

A Study into the Swimming abilities of ACT primary school students

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Background

- Study Conducted from 2008 - 2010
- 3000 Students involved each year
- 2 week, 10 day intensive program
- Ages 5 – 12
- Public and Private Schools
- Level achieved assessed on final day



Our Concerns

- Research in 2006 indicated 16% of Schools had ceased swimming lessons
- Poor participation in low soci-economic areas
- Increased rescues by Lifeguards at School swimming carnivals
- School Swimming programs not compulsory

Aim

- Gain statistics for primary school students in swimming and water safety skills
- Compare results to the National Benchmarks
- Identify at risk groups
- Develop a report to support our concerns that overall the swimming abilities of children is dropping

Water Safety Education Competency Framework – AWSC 2007

SCHOOL LEVEL	MINIMUM DEMONSTRATION OF COMPETENCIES	SUCCESS RATES % of target population
(I) INFANT AND PRE-SCHOOL	Participation in the program	100%
(II) PRIMARY SCHOOL	<ul style="list-style-type: none"> Level 4 Swim and Survive Level 5 Swim and Survive Level 6 Swim and Survive 	100% 75% 50%
(III) SECONDARY SCHOOL	<ul style="list-style-type: none"> RLSSA Bronze Dry Rescue RLSSA Bronze Star RLSSA Bronze Medallion 	100% 75% 50%

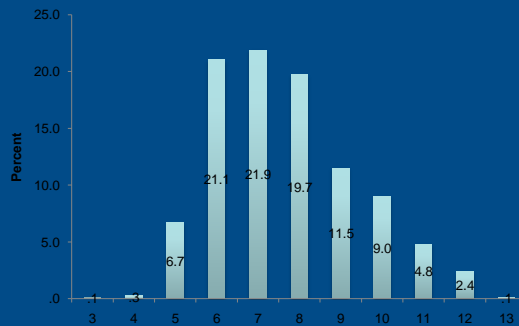
Swim and Survive Levels

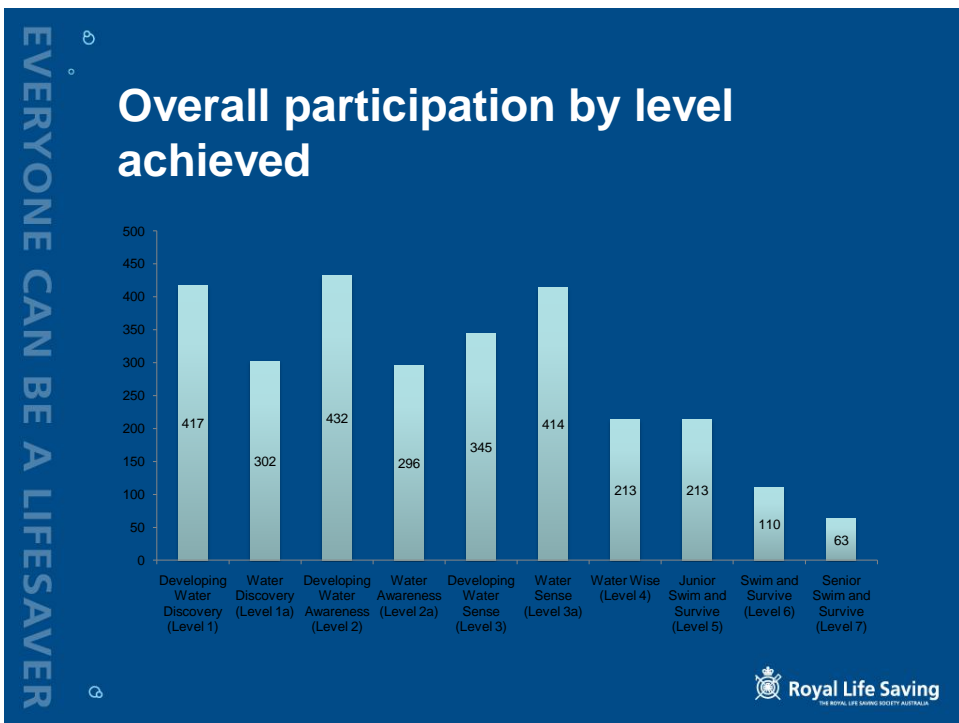
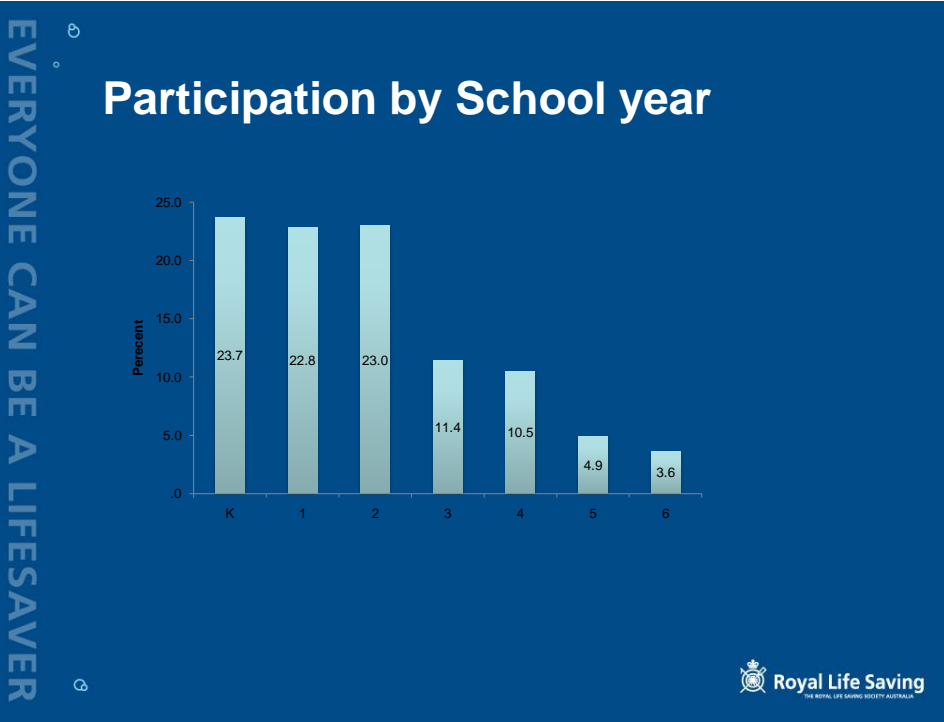
Level	Swimming distance req.
D1	no independent swimming req.
1	3m - any movement unassisted
D2	10m any action that resembles a stroke
2	20m any action that resembles a stroke
D3	30m using actions that resemble 2 or more strokes
3	50m using actions that resemble 2 or more strokes - must include 15m above water recovery & 15m underwater arm recovery
4	75m continuous swim: 50m above water recovery, 25m underwater recovery
5	100m continuous swim: 25 free, 25m survival back or sidestroke, 25m backstroke, 25m breaststroke
6	200m continuous swim: 50 free, 50m sidestroke, 50m backstroke, 50m breaststroke
7	300m continuous swim: 50 free or fly, 50m sidestroke, 50m backstroke, 50m breaststroke, 50m survival back, 50m free

