ADVENTURE ACTIVITY GUIDELINES

# SWIMMING AND WATER-based ACTIVITIES

Schools must follow the department’s [Excursion Policy and Guidelines](https://www2.education.vic.gov.au/pal/excursions/policy) and the requirements outlined in this document when planning, conducting and approving adventure activities that are swimming and water activities.

These guidelines are for developing risk management plans specific to the location, activity and group participating. They are not intended to be used as a training manual. Staff instructing the activity must have sufficient knowledge/expertise in the activity.

Schools must follow these guidelines to conduct:

* instructional swimming programs (swimming lessons)
* swimming training (e.g. squad, interschool sports teams)
* lifesaving programs
* recreational swimming (including fun days, end of year activities and intra-school swimming carnivals).

Schools may decide to:

* use school staff (with appropriate qualifications, see below) to instruct or supervise programs
* outsource instruction and supervision of programs to external providers
* use a combination of school/outsourced staff.

Regardless of whether the swimming or water safety activity is run by school staff or an external provider, these guidelines **must** be followed.

Schools that have a pool on school grounds must also adhere to the Swimming Pools on School Grounds policy and Royal Life Saving Society Australia - Guidelines for Safe Pool Operations (GSPO). More information is provided below regarding how to adhere to the GSPO.

Where an external contractor is chosen to run all or part of the activity, please also see: [Excursions Guidelines – External Providers](https://www2.education.vic.gov.au/pal/excursions/guidance/external-providers) for additional requirements that must be followed.

## aCTIVITY Definitions

**Instructional swimming** **programs** – refers to programs conducted for the purpose of teaching swimming and water safety. Programs include a variety of activities involving, swimming, water safety, survival techniques, and rescue and emergency procedures. It does not apply to water activities such as recreational swimming, surfing, canoeing, boating etc.

**Lifesaving programs** – refers to programs conducted for the purposes of teaching lifesaving through the prevention of accidents, personal survival and the rescue of others, such as the Bronze Medallion.

**Recreational swimming** –refers to either structured or unstructured activities in water when teaching swimming and water safety is not the main objective of the activity. These include fun days, end of year activities or water/adventure parks and intra-school swimming carnivals.

## Staffing definitions

**Staff** – any adult approved by the school principal who provides supervisory, instructional or educational elements of the activity or excursion. See [Excursions Guidelines: Staffing](https://www2.education.vic.gov.au/pal/excursions/print-all#staffing-roles-and-responsibilities) for further details.

**Teacher** – a staff member registered with the Victorian Institute of Teaching who provides a supervisory role on a program. This includes the **Teacher in Charge** of excursions who is responsible for the supervision strategy, which must be endorsed by the school principal as part of the excursion approval process. All staff members must supervise students according to the supervision strategy, and in accordance with their duty of care.

The following roles can be filled by school staff, a teacher or an external provider:

**Designated Instructor** – the appointed staff member on a program who provides the lead technical expertise and supervision for the activity.

**Instructor** –a staff member who provides professional, technical expertise and supervision for the activity.

**Assistant Instructor** – a staff member who assists the Designated Instructor in the provision of technical expertise and supervision for the activity. An Assistant Instructor role may be filled by a volunteer (See: [Volunteers in Schools Policy](https://www2.education.vic.gov.au/pal/volunteers/policy)).

## vENUE DEFINITIONS

**Swimming pools** - any structure containing water to a depth greater than 300mm and used primarily for swimming, wading, paddling or similar, including a bathing or wading or spa pool (AS1926.1 – 2012). This definition includes all public, private, school, body corporate, hotel and natural swimming pools.

**WATERWAYS DEFINITIONS**

[Transport Safety Victoria – Maritime Safety](https://transportsafety.vic.gov.au/maritime-safety/recreational-boating/safe-operation/operating-rules/waterway-rules/definitions-of-waterways) provide the following definitions of waters in Victoria:

**Inland waters** – rivers (inside the seaward entrance), creeks, canals, lakes, reservoirs and any similar waters either naturally formed or man-made and which are either publicly or privately owned but does not include any navigable rivers, creeks or streams within declared port waters.

**Swift waterways:** flowing river water which may be categorised according to the international river classification system. This covers water commonly known as ‘moving water’ or ‘white water’ but also refers to flowing water which may not look either ‘swift’ or ‘white’ to an observer.

