



PATTERSON LAKES PRIMARY SCHOOL

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Outside School Hours Care – Swimming and Water Safety Policy

RATIONALE

To ensure that all school swimming and water safety programs are safely conducted and to provide students with the knowledge and confidence to participate in water and aquatic activities.

AIM

Swimming and Water Safety programs and activities should include a sequence involving:

- swimming
- water safety
- survival techniques
- rescue and emergency procedures

IMPLEMENTATION

- The OSHC coordinator must ensure that all relevant requirements are met for:
 - supervision levels
 - staff and/or instructor qualifications
 - other health, emergency and safety precautions
- OSHC will use as a basis of all Water Safety programs, the Australian Water Safety Council Priority Area One – Taking a Life Stages Approach.
- Taking a life stages approach is the first Key Priority Area of the Australian Water Safety Strategy 2012-15 (See References). Epidemiologically, life stages are used to differentiate between complex drowning risk factors and exposure to hazards based on age. These vary naturally throughout a person's life, along with the physical, emotional and social developmental stages. The three key life stages targeted in this Strategy are: Children 0-14 years, Young People 15-24 and People Aged 55+.

Swimming Venues and Water Based Activities

There are three 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.

- OSHC includes as an additional category; **Type 4 Water based Activities**, which include:
 - Water play, i.e. filling, emptying, splashing, spilling, measuring
 - Science experiments
- Water based play supplies may include:
 - bowls, buckets, recycled containers of different sizes and shapes, small plastic cups, measuring cups, measuring spoons, scoops, funnels, troughs and plastic dishes.
- All water based activities will be supervised and implemented within an 'arm distance' of all educators and children.

Qualifications

This table describes the qualifications requirements by activity type.

Last Updated: November 2018

Activity	Requirement
All swimming programs	<p>All supervising staff must be capable and have the knowledge and skills:</p> <ul style="list-style-type: none"> to teach swimming and water safety for emergency rescue and cardio pulmonary resuscitation (CPR). <p>Note: Appropriate levels of competence are the rescue and CPR requirements specified in the certificates for:</p> <ul style="list-style-type: none"> AUSTSWIM Teacher of Swimming and Water Safety Life Saving Victoria Surf Life Saving Victoria Resuscitation.
At a swimming pool or a natural water shallow and confined venue	One staff member must hold an AUSTSWIM Teacher of Swimming and Water Safety Certificate and, where possible, a second staff member should hold the same certificate.
At an open deep water venue	<p>All staff must hold an AUSTSWIM Teacher of Swimming and Water Safety Certificate and at least one staff member must hold a current:</p> <ul style="list-style-type: none"> Patrol Bronze Medallion of the Surf Life Saving Association of Australia Community Surf Lifesaving Certificate of Life Saving Victoria.
At a surf beach	<p>All staff must hold an AUSTSWIM Teacher of Swimming and Water Safety Certificate, and at least one staff member must hold one of the following, a current:</p> <ul style="list-style-type: none"> Patrol Bronze Medallion of the Surf Life Saving Association of Australia Community Surf Lifesaving Certificate of Life Saving Victoria.
Recreational swimming	<p>For staff qualifications and staff-student ratios see: Safety Guidelines for Education Outdoors website, including the recreational swimming activity guidelines within Department resources below.</p> <p>Note: Recreational swimming sessions occur where the learning of swimming or water safety is not the prime purpose.</p>

Emergency procedures and safety measures

This table describes the necessary emergency procedures and safety requirements.

Measure	Requirement
Emergency procedures	<p>A school must have a clearly written set of emergency procedures that:</p> <ul style="list-style-type: none"> is 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 is 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 a 'buddy' system is used during lessons 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:

- hats
- sunglasses
- protective clothing
- broad-spectrum sunscreen creams and lotions
- waterproof sun creams or clothing while in the water.

Health precautions

The OSHC coordinator 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	the parents provide written consent of their child's participation and indicate that their doctor also has no objection the student's medication is available at the swimming venue.
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/>

Australian Water Safety - Strategy 2012 – 2015

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

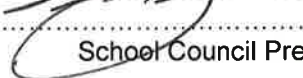
http://www.watersafety.com.au/Portals/0/AWSS%202012-15/AWSC_Strategy2012_Brochure%20-%20Lowres.pdf

EVALUATION

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

CERTIFICATION

This policy was ratified at the School Council Meeting held at Patterson Lakes Primary School, November 2018.

Signed 
School Council President

Signed 
Principal