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EVERYONE CAN BE A LIFESAVER



Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

FACT SHEET No.15

Swim and Survive

Q. What is Swim and Survive?

A. Swim and Survive is a national swimming and water safety initiative of Royal Life Saving that seeks to increase swimming and water safety skills of Australian children in order to prevent drowning and increase participation in safe aquatic activity.

Q. How does Swim and Survive work?

A. Swim and Survive is delivered in pools, schools and other aquatic locations across the country by qualified swimming and water safety instructors. It is delivered by Swim and Survive Partners, preferred, quality deliverers of the Swim and Survive program who work together with Royal Life Saving in delivering key water safety messages. The skills learnt in Swim and Survive give each child the building blocks to enjoy a lifetime of safe activity in the water.

Q. How is the Swim and Survive Program organised?

A. Swim and Survive is organised into 3 programs with separate skill strands within each that ensure a balanced, comprehensive, instructional approach to children's aquatic education. The programs are:

- **Wonder** – a water familiarisation program for parents and their children aged 6 to 36 months.
- **Courage** – a program that builds water confidence for preschool aged children between the ages of 3-5 years.
- **Active** – a swimming and water safety program for school aged children between the ages of 5-14 years.

Q. What does Swim and Survive develop?

A. The Swim and Survive program is more than just water awareness and swimming lessons. The program focuses on ensuring that the essential components of personal survival and water safety are provided, in addition to a process of developing strong and effective swimming technique.

Q. Why should someone undertake the Swim and Survive program?

A. Living in Australia, we enjoy a wide variety of aquatic locations and activities for social reasons and to improve our health and fitness. It is important to have the skills to keep safe in these locations and when performing such activities.

Real Life Story - Swim and Survive Fund

Royal Life Saving through the UNCLE TOBYS® Big Splash Swimathon have helped raise money for the Swim and Survive Fund. This Fund has several aims, one of which is improving children's access to swimming and water safety education. The Fund is particularly targeting children living in at risk communities including indigenous, culturally and linguistically diverse, and rural and remote communities. For more information on Swim and Survive and the partnership program go to www.swimandsurvive.com.au.

ROYAL LIFE SAVING HAS DEVELOPED A NUMBER OF FACT SHEETS ON WATER SAFETY ISSUES IN AUSTRALIA.

Contact Royal Life Saving on: **1300 737 763**
or download them from: **www.keepwatch.com.au**



Checklist for finding an appropriate swim school:

- AUSTSWIM trained staff
- Valid instructor accreditation
- Staff subject to a Working with Children Check
- Swim school staff have current CPR and First Aid qualifications
- Aquatic facility is sanctioned by Royal Life Saving as a Swim and Survive Partner
- Swim school staff are approachable, experienced and friendly

SWIM AND SURVIVE:
WONDER
COURAGE
ACTIVE



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