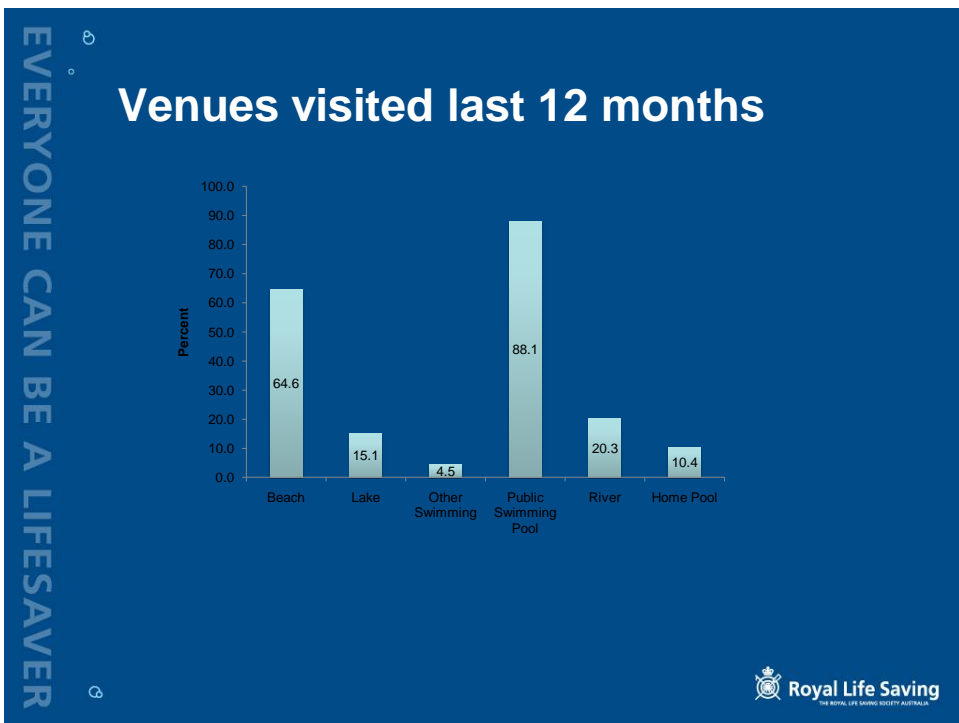
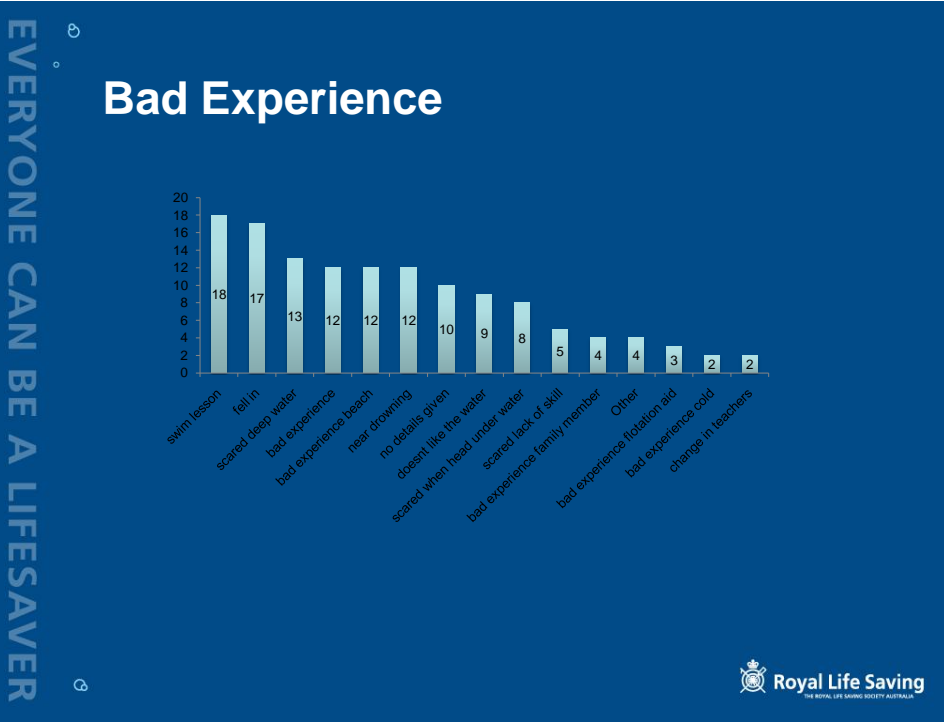
Background Information

