

PENZ – EONZ – NZHEA Conference 2016

Learning to be Water Competent

Implementing aquatic education in schools.



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WaterSafe Auckland - About Us

Working with the education sector, community groups and workplaces, in a multi-layered collaborative approach to **prevent drowning through education** developing risk-awareness, water consciousness and water safety competence, through:

- Professional learning and development
- Programme delivery
- Advocacy and awareness
- Research



Purpose of today

- To consider the place of aquatic education in schools and how this is related to current evidence around drowning prevention.
- To unpack the concept of water competence and explore ways in which this can be integrated into your learning and teaching programme.



Water competence



“...the sum of all personal aquatic movements that help prevent drowning, as well as all the associated water safety knowledge, attitudes and behaviours that facilitate safety in, on and around water.” (Moran, 2013)



Challenges for schools

- School pools are closing
- Funded swim instruction for schools
(Community Pools/Swim Schools)
- Curriculum time for **aquatic education**
- Parents perceptions (and some teachers)
aquatics = swimming

Swimming is an important life skill

Is it enough to keep you safe in water?



Is aquatic education important?





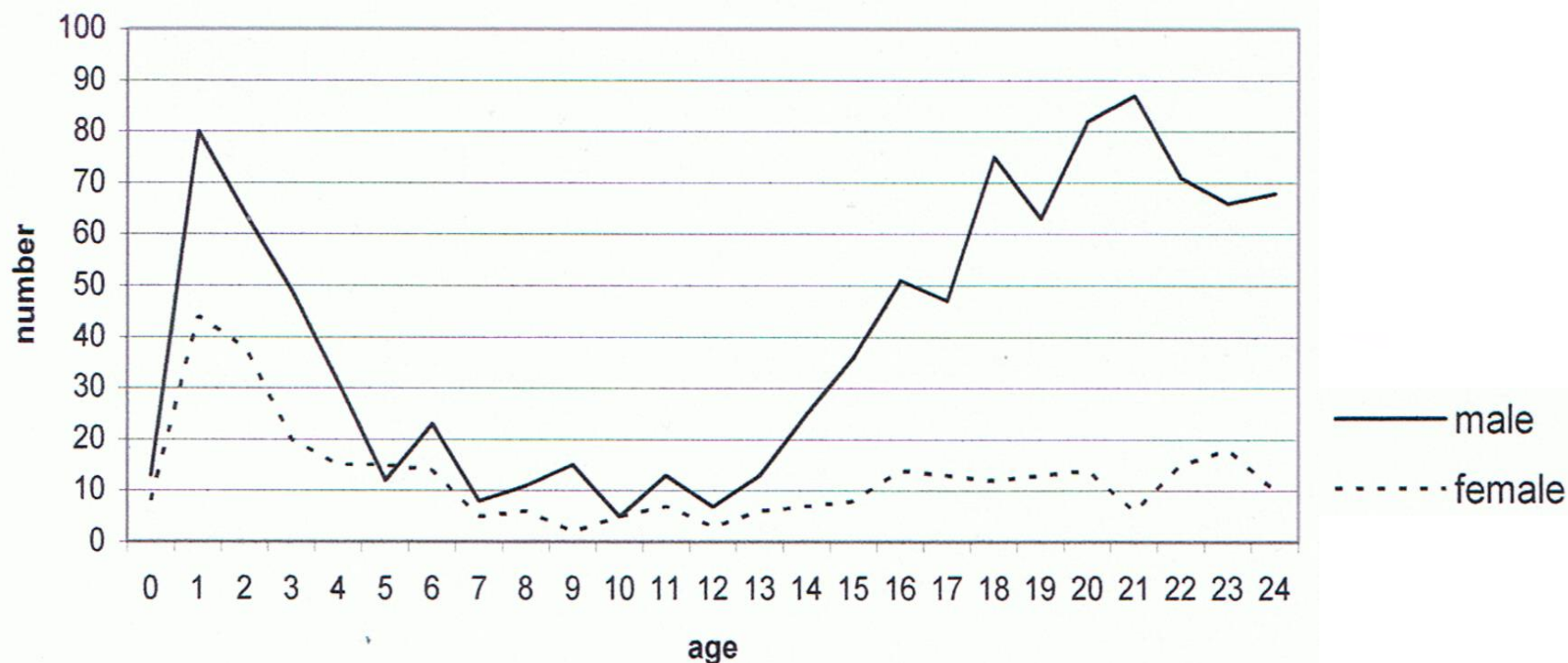
Recreational Activities

Transfer Aquatic Learning

Foundation Skills

Aquatic education and EOTC opportunities could start the transfer of aquatic skills to other activities that students may participate in after school or later in life.

