

Survival Swimming and Water Safety

CONGRATULATIONS

«FirstName» «LastName»

for participating in the
'10 Lesson Survival Swimming Program'
at [Location]

Well done!

Learning survival swimming and water safety skills is a lifelong process.
Keep participating and practising!

Date **Month 2019**

The Public Water Safety Initiative
is funded by the Victorian Government.



CONGRATULATIONS!

You have been working towards the following skills:

Program outcomes:

- Illustrate knowledge associated with safety in and around water
- Float, scull and tread water continuously for 1 minute
- Swim continuously for 50m on front and/or back
- Complete a talk, reach and throw rescue
- Complete a survival sequence
- Demonstrate basic emergency response skills

Achievement of these outcomes is only an indication of survival swimming and water safety ability at the time this Certificate is issued. Children require regular practise to retain their knowledge and skill level, and constant active adult supervision should be maintained at all times while children are in, on, or around water.

Key safety messages

Never swim alone



Always swim at a patrolled beach between the red and yellow flags



Learn how to spot, avoid and escape rip currents.



Always read the safety signs



Look before you leap



If you're in trouble in the water; stay calm, float, wave an arm and call for help!



If someone needs help, do not enter the water; talk, reach or throw something and send for help (dial 000)

