

STATE KIWI SWIM SAFE PROGRAMME FRAMEWORK



STUDENTS WILL BE ABLE TO.....

In The CLASSROOM

Module 1: Becoming safer in, on and around water

Participate in one or more of the following theory-based sections:

- 1.1 School, home and community
- 1.2 Developing knowledge and skills for survival
- 1.3 Introducing survival skills
- 1.4 Demonstrating survival skills

AT THE POOL

Module 2: Water confidence and submersion

- 2.1 Enter and exit the water safely with a buddy
- 2.2 Move through the water with my feet on the floor
- 2.3 Have water showered or sprinkled over my head
- 2.4 Blow bubbles
- 2.5 Submerge and pick up objects from the pool floor

Module 3: Breath control, floating and gliding

- 3.1 Crouch and sit on the bottom of the pool floor
- 3.2 Float on my front and return to standing unsupported
- 3.3 Float on my back and return to standing unsupported
- 3.4 Streamlined glide on my front and back
- 3.5 Roll from back to my front and back again
- 3.6 Demonstrate basic sculling

Module 4: Kicking, stroking and survival introduction

- 4.1 Wade and enter the water safely
- 4.2 Streamline glide and kick on my front and back
- 4.3 Roll from my back to my front and back again while kicking
- 4.4 Demonstrate freestyle and backstroke arm strokes while kicking
- 4.5 Scull on my back – stationary and travelling for 10 metres head first and feet first
- 4.6 Stay afloat with an improvised floatation aid and signal for assistance

Module 5: Stroking and survival progression

- 5.1 Demonstrate freestyle and backstroke arm strokes while kicking for 10 metres
- 5.2 Kick on my front and roll to breathe on both sides
- 5.3 Demonstrate breaststroke leg action
- 5.4 Demonstrate survival backstroke for 10 metres
- 5.5 Tread water for one minute
- 5.6 Offer rigid and non-rigid aid for assistance

Module 6: Swim and survival techniques

- 6.1 Swim freestyle for 20 metres, rolling to breathe
- 6.2 Demonstrate breaststroke
- 6.3 Demonstrate basic sidestroke
- 6.4 Fit a lifejacket, demonstrate H.E.L.P. and huddle
- 6.5 Demonstrate duck and dolphin diving and safer dives
- 6.6 Float in moving water

Module 7: Swim and Survive Application

- 7.1 Swim 50 metres freestyle
- 7.2 Swim 50 metres backstroke
- 7.3 Swim 25 metres breaststroke in still and moving water
- 7.4 Swim 25 metres sidestroke in still and moving water
- 7.5 Tread water wearing clothing and swim 20 metres using survival strokes
- 7.6 Fit a lifejacket in water without standing on pool bottom

AT THE BEACH

Module 8: Safety at the beach

Attend /participate in one of the following Surf Life Saving New Zealand experiential programmes:

- 8.1 Beach Ed
- 8.2 Surf to Schools