



PATTERSON LAKES PRIMARY SCHOOL

No. 5190

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Swimming and Water Safety Guidelines

RATIONALE

PLPS Swimming and Water Safety Guidelines enables students to further their learning and skill development in an extra curricula and non-school setting which is water based. Swimming, water safety and water associated activities complement important aspects of the educational programs offered at PLPS.

AIM

1. To ensure that all school swimming and water safety programs are safely conducted.
2. To provide students with the knowledge and confidence to participate in water and aquatic activities.
3. To reinforce, complement and extend learning opportunities beyond the classroom.
4. To develop an understanding that learning is not limited to school, and that valuable and powerful learning takes place in the real world.
5. To provide water safety activities that develop survival techniques and rescue and emergency procedures.

IMPLEMENTATION

- Swimming and Water Safety Programs consist of specific swimming Programs and Water associated activities.
- A swimming program may include fully instructed, facilitated and those officially associated through clubs eg. Life Saving Victoria.
- Water associated activities may include events at the Patterson Lakes riverina, additional programs such as EFA (canoeing, fishing),sporting eg. Walking/running clubs and camping activities.
- The Year level coordinator (or nominee) must ensure that all relevant requirements are met for:
 - supervision levels and ratio
 - student ability level
 - staff and/or instructor qualifications
 - other health and emergency and safety precautions

Supervision

The Year level coordinator (or nominee) will be responsible for sending a Level of Swimming Ability letter to all students (see Appendix), for outsourced programs that are NOT official swimming programs. *Official swimming programs will implement their own identification and reporting of student's abilities within the swimming program itself.*

This table describes the supervision requirements.

Staff	Requirement	
Minimum staff	At least two staff supervise students at swimming and water activities.	
	The minimum overall staff–student ratio should be:	
	Swimming pools and other shallow venues:	
	Beginner swimmers - i.e. students with little or no experience including in shallow water.	1:10
	Intermediate swimmers - i.e. students with basic skills, able to swim 25 metres with a recognisable stroke.	1:12
	Advanced swimmers - i.e. students able to swim fifty strokes using two recognisable strokes and to demonstrate one survival stoke in deep water.	1:15
	Surf beaches	1:5
	Note: Groups should be no greater than 50 students.	
	Open deep water venues	1:10

Staff	Requirement <ul style="list-style-type: none"> A teacher employed by the Department or the school council must <ul style="list-style-type: none"> - be in attendance - have overall responsibility for the activity and legal responsibility for emergency procedures.
Personnel	<ul style="list-style-type: none"> Other supervising staff must be approved by the principal. These may include parents/guardians, school services officers, instructors or employees of swimming pools. When arranging for supervision of swimming or water activities schools must take into account the age and experience of the students as well as the venue and experience of staff.

Swimming Venues and Water Based Activities

There are three main categories of swimming venues:

Type 1: Swimming pools and shallow, calm, confined swimming areas at natural venues such as lakes, dams and non-surf beaches. A shallow, natural-water venue is defined as a venue where the maximum depth of the water is no greater than shoulder height for any of the students involved in the program. The swimming area at natural venues must be clearly defined and surrounded by safety barriers such as the shoreline, piers, jetties or floating ropes.

Type 2: Open deep-water venues include deep and/or flowing water at non-surf beaches, lakes, channels, rivers and dams. Additional hazards associated with this venue type mean that the swimming area should be divided into appropriate group teaching stations, each with recognisable boundaries such as banks, shorelines, flags, piers or floating ropes.

Type 3: Surf beaches include all beaches with direct access to ocean waters. Where possible, programs should be conducted at patrolled beaches.

Qualifications

This table describes the qualifications requirements by activity type.

Activity	Requirement
<u>OUTSOURCED PROGRAMS</u>	
All swimming programs at swimming pools and/or patrolled programs at waterways	Swimming program staff must be capable and have the knowledge and skills: <ul style="list-style-type: none"> to teach swimming and water safety for emergency rescue and cardio pulmonary resuscitation (CPR). Note: Appropriate levels of competence are the rescue and CPR requirements specified in the certificates for: <ul style="list-style-type: none"> AUSTSWIM Teacher of Swimming and Water Safety Life Saving Victoria Surf Life Saving Victoria Resuscitation.
<u>INSOURCED PROGRAMS</u>	
A natural water shallow and confined venue, open deep water venue or surf beach Recreational water play or swimming	Preferably one staff member will hold an AUSTSWIM Teacher of Swimming and Water Safety Certificate or if not available an adult will be nominated as the emergency rescue facilitator.

