

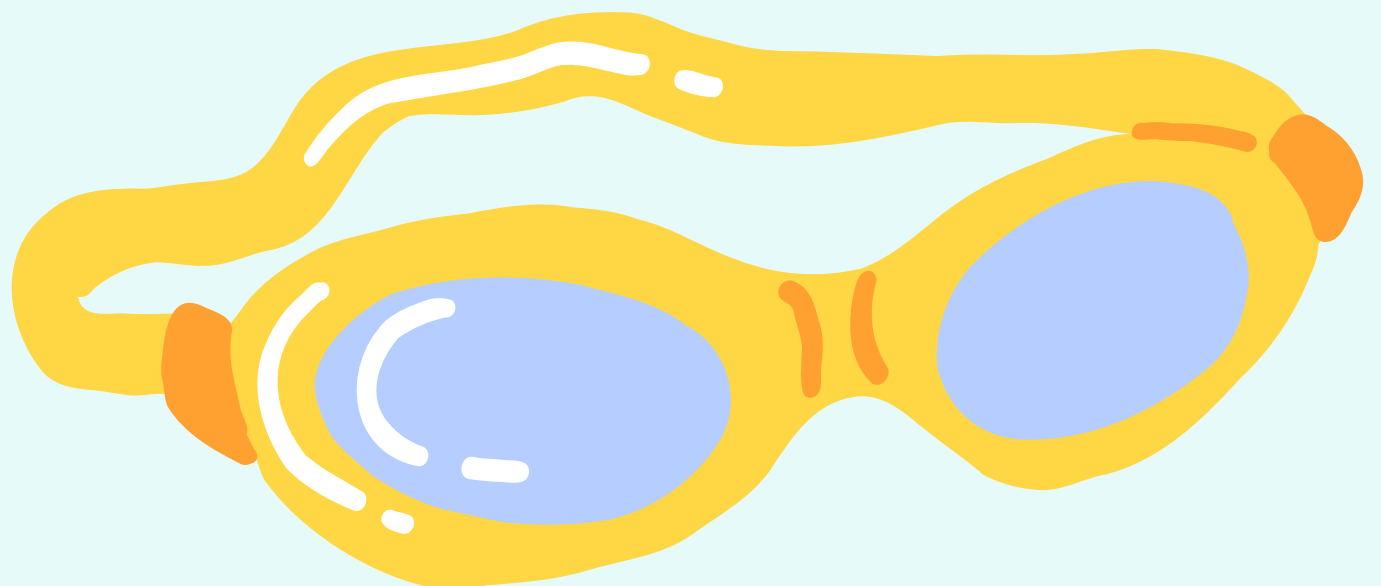
Did someone say **free**
swimming lessons?



SWIMMING IN SCHOOLS INITIATIVE

The Swimming in Schools initiative provides funding to support the delivery of quality swimming and water safety education so Victorian Government primary, specialist and English Language Schools and Catholic primary school students have the opportunity to:

- learn how to swim
- develop lifelong skills in water safety to reduce their risk of drowning and injury



WHAT DO THE **LESSONS** TEACH?

By the time children leave primary school they should be able to achieve specific competencies outlined by the Victorian Water Safety Certificate (VWSC).

These competencies are:

- Water Safety Knowledge – understanding safety and rules for a range of aquatic environments
- Swim continuously for 50 metres
- Surface dive, swim underwater and search to recover an object from deep water
- Lifesaving – Understanding how to respond to an emergency by demonstrating DRSAB and the recovery position
- Rescue Skills
 - Rescue a person using non-swimming rescue techniques:
 - Reach rescue using a non-rigid aid.
 - Throw rescue using a weighted rope.
 - Throw rescue using a buoyant object and unweighted rope.
- Demonstrating a Survival Sequence wearing light clothing
 - Enter the water safely.
 - Scull, float and tread water for 2 minutes; signalling for help intermittently.
 - Swim survival strokes slowly for 3 minutes.
 - Exit the water safely.

WANT **MORE INFORMATION?**

Visit [*www.vic.gov.au/swimming-in-schools*](http://www.vic.gov.au/swimming-in-schools)
for more.