Drownings in Aotearoa/New Zealand



Circumstances Surrounding Drowning in those under 25 in New Zealand (1980 – 2002).
Child and Youth Mortality Review Committee, 2006.

Why do people drown?

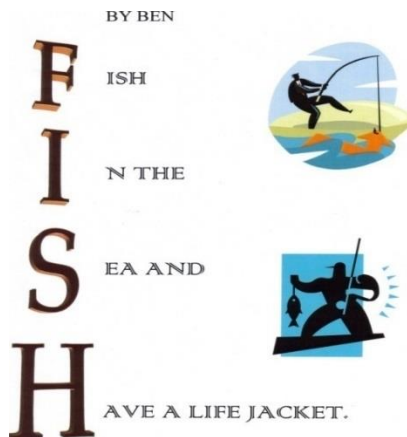


Development of water competence

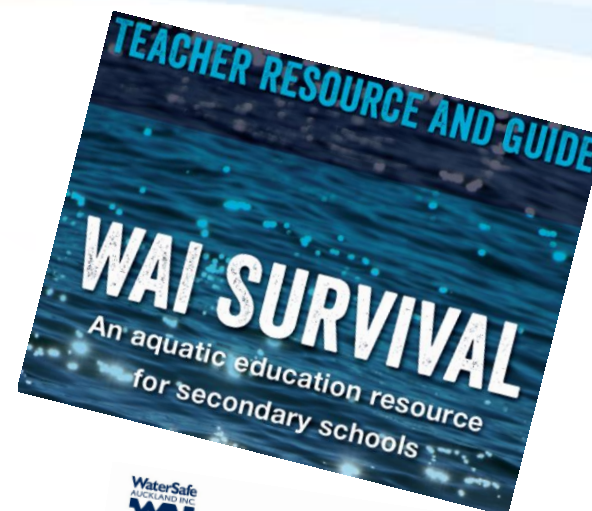
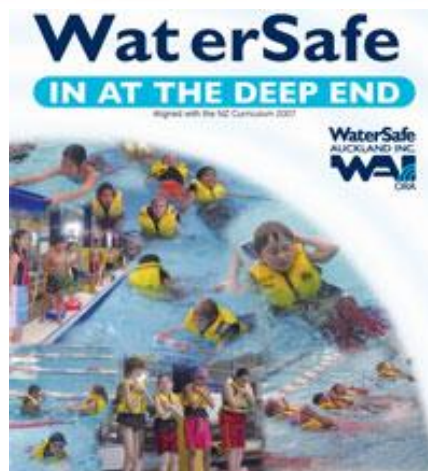
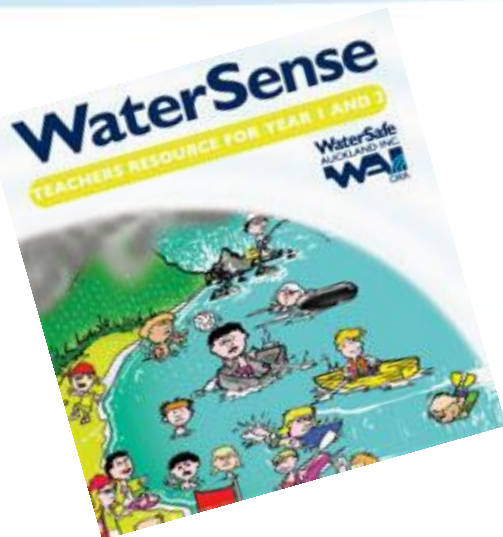
- Mastery of buoyancy, rolling over
- Opening eyes under water
- Swim forward, backwards sideways, turning left and right, under the water
- Swimming in clothes, shoes, boots/waders
- Swimming in warm, cold, still, moving, shallow and deep water
- Coping with an unexpected submersion
- Knowledge and understanding
- CRITICAL THINKING

Aquatic education in schools

Needs to happen in the classroom, in the pool and in open water



WAI Resources – Teacher Guides



Building a water safety culture

Teacher Guide Lifejackets

Personal flotation devices (PFDs) include standard lifejackets, inflatable lifejackets and buoyancy vests. All must be fitted properly to aid flotation. A lifejacket will enable you to float you with your head out of the water and may help to keep you warm in cold water. However, one that is too big or too small properly may be lost in heavy seas or in rapids.

