

# Supporting our tamariki to have a safe lifelong connection to water

All tamariki should have this knowledge by age 13.



## Water Safety and Awareness

The Water Safety and Awareness competency is about building a student's critical thinking and decision-making skills in terms of water safety. Students are given key learning messaging such as do not go swimming alone and swim between the flags to more complex knowledge such as recognising and responding to an emergency and making safe decisions for different situations. The key learning outcome for students is to have knowledge of the risks and how to minimise them so they can enjoy the water safely in the future.

## Getting In and Out of the Water Safely

The Getting In and Out of the Water competency is about building a student's ability to enter and exit the water safely. Getting in and out of the water in different situations is a crucial water safety skill for students to learn. In this competency, students will learn how to safely enter the water, test for depth, and other entry and exit methods such as slide entry, stride entry, and compact jump. The key learning outcome for students is the ability to select the correct entry method for the activity they are performing and understand the best ways to get themselves out of the water safely.

## Submersion

The Going under the Water competency is vital for a student to become water safe. In this competency, students will learn how to submerge to different depths, open their eyes under the water and move through it while submerged. The key learning outcome for students is to become comfortable being under the water, control their breathing and perform simple tasks such as picking up an object from the pool floor. Learning how to control their breathing and stay calm while submerged will help students enjoy the water for the rest of their lives.

## Personal Buoyancy

The Personal Buoyancy competency is necessary for students to become water safe. In this competency, students are given opportunities to learn how to float and regain their feet from a front and back float position, scull which will allow for basic movement through the water and learn about lifejacket use and safety. By learning these skills, students will be able to stay on top of the water for a prolonged period, vastly increasing their chance of survival. The key learning outcome of this module is that students are able to maintain various floating positions while conserving energy.

## Orientation

The Orientation competency builds on the student's ability to remain safe in aquatic environments. In this competency, students will learn how their body composition floats and how they can move their bodies to float in different positions and move from one orientation to another. By doing so, students will be able to rotate from one floating position to another without assistance and be able to roll from their front to their back in shallow and deep water. The key learning outcome is for students to feel confident and comfortable when manoeuvring themselves into different orientations both with and without a lifejacket.

## Safety of self and others

The Safety of Self and Others competency gives students the knowledge and skills to react in an emergency. Students will learn how to signal for help, perform reach and throw rescues while considering their safety and understand how to help someone in trouble in the water. The key learning outcome is that the students can recognise an emergency and react appropriately to the situation they are faced with but must put their safety first.

## Propulsion

Propulsion is the final competency in Water Skills for Life. In this competency, students will learn how to move through the water, from basic kicking techniques to more advanced survival and non-survival strokes. Moving through the water allows the students to move effectively and efficiently whilst extending the students to further distances, enabling stamina and water endurance growth. The key learning outcome is that students understand a range of propulsion methods, allowing them to learn additional aquatic skills in the future and build their skills and capability in the water.

Research confirms that while 'learn to swim' lessons are great for getting tamariki into the water, they aren't consistently focused on the knowledge and skills needed to survive when something goes wrong in the real world. Water Skills for Life is a response to this issue. It is not a 'learn to swim' programme. It provides structured 'learn to survive' content that can easily be incorporated into any existing learn to swim or water-based programme targeting primary and intermediate aged tamariki.

Refresh your knowledge [www.waterskills.org](http://www.waterskills.org)