

SWIM AND SURVIVE

NEWSLETTER



SUMMER 2016

WELCOME

Our first edition was a success!

We hope you enjoyed our first edition and found it informative. If you missed it, all our newsletters can be found on the Swim and Survive website. We've got lots of information to keep you and your family safe particularly during the summer and festive season.

HAVE FUN & BE SAFE AROUND WATER THIS CHRISTMAS

SEASON'S GREETINGS & BEST WISHES

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DID YOU KNOW?

Last year 551,332 children took part in the Swim and Survive program across Australia. Swim and Survive is delivered in every State and Territory by over 500 Swim and Survive Partners every year. Many of our Partners have been delivering Swim and Survive for well over 10 years.

Swim and Survive commenced almost 35 years ago in 1982. The year before in 1981, 36 children aged 5 to 14 years drowned. Last year 11 children aged 5 to 14 lost their lives to drowning. That's a 69% decrease in drowning deaths for that age group. National swimming and water safety programs like Swim and Survive provide essential skills as a frontline defence against drowning. Royal Life Saving continues to advocate and educate on drowning prevention and water safety to keep communities safe.

125 YEARS OF COMMONWEALTH DROWNING PREVENTION

2016 marks the 125th Anniversary of the foundation of the Royal Life Saving Society. The organisation originated in 1891 in London, England, in response to the huge number of drownings that were happening every year. Today the Royal Life Saving Society has a presence in 27 Commonwealth countries, developing lifesaving initiatives and drowning prevention programs.

To commemorate the occasion, Royal Life Saving - Australia hosted a special celebration in our Nation's Capital, Canberra on Friday 28th October bringing together our members, volunteers and supporters from across Australia.

The celebrations kicked off with the Royal Life Saving Conference, highlighting the key achievements of the Royal Life Saving Society - Australia has undertaken with the Commonwealth for 125 years of Drowning Prevention.

Our Patron His Excellency Governor General the Honourable Sir Peter Cosgrove AK MC (Retd) hosted a formal reception at Government House. The Governor-General's reception honoured the significant contribution and leadership that Royal Life Saving provides to the Australian community, in addition to paying tribute to Professor John Pearn AO RFD, RLSSA National Medical Adviser who has been announced as recipient of the King Edward VII Cup. The King Edward VII Cup is the most prestigious Commonwealth Life Saving award.

Following the Reception, a formal dinner was held to celebrate the foundation of the Royal Life Saving Society in 1891 in England, in addition to honouring those Australian recipients of the H.R.H. Prince Michael of Kent, 125th Anniversary Certificate of Merit.



EVERYONE CAN BE A LIFESAVER

 **Royal Life Saving**
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

SWIM AND SURVIVE FUND

Royal Life Saving raises funds to provide swimming and water safety lessons to children and teenagers who are at risk of drowning due to missing out on learning to swim. Many children grow up learning how to swim, however many miss out due to demographic, socio-economic and cultural reasons, this is where Royal Life Saving step in to help.

So far, 7,942 children and teens have received swimming and water safety lessons free of charge through the Swim and Survive Fund. There are many more who need our help. You can help too!



\$32

**CAN PROVIDE
2 SWIMMING LESSONS
TO ONE CHILD**



\$80

**CAN PROVIDE
5 SWIMMING LESSONS
TO ONE CHILD**



\$160

**CAN PROVIDE
10 SWIMMING LESSONS
TO ONE CHILD**



\$

**CHOOSE AN AMOUNT
TO PROVIDE SWIMMING
LESSONS TO CHILDREN**

DONATE NOW TO HELP GIVE A CHILD SWIM LESSONS!



Here are some examples of programs the Swim and Survive Fund has supported:

100 children from 17 different cultural backgrounds learn to Swim and Survive

Earlier this year, Royal Life Saving WA conducted a Swim and Survive Access and Equity program, teaching children aged 5 to 17 swimming and water safety lessons every Saturday morning for 7 weeks at the Mirrabooka Senior High School pool.

The program aimed to break down some of the key barriers to participation for local children, who'd been identified as being at risk of not learning how to swim, by encouraging their families to take part.

Over 100 children from 17 different cultural backgrounds had the opportunity to learn to Swim and Survive; many for the very first time!

On the final day of lessons, the program culminated in a community celebration where participants were provided with the opportunity to showcase their newly acquired water safety skills.