Different types of lifejackets and flotation

Today standard lifejackets and buoyancy vests are made of closed cell foam. However, recently inflatable lifejackets have become popular. All three types of lifejackets float you slightly differently. A lifejacket is designed to support the person in a slightly reclined, backwards from vertical position to keep the water away from the nose and mouth. The wearer of a buoyancy vest will float more vertically and have little support for the head. The centre of buoyancy is lower for a person in a buoyancy vest compared with one in a standard lifejacket.

There are two types of inflatable lifejackets, manual or self inflating upon entry to water. The manual lifejackets are not active (will not self inflate) until the tab is pulled to inflate them. These jackets will float only once as the gas cylinder will need replacing after use. Once an inflatable lifejacket is inflated the wearer may find it difficult to swim on their front as the support will definitely keep them inflated up their back freeing their nose and mouth from the water.

Characteristics of a lifejacket



Graphic courtesy of Accidents

Fitting a lifejacket (on land)

- Check the size suits your body shape
- Pull on and up, clip and tighten the straps
- Get your buddy to lift the lifejacket in your shoulders. If it rides up above your chin then it needs tightening

Fitting a lifejacket (in water)

- Open out the life jacket (buckle upper meet) so it floats on the water
- Overcome the pull and lie on the back, knees, your head by the water
- Remove your hand and simultaneously put your dominant arm through the nearest webbing
- Using the dominant hand to grab the other side of the life jacket push other arm through the empty webbing
- Remain on your back and bring both sides of the jacket together, up, clip and tighten the buckle

Lifejacket facts:

- Lifejackets saves lives. "Wearing lifejackets would have had a high likelihood of preventing a family in 66% of accidents" page 2 Overview: Boating Safety Strategy, 2007 Review of the NZ Pleasure Boat Safety Strategy, Maritime NZ
- In New Zealand the supplier of a boat must make sure there is a correct sized lifejacket for everyone on board. They must be worn in situations of high risk, such as crossing a bar, in heavy sea and in an emergency
- If you travel on a large commercial boat such as a ferry, they must carry lifejackets for everyone and carry correct sized lifejackets for children

Lifejacket recommendations

- Children under 12, non swimmers and the elderly should wear a lifejacket at all times
- It is recommended that everyone on board a small boat under 6 metres in length, wears a lifejacket at all times. Overview: Boating Safety Strategy, 2007 Review of the NZ Pleasure Boat Safety Strategy, Maritime NZ, page 6. Accidents happen quickly and there may be no time to look for your lifejacket

Some buoyancy vests and lifejackets are designed for specific activities, for example paddling kayaking and motor boating



Inflatable lifejackets



Kayak buoyancy vest



Offshore lifejacket



Infant lifejacket

We teach in a variety of aquatic environments. However, swimming pools are the safest bodies of water that are accessible. They are often shallow, of known depth with a smooth bottom and surfaces to cope with and the water may be of unknown depth. Learning to swim in a pool does not necessarily prepare your students for swimming in a river or on a beach. It is important that the concept of participating in moving water is introduced as the first stage in mastering skills to controlled EOTC and recreational environments. This can be started in the school swimming pool.

Making still water move – waves and rough water

Waves and rough water may be produced by half a class while the rest swim and experience moving water. Swim goggles should be removed for this exercise.

Waves across pool:

- 1) Participants stand with their backs to edge of pool
- 2) Hold flippers on front of body with one end in each hand
- 3) Push the water away
- 4) Return with hands out of the water and repeat with a synchronised and rhythmic motion

Rough water waves:

- 1) Two rows of students facing each other about 2-3 metres apart
- 2) Each student holds a flume board with one end in each hand
- 3) The flume boards are used to push the water towards the student standing opposite them
- 4) Each side produces waves and these collide in the middle to form choppy water

Activity in rough water

Other participants walk, crawl, float, lie on a life jacket, remove flippers or swim through the rough water.

Creating currents

Currents can occur in lakes, seas, rivers as well as flood waters.

Beach swimmers can get caught in a rip current.

Rivers can have currents that behave in a very different way to those found at the beach.

Currents in rivers and the sea can change according to the conditions.

Creating currents in a pool can illustrate the power of moving water as well as being fun to produce.



Image: WaterSafe Auckland

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Water Safety in Action



Practical Session

When: Today 2:30pm – 3:45pm

Where: PNBHS Pool

Bring: Togs and towel



Together We Can Make A Difference

For further information:

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Contact me lynley.stewart@watersafe.org.nz

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