

SINK OR SWIM

STAY
AFLOAT

Teacher
Support Guide

FACING THE FACTS

Life Saving Victoria (LSV) is a not-for-profit organisation created as an initiative of Surf Life Saving Victoria and Royal Life Saving Society Victoria, with a mission to prevent aquatic related death and injury across all aquatic environments. Our vision is that Victorians will enjoy beaches, inland waterways and pools safely, after learning water safety, swimming and resuscitation; and that communities will be provided with safe aquatic environments through the provision of innovative, quality services and programs.

Drowning is a leading cause of death of children aged 5-14 years. In the period 2006-2011 there was a 68% increase in the 5 year average drowning rate in children aged 5-14 years compared to the 2001-2006 average (0.514 vs. 0.306 respectively). Furthermore, 14 of the drowning incidents in 5-14 year olds from 2000-2012 occurred in inland waterways. The most common activities children 5-14 years were involved in immediately prior to drowning were walking or playing near water, swimming, paddling or wading. Inland waterways, particularly rivers, have been identified as high risk locations where drowning continues to occur and urgent work is required to prevent the average increase.

Two key issues that contribute to drowning incidents in 5-14 year olds include; the lack of understanding of water safety and knowledge of the risks associated with being in and around water; and a lack of swimming ability. The **2013/2014 Victorian Drowning Report** highlights that the majority of drowning deaths occurred in inland waterways (22, 47%). This represents a 62% increase in drowning deaths in inland waterways compared with the average over the previous decade. This demonstrates the need for strong water safety education programs.

OVERVIEW

LSV's Sink or Swim program was developed in direct response to the issue of drowning incidents in 5-14 year olds and the need for inland waterway safety education. The program aims to enhance the student's knowledge and understanding of a range of aquatic environments.

PROGRAM BENEFITS

This comprehensive water safety program:

- Empowers and supports teachers to deliver water safety education
- Can be accessed anytime, anywhere, by anyone
- Designed by teachers and water safety experts for teachers
- Content is relevant, aligned to the current Victorian curriculum and takes a positive, strengths-based approach
- Enhances the student's knowledge and understanding of aquatic environment and promotes key water safety messages
- Aims to improve the student's capacity to consider safer choices in aquatic environments, thereby preventing dangerous situations, accidents and drownings
- Access to engaging cross-curricular lesson plans, reporting comments and stimulus material
- Delivery options are flexible and accommodate a diverse range of students through a variety of learning styles and scaffolded lessons
- Opportunity to authenticate student's learning by having a classroom visit from a LSV lifesaver

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STEPS TO USE

1. Go to www.lsv-from-anywhere.com.au/education and register your details to access the free resource portal
2. Download the lesson plans and collect any additional resources required for the lesson including the **Victorian Water Safety Guide Z-Card** and **Play it Safe by the Water** videos located in 'Water Safety - Resources'
3. Deliver the lesson plan as a one off lesson **OR** a complete unit of work
4. Organise a visit to your classroom from a LSV lifesaver

DELIVERY OPTIONS

The program and lesson plans:

- Can be delivered as part of your school's general water safety campaign
- Can be delivered as a stand-alone lesson or taught sequentially
- Is suited to Integrated Studies and Inquiry Units
- Can be taught at discrete year levels, through cross-age tutoring or as a whole school activity
- Can be incorporated into school assemblies, tutorials, pastoral care, vertical home groups or house groups
- Can be launched or informed by an excursion and/or incursion from a local expert such as a LSV lifesaver or a local park ranger

EXAMPLE REPORTING COMMENTS

The following reporting comments may be used once students complete the unit of work:

Achievements:

- [Students name] is beginning to investigate different aquatic environments and the idea that people need to be prepared for these conditions.
- [Students name] explored the concept that daily and seasonal changes in the environment, including the weather, affect visits to aquatic environments.
- [Students name] is able to identify safe practices in the home and local aquatic environments and make good choices that will keep [himself/herself], [his/her] family and [his/her] community safe.
- [Students name] can identify people in [his/her] community who can help in a range of situations, such as lifesavers and adults, and can demonstrate basic strategies for seeking help.

Areas for Improvement:

- [Students name] is encouraged to use the water safety skills and knowledge developed and share this with a family member or friend.

PROJECT TEAM

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