Emergency procedures and safety measures

This table describes the necessary emergency procedures and safety requirements.

Measure	Requirement
Emergency procedures	PLPS will have emergency procedures in place that: <ul style="list-style-type: none"> are understood by those involved in the program includes

	<ul style="list-style-type: none"> - rescue, resuscitation and first aid procedures - how to contact a doctor, ambulance or emergency service - the supervision and safety of all other students at the venue <ul style="list-style-type: none"> • are in harmony with the procedures used by pool owners, pool managers or rescue and life-saving patrols and outlines areas of responsibilities and organisation required to carry out a rescue and maintain student safety. <p>Note: The teacher in direct control of the swimming group is legally responsible for implementation of the procedures that may include the involvement of others who have more experience in dealing with emergencies.</p>
Safety measures	<p>Ensure that:</p> <ul style="list-style-type: none"> • all staff are dressed appropriately to perform an immediate contact rescue • each staff member is positioned to account for all students in their respective swimming groups at all times with clearly defined boundaries. • a 'buddy' system is used during water activities and incorporated into the emergency plan as a check of student safety • all staff must be prepared for and able to cope with an emergency rescue and apply CPR • aids such as ropes, poles and approved buoyancy devices are immediately available at each teaching station and other places where students are swimming or diving • swimming programs are not conducted if the water temperature is low and there is a risk of hypothermia • students are protected from excessive exposure to sunlight and the resulting sunburn with: <ul style="list-style-type: none"> - hats - sunglasses - protective clothing - broad-spectrum sunscreen creams and lotions - waterproof sun creams or clothing while in the water.

Health precautions

The Year level coordinator (or nominee) should ensure that:

- students suffering from contagious infections are not permitted to enter swimming pools until they have recovered, e.g. ear and throat infections, colds, papillomas
- supervising staff know the medical histories of students in the program, particularly with respect to epilepsy, diabetes, asthma and heart conditions
- for students with chronic illnesses:
 - obtain parent permission before the student is involved in a swimming program
 - advise the parents to obtain medical advice if there is any doubt about the student's reaction to any aspect of the program.

Conditional inclusions in a swimming program

If a student has	Then the school may permit the student to swim if
epilepsy, or any other form of medical condition involving periodic loss of consciousness	a valid medical certificate is provided by the parents stating that it is safe.
asthma, and may require medication before swimming and during a swimming lesson	they follow the guidelines as set out in the PLPS Asthma Policy
diabetes	the student takes extra food before activities to prevent insulin or hypoglycaemic reactions e.g. fruit, biscuits or fruit juice.

REFERENCES

National Regulations:

<http://www.legislation.nsw.gov.au/sessionalview/sessional/subordleg/2011-653.pdf>

ACECQA – Australian Children's Education and Care Quality Authority

<http://acecqa.gov.au/>

Last Updated: December 2013

Australian Water Safety - Strategy 2012 – 2015

<http://www.watersafety.com.au/201215Strategy/tabid/108/Default.aspx>

http://www.watersafety.com.au/Portals/0/AWSS%202012-15/AWSC_Strategy2012_Brochure%20-%20Lowres.pdf

EVALUATION

Guidelines are updated per National Regulations and ACECQA recommendations.
DEECD guidelines will be cross references when/where applicable/required.

CERTIFICATION

This policy was ratified at the School Council Meeting held at Patterson Lakes Primary School, December 2013.

Signed.....
School Council President

Signed.....
Principal



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Level of Swimming Ability Letter

Dear

To assist us in ensuring your child's safety at the upcoming water activity, can you please indicate your child's swimming ability.

Child's Name:

Level description	Please tick
Beginner - i.e. students with little or no experience, requires a floatation device.	
Intermediate #1 – has basic skills, able to swim 10 metres with a recognisable stroke.	
Intermediate #2 – has basic skills, able to swim 25 metres with a recognisable stroke.	
Advanced #1 – can confidently swim 50 metres with two recognisable strokes.	
Advanced #2 – students who currently swim at squad level.	

Signature of parent/guardian:

Date: