

TEACH

A SKILL FOR LIFE!



Teaching Swimming with Water Safety- for Knowledge, Skill and Understanding

Learning to swim is a physical skill involving movement of the body; mastering it is a pleasure in both watching and performance.

However, having good swimming skills is only one part of essential learning for being safer in water and the prevention of drowning. Quality aquatic education combines knowledge and understanding with skill; ensuring students of all ages have water safety **with** swimming.

AUSTSWIM teachers commit to combining water safety elements with swimming skills in every activity of every lesson as a vital learning element.

Water Safety Activities:

- Must be meaningful, have a defined purpose and a realistic learning outcome
- Are incorporated into all activities rather than being presented at the end of a lesson/semester/term, or once a year
- Are intrinsic to learning knowledge, skill and understanding for safer participation in all aquatic environments; not just the pool.

AUSTSWIM teachers take the lead, ensuring students learn and demonstrate Knowledge, Skill and Understanding in respect to the inherent dangers associated with being in, on, or around water through a comprehensive awareness of water safety and personal survival.

Students and their family's will holiday, swim and recreate in a range of aquatic environments; some will differ significantly from the one in which they are currently taking lessons.

AUSTSWIM teachers incorporate discussion into lessons highlighting and imparting knowledge of water safety and personal survival issues associated with:

- swimming pools – home, resort, caravan and tourist parks
- lakes
- beach and surf
- rivers
- estuaries
- dams

Drowning, fatal or non-fatal, does not happen from a lack of swimming skills. Drowning results from a lack of knowledge, understanding and skill to be able to gain and maintain an effective body position for continuous breathing.

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Water Safety

Can be described as:

- All round aquatic skill
- Knowledge of general & local conditions
- Attitudes of healthy respect for aquatic environments & human error
- Sufficient understanding and ability to make correct judgement in risk situations.

