

# How can we incorporate the WSFL competencies into our learn to swim curriculum

There are several ways to incorporate Water Skills for Life (WSFL) competencies into a learn to swim curriculum. Here are some suggestions:

1. Review the Water Skills for Life program: Familiarize yourself with the program and its objectives. This will help you understand the content and goals of the program, which will guide your implementation process.
2. Start with an assessment: Before incorporating WSFL competencies into a learn to swim program, it is essential to assess the current skill levels of the swim schools and students. This helps identify which competencies are appropriate for each level of the curriculum.
3. Develop a curriculum: Develop a curriculum that incorporates the Water Skills for Life program. Create lesson plans that focus on teaching specific skills and objectives. Make sure your curriculum is age-appropriate and inclusive of students with disabilities.
4. Train your instructors: Ensure that your instructors are trained in the Water Skills for Life e-learning. They should have a clear understanding of the program's objectives and how to teach each skill effectively.
5. Integrate competencies into lessons: Incorporate WSFL competencies into regular swim lessons by teaching them alongside traditional swimming skills. For example, teach "jump into deep water, return and exit safely" as part of a regular lesson on diving.
6. Use scenarios: Use WSFL scenarios to teach important safety skills, such as how to recognize and avoid hazards in open water environments. For example, teach "recognize a rip" by discussing what to do if a student encounter being caught in a rip.
7. Explain the 'Why' It's important to explain the "why" behind each skill and how it relates to real-world environments. Doing so will help students understand the importance of each skill and how they can apply it to stay safe in different aquatic environments.
8. Progression of skills: Develop a progression of skills that build upon each other to help students achieve the WSFL competencies. For example, start with basic skills such as "enter the water safely" and progress to more advanced skills such as "perform a stride entry"
9. Repetition: Reinforce WSFL competencies by incorporating them into lessons regularly. Encourage students to practice the skills until they can perform them confidently and competently.
10. Provide feedback: Provide constructive feedback to students on their WSFL competencies to help them improve their skills and knowledge. Instructors can complete the Water Skills for Life self-review an early check in to ensure that

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instructors are well set up and supported to deliver great Water Skills for Life programmes.

11. Swim schools should be using this information to tune and improve support to individual instructors.
12. Promote water safety: Emphasize the importance of water safety throughout your program. Encourage students to take responsibility for their own safety, and teach them how to identify and avoid potential dangers in and around water.

Incorporating WSFL competencies into a learn to swim curriculum can help ensure that individuals have the necessary skills and knowledge to enjoy water activities safely. It is essential to create a safe, fun, and challenging learning environment that promotes the development of both swimming ability and water safety skills.