The program was a great success, with one participant's father saying, "We come from a background where I don't know how to swim and have always been scared of the water, so if my children want to go swimming I get scared as I can't save them if they get into trouble. It means a lot that my children are learning to swim in the water. I don't feel comfortable to teach them by myself as I can't swim and can't afford normal lessons so am very happy with the program."

Teenagers in Tassie provided with the opportunity to learn to swim

Royal Life Saving Tasmania with support from the Department of Education conducted a two week swimming and water safety program to help high school students develop the skills and knowledge to be safe in, on and around the water.

The 49 students, aged 15–17, from a number of Launceston high schools, are studying with the English as an Additional Language Program and have never had the opportunity to learn to swim. The program ran from 14th November to 25th November at the Brent Wrangmore Swim School in Launceston.

Mary-Lou Taurin, Advanced Skills Teacher with the English as an Additional Language Program for the Education Department said, "Swimming lessons are not just a valuable life-skill. For young people growing up in Australia, it's such an important part of being socially included. We are delighted that our students have been provided the opportunity to participate in this program".



Photo: Scott Gelston, The Examiner, Tasmania

OUR PARTNERS

Our Swim and Survive Partners are at the forefront of delivering swimming and water safety education. They work hard to provide qualified and experienced teachers, engaging lessons and promote the value of water safety skills.

WE THINK OUR PARTNERS DO A GREAT JOB!



ECHUCA WAR MEMORIAL AQUATIC CENTRE, VICTORIA

What do you value about being a Swim and Survive Partner?

The program content is very balanced covering both swimming and water safety and the level progression and pathways for children 6 months and above.

What elements of water safety do you think are most important?

Educating parents, safe entries, skills such as treading water and the HELP technique.

How is water safety incorporated?

Every lesson includes safe entries and water safety messages plus we have a theme week every term.

You can't underestimate the influence of learning water safety knowledge.

Meet 3 year-old Albie

After his first water safety lesson at Echuca War Memorial Aquatic Centre, he drew this fantastic picture of a person saving people from swirling water.

When asked by his teacher Heidi to describe his drawing, Albie (pictured above) said "You gotta say help and hold your hand up to make sure someone sees you. You tell them to kick your legs, hold out your arms".



INDIGENOUS ADVANCEMENT STRATEGY, NORTHERN TERRITORY

Royal Life Saving NT are working with 28 remote Indigenous communities, through the Indigenous Advancement Strategy to give Indigenous children and families access to the Swim and Survive program and training.

Being taught survival skills, rescue skills and water safety knowledge are extremely important to these children due to the variety of locations they access for swimming. Indigenous children are often swimming in the local river or waterhole so they need to understand the dangers of these environments.

When Royal Life Saving visits these communities, the Swim and Survive program is delivered to the local children to provide opportunities to learn these essential skills. The trips to communities also aim to increase access and use of their swimming pool by ensuring local people are trained and upskilled in teaching and providing safe supervision. Courses in Bronze Medallion and AUSTSWIM are provided to community members to allow them to continue to provide the Swim and Survive program to the local children.

The pure joy on the childrens' faces when they receive their certificates of achievement is priceless and makes the tough travelling to these communities so worthwhile.



MATT FULLER SUPPORTS SWIM AND SURVIVE IN WESTERN AUSTRALIA

Former professional rugby league player Matt Fuller is an advocate for the Swim and Survive program, with his own children learning swimming and water safety skills from a young age.

"In a state like Western Australia we as parents need to ensure our children have these essential skills to stay safe. Our active WA lifestyle sees us spend a lot of time in the pool and at the beach and as parents my wife and I recognised that our children need strong swim and survive skills to fully enjoy that."

"Learning to Swim and Survive has given my children an enormous amount of confidence, they've met new friends through swimming programs, they can relax and have fun in the water, and it's great for their health and fitness as well! Also, as a parent I have the confidence that, although I still need to watch my kids in the water, I know they have the survival skills to get themselves out of trouble and it's great to have that reassurance."

