

## questions

### WATER SAFETY

- 1 Why would you use a feet first entry into deep water?
- 2 Name three survival strokes.
- 3 List three ways you could keep yourself afloat in the water without an aid.
- 4 What are the different ways you could rescue a person in trouble?

### WATER SAFETY AROUND THE HOME

- 1 Give three rules of water safety around swimming pools.
- 2 List places around the home which could be potential water dangers.

### AQUATIC RECREATION ENVIRONMENTS

- 1 If you are in a boat and it turns over, what should you do?
- 2 List three safety rules you should follow when swimming at the pool.
- 3 If you are visiting a swimming pool for the first time, what do you need to know?

### BEACH AND SURF

- 1 If you get into trouble in the water, how do you attract attention?
- 2 Where should you swim at the beach?
- 3 What colour are the flags you swim between at the beach?
- 4 If you are swimming at the beach and get caught in a rip, what should you do?

### INLAND WATERWAYS

- 1 What dangers may be found when playing around river banks?
- 2 List three dangers that may be found when swimming in rivers and lakes.
- 3 Who should you get to check a river, dam, lake or water hole before swimming?
- 4 What should you do if you are caught in a river current?

The Victorian Water Safety Certificate provides a swimming and water safety skill foundation for children that will enable them to safely enjoy aquatic activities in a limited range of environments.

The Certificate reflects the level of skill recommended by the swimming and water safety industry for students exiting primary school. The Certificate aligns with the Victorian Curriculum: Health and Physical Education. Please refer to [victoriancurriculum.vcaa.vic.edu.au](http://victoriancurriculum.vcaa.vic.edu.au) for more information.

The Certificate skills are balanced between personal survival and the safety of others. Water safety knowledge, swimming and survival skills, and rescue ability are all assessed. The achievement of the Certificate should be viewed as a preliminary stage in developing a student's skills in the water.

The Certificate describes a range of competencies that should be gained from participation in any swimming and water safety program and may be integrated into existing skill levels.

The competency criteria of the Certificate items are outlined within this brochure. Program preparation requirements and must see criteria that the children need to confidently demonstrate to achieve the Certificate are also provided. After children have achieved the skills, Certificates can be ordered by schools or aquatic facilities from Life Saving Victoria (LSV) by visiting [lsv.com.au/vwsc](http://lsv.com.au/vwsc).

### FOR FURTHER INFORMATION PLEASE CONTACT LIFE SAVING VICTORIA

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# VICTORIAN WATER SAFETY CERTIFICATE teacher's guide



# Swimming and water safety skills

## certificate item

## preparation

## must see

### 1 WATER SAFETY KNOWLEDGE

Answer questions on issues relating to water safety knowledge.

Refer to questions section in the teacher's guide or to the following resources:

- > Download answers to questions [lsv.com.au/vwsc](http://lsv.com.au/vwsc)
- > AUSTSWIM Teacher of Swimming and Water Safety Manual
- > RLSSA Swimming and Lifesaving Manual
- > [www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au)

An understanding of water safety principles and their application in the areas of general water safety, water safety around the home, aquatic recreation environments, beach and surf, and inland water ways.

### 2 SWIM

Swim competently for a continuous distance of 50 metres. Swim to include 25 metres of freestyle and 25 metres of one other stroke, demonstrating sound breathing and stroke technique.

- > Suitably defined water space
- > Distance checked
- > Indicate clearly when to change strokes

- > Streamlined body position
- > Effective arm and leg action
- > Efficient breathing technique
- > Ability to maintain each stroke for the required distance

### 3 CONTINUOUS SURVIVAL SEQUENCE

Dressed in t-shirt and shorts, students need to:

- > Enter the water safely
- > Float, scull and tread water for 5 minutes
- > Remove t-shirt and shorts
- > Swim for 5 minutes using a combination of survival strokes
- > Exit the water safely

- > Suitably defined water space and depth
- > Check for required clothing
- > Stopwatch or similar timing device
- > Indicate clearly when to change activities
- > Every attempt should be made to ensure that the student does not touch the side or bottom of the pool until leaving the water

- > Safe entry into the water
- > Ability to confidently maintain the head clear of the water for the required time period
- > Safe and confident removal of clothing
- > Continuous swimming for the required time period without assistance from another person or aid

### 4 RESCUE SKILLS

Demonstrate an effective reach rescue and one of the following:

- > Throw a rope to a person at least 5 metres from the side of the pool and pull them to safety  
OR
- > Throw a buoyant object to a person at least 5 metres from the side of the pool and instruct them to safety

- > Suitable edge, water space and depth
- > Sufficient reaching aids, unweighted ropes and buoyant objects
- > Distance checked
- > Students working in pairs

- > Effective instruction
- > Self-preservation
- > Effective use of the reaching aid
- > Partner brought to safety
  - > Neat rope coils and accurate throw
  - > Steady haul to safety with partner's head clear of the water
- OR
- > Accurate throw
- > Partner instructed to safety and reassured