

# Circular 358:06:20

**To:** Club President  
Club Secretaries  
Coaches

Age Managers  
Junior Coordinators

**Cc:** All Members

**From:** Shelley Snow – Coordinator Membership and Leadership

**Date:** 3 June 2020

**Subject:** **Water Safety @ Home Resources**

**Action:** Promote information to members and community

For additional details on this Circular please contact:  
Membership & Leadership Development on 03 9676 6945 or email [membershipandleadership@lsv.com.au](mailto:membershipandleadership@lsv.com.au)  
**Circulars are available at** [www.lsv.com.au/circulars](http://www.lsv.com.au/circulars)

## Engage, stay active at home, learn and have fun!

### Water Safety @ Home Resources

Throughout Term 2, Life Saving Victoria (LSV) will be running online, practical sessions for our members and community.

This suite of water safety sessions and resources is for everyone, both for your members to stay active and learn new skills and to educate and promote Nippers, Swimming, Water Safety and CPR & First Aid the broader community, because we know children can be everyday lifesavers, too.

We ask clubs and members to promote to their Nippers and Community this great new initiative keeping members active and encouraging new members to get get involved and try it out!

With online session each week your kids will be able to join in our fellow lifesavers and swim teachers to learn, play and have fun.

Using the #LSVwatersafetyathome, we'll ask you to share and interact throughout the series.

### What is it?

Water Safety @Home includes a suite of live and recorded (Facebook and YouTube) activities and resources including:

✓ **CPR for Kids @Home**

Join Sheila each **Monday** for this online, one-off program is designed to give children the knowledge and skills to help if they found someone in an emergency. This is a family-friendly program, which has been created to bring your household together to learn lifesaving skills and work through a range of different first aid scenario's. This includes bleeds and breaks for those doing more DIY projects or burns from getting in to the kitchen and cooking more.



### ✓ **Nippers @Home**

Missing Nippers or ever wanted to give Nippers a go? Open to all children of any age - Join in weekly 30-minute online sessions every **Tuesday**, with our lifesavers, to stay active and keep up lifesaving skills and knowledge. These sessions can also be watched at a later date via Facebook and YouTube.

### ✓ **Water Safety Watch & Learn**

Join Kaitlyn every **Wednesday** for an episode of 'Water Safety Watch & Learn'; short videos where Kaitlyn shares key water safety messages in a range of environments. Targeted at early childhood to primary-aged children.

### ✓ **Swimming @Home**

Missing swimming lessons? Stay active and keep up swimming, lifesaving and water safety skills while lessons are cancelled, in weekly 30-minute online sessions every **Thursday** with our swim teacher and a range of guest presenters! These sessions can also be watched at a later date via Facebook and YouTube.

### ✓ **Swimming and Water Safety Toolkit**

No planning or preparation required! Life Saving Victoria have put together some fantastic activities for students to develop their understanding of swimming and water safety in the classroom, or at home, to help meet the Victorian Curriculum criteria. The activities and booklets include image-based activities, open-ended questions, design projects and much more. These can be printed and distributed to students or shared online. Visit [www.lsv.com.au/toolkit](http://www.lsv.com.au/toolkit)

## **What we need Clubs and Members to do?**

To help spread the word about these important water safety and first aid sessions, we've come up with some resources to help share the sessions with your families, friends, workmates and networks.

You can share our posts: [www.facebook.com.au/lifesavingvic](https://www.facebook.com.au/lifesavingvic) or [www.instagram.com.au/lifesavingvic](https://www.instagram.com.au/lifesavingvic), or from our YouTube channel at [www.youtube.com/lifesavingvic](https://www.youtube.com/lifesavingvic).

Or, create your own posts and download our [social media tiles](#).

## **Suggested content for social media posts:**

We have put together a great program of online, practical sessions for kids to stay active, and learn water safety, CPR, first aid, swimming and the lifesaving Nippers program – all from home. There are sessions for age ranges from early childhood through to upper primary-school age, as well as special Water Safety Watch & Learn videos released each week.

Head to [www.lsv.com.au/watersafetyathome](http://www.lsv.com.au/watersafetyathome) for more information, as well as activity sheets and resources to help keep the kids entertained and active, while teaching them important water safety and lifesaving skills.

Download [photos](#) to use with your blog post on our Water Safety @ Home sessions.

## **Why not host your own Watch Party on your club page?**

### **Nippers @ Home and Swimming @ Home Facebook**

Staying connected, active, and engaged has never more important! Facebook has a great feature called "Watch Party" that allows you to stay connected safely whilst learning and having fun.

Facebook Watch Party allows you to schedule and watch with your members from anywhere as a shared viewing experience. Nippers can then watch and comment on Facebook videos in real time. All this interaction and co-watching of the video happens on a single screen of Facebook through your Facebook page.

### **How does it work?**

Similar to real-life parties, the host invites people to watch videos together in Facebook Watch Party. The host is the one who creates a party. Once you create a Watch Party, you will be able to view other members and have a discussion with them about the video. The participants can then react and add real-time comments on the video.

Please [click here](#) for information on how to create a Watch Party on Facebook.

### **For more information**

If you would like more information or like to understand how you can be involved, contact the [Membership and Leadership Development](#) team

