) a child should be able to do to be in the corresponding level.

If you have any questions contact our team at swimandsurvive@royalnsw.com.au

