

Swimming in Schools



Victorian
Catholic
Education
Authority

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First Nations people's deep connection to water

Piper Stewart, a NAIDOC Award Finalist, has demonstrated exceptional dedication to ensuring the Indigenous community is not left behind in swimming skills. As the founder of [Bambigi](#), a charity that raises funds to provide Indigenous children with swimming lessons, she has made a significant impact in promoting water safety and reducing drowning rates among Indigenous youth. Piper's commitment to this cause is truly commendable, and her efforts are a shining example of the positive change that can be achieved through advocacy and action. She is a deserving finalist for the NAIDOC Award, and her work serves as an inspiration to others in the community. This is her [story](#).

Upcoming Events

Aquatic Industry Summit 2024
(details to be announced soon)

4 Sep National Health and
Physical Education Day

What's new

Request to subscribe to VCEA
Swimming in Schools MS Teams
Channel



The [VCEA Swimming in Schools MS Teams Channel](#) is now live! Join us to share updates, ask questions, and celebrate achievements in swimming and water safety. Sign up [here](#).



DID YOU KNOW? BAMBIGI MEANS "TO SWIM" IN WIRADJURI LANGUAGE

Get involved and raise awareness: "Anyone can drown, no one should"

Light Up Blue on Thursday, July 25!

Join landmarks across Australia in turning blue to honor those lost to drowning and remind everyone that "anyone can drown, but no one should." **Light up your building** or encourage your community to participate.

GO BLUE: SHOW YOUR SUPPORT

It's not just buildings that go blue - you and your school can too!

Wear Blue: Rock a blue t-shirt, swim cap, zinc, nail polish, lifejacket, or towel.

Host a Blue-Themed Morning Tea: Enjoy blue cupcakes, lemonade, cookies, flowers, and decorations.

Decorate: Adorn your school with blue balloons, streamers, and World Drowning Prevention Day posters.

World Drowning Prevention Day 25 July

SCHOOL SWIMMING AND WATER SAFETY TOOLKIT

Have you uploaded your school's VWSC data onto the VWSC Dashboard? You can register for your own VWSC Dashboard [here](#).

Once a student has achieved the competencies of the VWSC, schools and learn-to-swim providers can order the certificates from Life Saving Victoria's [Online Portal](#).

Save time using the online ordering system:

Step 1 - Enter your details

Step 2 - Easily upload student info

Step 3 - The system automatically generates individual certificates for each student

Step 4 - Download certificates!

For more information, visit the School Swimming and Water Safety [Toolkit](#)



Remember to book the upcoming Lifesaving Education Programs - Term 4: At the Beach, River or Lake

2-hours outdoor programs | add on options: water safety in classroom and/or 2-hour beach carnival sessions | \$47.50 per student | Regional programs available

For more information, visit [LSV Education Programs](#)

Holiday Program: Bush Nippers Education Program

What is it: Regional adaptation of coastal nipper programs, teaching lifesaving and water safety to children aged 5 - 14 in open water environments (beaches, rivers, lakes or pools). Click [here](#) for more information.

Swimming and water safety

Webinar - Overview of 2023/24 drowning report

Enrol

Join us as we share an overview of the findings from the 2023/24 Victorian Drowning Report and discuss the call to action for swim schools and schools.

Thu 14 Nov 2024 At 1:00 pm

© Online - Microsoft Teams



Professional Development

HPE Masterclass: Assessment Strategies for Success in PE

Wed 7 Aug 2024

Join our Masterclass for Health & Physical Education Teachers, led by James Will and Chloe Dew. Discover practical strategies and tools to streamline assessments and improve student outcomes. Perfect for both new and experienced educators.



CONTACT US

Questions or Inquiries? Reach out to us through email: swimminginschools@vcea.catholic.edu.au or contact LSV on (03) 9676 6940 or email: education@lsv.com.au

News from Life Saving Victoria



Are you familiar with the current Victorian Water Safety Certificate competencies?