VISIT OUR SWIM SCHOOL LOCATOR TO FIND A SWIM AND SURVIVE PARTNER



WATER SAFETY SKILLS - WEARING LIFEJACKETS

The Swim and Survive program promotes the importance of wearing lifejackets and provides a range of experiences in the use of lifejackets. Early introduction in wearing lifejackets encourages positive attitudes in their use as a safety measure. If children are familiar with how to put on a lifejacket, how to safely enter the water with one on, what it feels like when they are in the water and how to move wearing a lifejacket, they will be more likely to cope with an emergency situation should it arise.

Lessons usually start with how to put a lifejacket on out of the water. Children will learn how to fit a lifejacket correctly and to independently pull up the zipper and fasten the straps. In the case where entry into the water is required, children learn a step-in entry or compact jump. The collar of the lifejacket should be held down to ensure it does not ride up over the head. Children should also learn how to climb out wearing a lifejacket as it can be quite awkward.

Swimming with a lifejacket on can be difficult so initial experiences may include floating, sculling, kicking and treading water to build confidence. Once children can manoeuvre themselves around in a lifejacket, practises of swimming survival strokes such as sidestroke, survival backstroke and breaststroke will be developed.

As they become more accomplished children may be taught survival techniques such as the HELP or Huddle techniques. The HELP technique is for an individual and the Huddle is performed as a group. These techniques aim to reduce the amount of heat loss in cold water and the expenditure of energy.

WATER SAFETY TIPS

Water safety signs and messages will help keep you and your family safer when enjoying our beautiful waterways and aquatic venues. Whether you are out and about or around the home, follow these tips.



DESIGNATE A CHILD SUPERVISOR

When entertaining, ensure that you have designated a responsible adult to actively supervise the children around water. They should not leave the area unless another person has taken over this duty.



CHECK WITH LOCALS

If you are visiting an unfamiliar aquatic location, it is best to check with the locals on safe places to swim and recreate. If you are unsure, do not enter the water.



READ SAFETY SIGNS

Safety signs will advise you of the dangers that may not be immediately evident, prohibited behaviour and information on where it is safe to swim.



WEAR A LIFEJACKET

Lifejackets do save lives! When boating or using watercraft, lifejackets need to be properly fitted for all participants, including children. Check that you have sufficient lifejackets and they are regularly checked and maintained.

SWIM AND SURVIVE KIDS ZONE

Have your children visited the Swim and Survive Kids Zone?

The Kids Zone is a place where children can learn about water safety in a fun way! There are plenty of activities including colouring-in pages, games and quizzes.



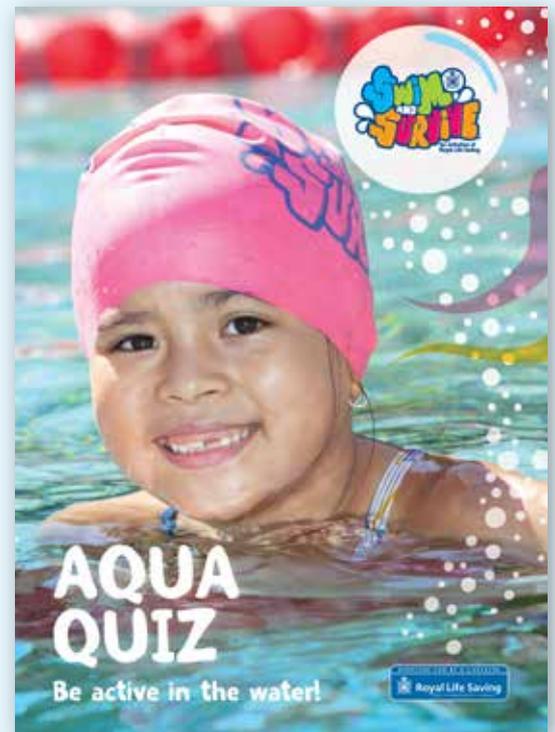
COLOURING-IN



GAMES



QUIZ



Visit www.swimandsurvive.com.au and click on Kids Zone!

Contact Royal Life Saving in your State or Territory:

ACT 02 6260 5800 / act@rlssa.org.au

NSW 02 9634 3700 / nsw@royalnsw.com.au

NT 08 8981 5036 / nt@rlssa.org.au

QLD 07 3823 2823 / admin@rlssq.com.au

SA 08 8210 4500 / mail@royallifesavingsa.com.au

TAS 03 6243 7558 / tas@rlssa.org.au

VIC 03 9676 6900 / mail@lsv.com.au

WA 08 9383 8200 / info@rlsswa.com.au