- Name / Age / Sex
- Address
- DOB
- Most recent swimming locations visited
- Medical conditions
- Bad experiences
- Current Swimming ability

Age by percentage participated

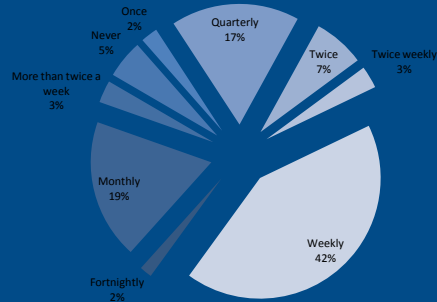






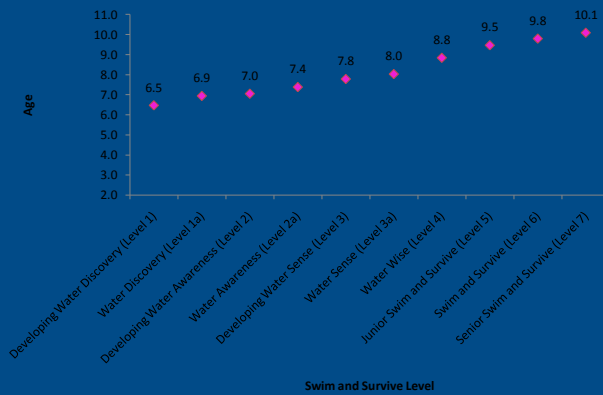
EVERYONE CAN BE A LIFESAVER

How Often Child Swim



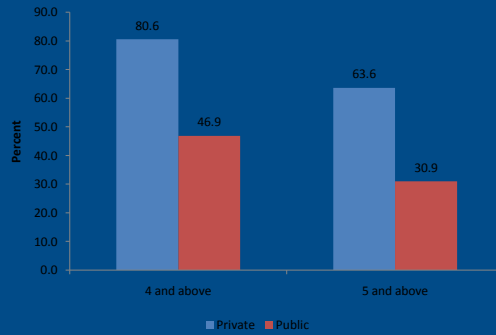
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Average age by level



EVERYONE CAN BE A LIFESAVER

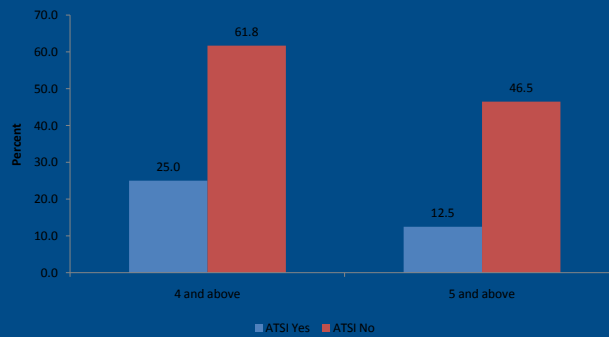
Level 4 or above and Levels 5 or above by school type, 10-12yrs



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EVERYONE CAN BE A LIFESAVER

Levels 4 or above and Levels 5 or above by ATSI status for 10-12 yr olds



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Public V's Private

- The majority of private schools in the ACT participate in school swimming and water programs every year and it is generally offered to the entire school.
- Public Participation 34%
- Private Participation 93%
- 80% of private school students aged 10-12 years achieved the level 4
- 46% public school students achieved level 4

Questions and Discussion

