

SWIMMING

POLICY

Rationale

Swimming is an integral part of the Physical Education program. Becoming a confident and competent swimmer is essential to student safety, as well as increasing opportunities for both leisure and sporting pursuits.

Aims

To develop confident and competent swimmers who display the skills, knowledge and confidence required to enjoy swimming and other aquatic activities in safety.

Implementation

The school's annual swimming program will be conducted in a swimming pool and organised and coordinated by the Physical Education teacher and will comply with DEECD requirements at all times (4.4.4.5.1. Victorian Government Schools Guide)

Minimum overall DEECD staff-student ratios will be followed at all times.

Beginners: 1:10 (Shallow water – little or no experience)

Intermediate: 1:12 (Basic skills and able to swim 25 metres with a recognisable stroke)

Advanced: 1:15 (Able to swim 50 metres using two recognisable strokes and demonstrate one survival stroke in deep water)

Surf Beaches 1:5 (No group larger than 50 students)

The swimming program will follow Levels 1-7 of the RLSSA Aquapass program, with student progress, achievement levels, reports and certificates being coordinated by the Physical Education teacher.

The program should include a sequence involving:

Swimming

Water safety

Survival techniques

Rescue and emergency procedures.

The program is best delivered in an intensive 2 weeks block. Years Prep-4 will have 8 x 50 minute An emergency drill will be explained and practiced at the start of the program, and throughout the program.

Parents must allow digital permission via XUNO for their child to participate in the program. Staff associated with the swimming program are to be made familiar with medical histories of students in respect to epilepsy, diabetes, asthma, anaphylaxis and heart conditions, and appropriate measures taken. (see Victorian Governments Guide 4.4.4.7.1 – Swimming: medical warnings, Asthma (4.5.10.3) and Anaphylaxis Management in Schools Ministerial Order 90 (45.10.2.1).

Students with ear infections, throat infections, colds, papillomas and other contagious infections will not be permitted to enter the water until they have recovered.

Costs associated with swimming programs must be paid by parents prior to the commencement of the program. Parents experiencing financial difficulty should contact the Principal.

Children not attending the program will be allocated to classes remaining at school.

Qualifications

Activity	Requirement
All swimming programs	<p>All supervising staff must be capable and have the knowledge and skills:</p> <p>To teach swimming and water safety</p> <p>For emergency rescue and cardio pulmonary resuscitation (CPR).</p> <p>Note: Appropriate levels of competence are the rescue and CPR requirements specified in the certificates for:</p> <p>AUSTSWIM Teacher of Swimming and Water Safety</p> <p>Swim Australia™ Teacher</p> <p>Surf Life Saving Australia (SLSA) Bronze Medallion or Surf Rescue Certificate</p> <p>Royal Life Saving Society – Australia (RLSSA) Bronze Medallion or Pool Lifeguard Certificate</p> <p>Life Saving Victoria (LSV) Community Surf Life Saving Certificate.</p>
At a swimming pool or a natural water shallow and confined venue	<p>One staff member must hold an AUSTSWIM or Swim Australia™ Teacher of Swimming and Water Safety Certificate and, where possible, a second staff member should hold the same certificate.</p>

Activity	Requirement
At an open deep water venue	<p>All staff must hold an AUSTSWIM or Swim Australia™ Teacher of Swimming and Water Safety Certificate and at least one staff member must hold a current:</p> <p>Bronze Medallion or Surf Rescue Certificate from Surf Life Saving Australia (SLSA)</p> <p>Community Surf Lifesaving Certificate from Life Saving Victoria (LSV).</p>
At a surf beach	<p>All staff must hold an AUSTSWIM or Swim Australia™ Teacher of Swimming and Water Safety Certificate, and at least one staff member must hold a current:</p> <p>Bronze Medallion or Surf Rescue Certificate from Surf Life Saving Australia (SLSA)</p> <p>Community Surf Lifesaving Certificate from Life Saving Victoria (LSV).</p>
Recreational swimming	<p>For staff qualifications and staff-student ratios see: Safety Guidelines for Education Outdoors website, including the recreational swimming activity guidelines within Department resources</p> <p>Note: Recreational swimming sessions occur where the learning of swimming or water safety is not the prime purpose.</p>

Note: A record of staff swimming and water safety qualifications must be maintained at the school and include the date of issue of the qualification and formal notification of any subsequent renewal or upgrade.

Emergency procedures and safety measures

This table describes the necessary emergency procedures and safety requirements.

Measure	Requirement
Emergency procedures	A school must have a clearly written set of emergency procedures that is understood by those involved in the program

Measure	Requirement
	<p>These include:</p> <ul style="list-style-type: none"> - rescue, resuscitation and first aid procedures - how to contact a doctor, ambulance or emergency service - the supervision and safety of all other students at the venue <p>Procedures are in harmony with the procedures used by pool owners, pool managers or rescue and life-saving patrols and outlines areas of responsibilities and organisation required to carry out a rescue and maintain student safety.</p> <p>Note: The teacher in direct control of the swimming group is legally responsible for implementation of the procedures that may include the involvement of others who have more experience in dealing with emergencies.</p>
Safety measures	<p>Ensure that:</p> <p>All staff are dressed appropriately to perform an immediate contact rescue</p> <p>Each staff member is positioned to account for all students in their respective swimming groups at all times</p> <p>A 'buddy' system is used during lessons and incorporated into the emergency plan as a check of student safety</p> <p>All staff must be prepared for and able to cope with an emergency rescue and apply CPR</p> <p>Aids such as ropes, poles and approved buoyancy devices are immediately available at each teaching station and other places where students are swimming or diving</p> <p>Swimming programs are not conducted if the water temperature is low and there is a risk of hypothermia</p> <p>Students are protected from excessive exposure to sunlight and the resulting sunburn with:</p> <ul style="list-style-type: none"> - hats - sunglasses - protective clothing - broad-spectrum sunscreen creams and lotions

Measure	Requirement
	- waterproof sun creams or clothing while in the water.

Health precautions

Principals should ensure that:

Students suffering from contagious infections are not permitted to enter swimming pools until they have recovered, e.g. ear and throat infections, colds, papillomas

Supervising staff know the medical histories of students in the program, particularly with respect to epilepsy, diabetes, asthma and heart conditions

- for students with chronic illnesses:
- obtain parent permission before the student is involved in a swimming program
- advise the parents to obtain medical advice if there is any doubt about the student's reaction to any aspect of the program.

Conditional inclusions in a swimming program

If a student has	Then the school may permit the student to swim if
Epilepsy, or any other form of medical condition involving periodic loss of consciousness	<p>A valid medical certificate is provided by the parents stating that it is safe.</p> <p>Note: Such a certificate is usually valid for 12 months, however a new certificate is required if loss of consciousness is known to have occurred. A certificate that is conditional upon special precautions should not be accepted unless the parents arrange for additional supervision and accept responsibility for the safety of their child during swimming classes; and then only if the principal is satisfied that the arrangement will not interfere in the conduct of the class.</p> <p>See: Student Health - Epilepsy and Seizures.</p>
Asthma, and may require medication before swimming	The parents provide written consent of their child's participation and indicate that their doctor also has no objection

If a student has	Then the school may permit the student to swim if
and during a swimming lesson	The student's medication is available at the swimming venue. See: Student Health - Asthma Kits .
Diabetes	The student takes extra food before activities to prevent insulin or hypoglycaemic reactions e.g. fruit, biscuits or fruit juice.

Evaluation

This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in....	May 2019	
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