The Victorian Water Safety Certificate (VWSC) is a Victorian government initiative that aligns directly with the National Swimming and Water Safety Framework. It outlines six key competencies that are anticipated to be achieved by students by the time they reach the end of primary school.

It is essential for schools to familiarise themselves with these competencies, in order to communicate student achievement with parents and carers, as well as ensure that water safety knowledge components are being taught in the classroom. The competencies for the VWSC include:

Water Safety Knowledge

- Answer questions relating to safety rules for a range of aquatic environments.

Swim

- Swim continuously for 50 metres.

Under Water

- Surface dive, swim underwater and search to recover an object from deep water.

Lifesaving

- Respond to an emergency by demonstrating DRSAB and the recovery position.

Rescue Skills

- Rescue a person using non-swimming rescue techniques:
- Reach rescue using a non-rigid aid.
- Throw rescue using a weighted rope.
- Throw rescue using a buoyant object and unweighted rope.

Survival Sequence

- Perform a survival sequence wearing light clothing:
- Enter the water safely.
- Scull, float and tread water for 2 minutes; signaling for help intermittently.
- Swim survival strokes slowly for 3 minutes.
- Exit the water safely.

Schools are encouraged to incorporate meaningful water safety learning experiences in the classroom before, during and after school swimming programs. Life Saving Victoria has developed a number of free resources available on the School Swimming and Water Safety Online Toolkit. Some key resources include:

- [Swim City](#) – an online gamified module for students to learn about how to keep themselves and others safe at various aquatic environments.
- [Senior primary HPE lesson plans](#) – lesson plans targeted towards level 5/6 students, which utilise standard PE equipment to get students involved in various water safety learning experiences. See an example on the left.
- [Watch and Learn videos with lesson plans](#) – LSV's free Watch and Learn videos allow students to learn about various waterways from the comfort of the classroom, and complete engaging activities through the lesson plans included.

LEARNING ACTIVITIES	KEY QUESTIONS/TEACHING POINTS	DIAGRAMS/ASSESSMENT
<p>ACTIVITY 2 Four corner safety</p> <p>15 min Gym set up Label each corner of the gym as Detect the dangers, signal for help, spot the rip and safe entries. Posters provided.</p> <p>Level 1</p> <ul style="list-style-type: none"> • On the teacher's whistle and instruction, all students run to the same corner of the gym and read through the posters. • E.g. If teacher yells "Spot the rip", students run to the rip and discuss what a rip is (draw on previous knowledge). • If "HELP" is called, all run over and practise the correct way to signal for help (i.e. Raise an arm with an open palm and call out to seek help). • At the 'Safe Entries' corner, go through the different methods of entries into the water. • At the 'Detect the Dangers' corner, students identify all potential dangers in the image. <p>Level 2 Scatter run</p> <ul style="list-style-type: none"> • The teacher will yell "GO". Students to choose which corner to go to. Students read the signs aloud and complete the task at that corner. • Teacher will repeat the command "GO" and students run to an alternate corner, read and complete task. • Repeat this four times so that students visit all four corners. <p>Level 3 Role play</p> <ul style="list-style-type: none"> • Students scatter run again. • At each station, students must role play to practise the experiences and methods explained at each corner. <p>Extension: At the 'safe entries' corner, if available set up a high jump/crash mat for students to physically practise their safe entries.</p> <p>Level 4 Teacher scenario</p> <ul style="list-style-type: none"> • Teachers (or another student) act out the role play scenarios that were practised in Level 3. • Other students (audience) must run to the correct corner of the gym that connects to that scenario. 	<p>Ensure you are familiar with the HELP signal along with identifying rips and safe entries.</p> <p>Answers are also provided for your convenience.</p>	<p>Must see:</p> <ul style="list-style-type: none"> • Understanding of what safety signs/symbols represent at the beach

If you would like further information about the VWSC or how to implement water safety experience in your classroom, contact Life Saving Victoria at education@lsv.com.au or call (03) 9676 6940.

You can stay up-to-date with what's happening in the world of swimming and water safety by subscribing to Life Saving Victoria's newsletters [here](#).