



Swimming and Water Safety Program

Introduction

The Tasmanian Department of Education provides the opportunity for every Year 3, 4, 5, and at risk Year 6 student in Tasmanian Government schools to participate in quality swimming and water safety instruction. This program consists of ten consecutive lessons per year – totalling a potential of thirty lessons, in which to become a competent swimmer and be water safe. The annual ten lessons are conducted in a range of government owned, council and private swimming pools around the state.

The program has a strong emphasis on water safety, including boat safety – with experiences using personal floatation devices, survival swimming, reach to rescue, entering aquatic environments safely, as well as efficient stroke development and building swimming stamina. These elements are imperative as our student's engage in numerous leisure and sporting activities in lakes, rivers and the sea as part of family and community life. These elements also build the foundation for participation in aquatic activities in adult life.

The Swimming and Water Safety Program supports the *Australian Curriculum Health and Physical Education*, Personal, social and community strand and Movement and physical activity strand – in particular the focus areas of **Safety, Health benefits of physical activity, Fundamental motor skills and Lifelong physical activities.**

The Swimming and Water Safety Team

- Principal Education Officer – Health and Wellbeing
- Regional Coordinators – South, North, North West
- Administration Officer
- Pool Attendants – North and North-West

The Swimming and Water Safety Program Goals

- To engage all students in a supportive and positive learning environment which will foster enjoyment of aquatic activities
- To develop skills, knowledge, confidence and understanding of water safety, boat safety and swimming stroke technique and stamina
- To provide a broad variety of experiences appropriate to each pool context and each student's individual needs and ability
- To provide high level instruction in swimming and water safety
- To improve the levels of competency for each student
- To include Year 6 students in the program if they are considered at risk after the (potential) 30 lessons in earlier Years 3, 4, and 5.