**Enclosed waters** – any declared port waters inside the seaward entrance. See the [Victorian Recreational Boating Safety Handbook](https://transportsafety.vic.gov.au/maritime-safety/recreational-boating/licensing/victorian-recreational-boating-safety-handbook) for all listed port waters.

**Coastal waters** – all waters other than inland waters or enclosed waters, including all beaches with direct access to ocean waters, any beach exposed to ocean swell, and any beach that is exposed to currents, rips, strong winds or surf. This may include enclosed waters at times with these features.

[Use this link](https://transportsafety.vic.gov.au/maritime-safety/recreational-boating/safe-operation/operating-rules/waterway-rules/definitions-of-waterways#_ga=2.237982470.787849645.1659663672-1640621671.1656558516) to access the Maritime Safety Victoria ‘webpage for access to the ‘Definitions of waterways’ table and maps to understand more about the categories of waterways in Victoria.

## selection of pools and AQUATIC faciltiies

Where possible, schools organising activities at swimming pools should use pool facilities that meet the national standard for pool safety, the Royal Life Saving Australia *Guidelines for Safe Pool Operations (GSPO)*.

The Victorian Safer Pools Code of Practice recommends that public pools and pools where swimming lessons are provided should have a Pool Safety Assessment (PSA) completed at their pool facility, which assesses their level of compliance with the GSPO standard. A facility can be awarded a bronze, silver or gold compliance score, according to the level of compliance.

School principals and program coordinators should endeavour to use a pool that has had a recent PSA and been awarded a certificate of compliance.

In Victoria, PSAs are carried out by Life Saving Victoria and a range of private assessors.

For information about safety assessments and the PSA system, contact Life Saving Victoria.

Swimming pools that have had a PSA can be found in the Victorian Safer Public Pools Register which is available [here.](http://lsv.com.au/aquatic-industry-services/victorian-pool-register/)

When schools are completing the risk register for swimming, they should consider the risk rating according to the rating in the PSA and ensure risk treatments are adjusted accordingly.

## WATER ENVIRONMENT

If conducting a program in either an enclosed coastal or open coastal environment schools must consider the following features of water environments as part of the planning and organising process, risk assessment and consideration on the day:

* **Reef** – a solid object in a surf environment. Reefs can be either rock or coral
* **Rip** – a current that leads away from the shore in surf environments
* **Sand bars** – collections of sand in a body of water, laid down by shifting currents
* **Surf Zone** – the area where ocean swells breaks upon the shore or upon shoals. Foamy, aerated water is caused by the breaking of the waves and helps provide a visual of the surf zone and its features.

Where possible, programs taking place in coastal water environments should be conducted at patrolled beaches. Staff may find [Beachsafe.org.au](https://beachsafe.org.au/) a useful reference when planning activities in coastal waters.

## Student preparAtion and skills

### Student medical conditions

The teacher in charge must ensure that:

* students suffering from contagious infections are not permitted to enter water environments until they have recovered, e.g. ear and throat infections, colds, contagious skin infections
* all instructors know the medical histories of students in the program, particularly with respect to epilepsy, diabetes, asthma, anaphylaxis and cardiovascular conditions
* for students with chronic illnesses:
  + parent permission is obtained before the student is involved in a water program
  + parents are advised to obtain medical advice if there are any concerns about the student’s reaction to any aspect of the program.

For information on planning and responding to specific medical conditions see [Excursions Resources – Sample Emergency Response Procedures](https://www2.education.vic.gov.au/pal/excursions/guidance/emergency-or-critical-incident-management).

### Students with additional needs

The teacher in charge must ensure that:

* all staff instructing and supervising an activity for students who require additional supports have sufficient information about the learning needs of those students
* reasonable adjustments are made to the activity so that all students can safely participate.

### Swimming and water safety competencies

Planning for all swimming and water safety activities must begin with an assessment of students’ current knowledge, skills and experience in water environments organised by the school.

Students can be classified as either:

* **Beginner swimmers** - students with little or no experience including in shallow water.
* **Intermediate swimmers** - students with basic skills, able to swim 25 metres with a recognisable stroke.
* **Advanced swimmers** - students able to swim 50 to 100 meters using two recognisable strokes, and to demonstrate one survival stroke in deep water.

Schools must consider the swimming competency of students in particular water environments when deciding on the type of swimming and water safety activity, the venue and the number of supervising staff and instructors required.

The preparation of students will vary according to their age, ability and experience, the venue and the nature of the proposed swimming and water safety activity.

The assessment of students’ current knowledge, skills and experience in the activity should be documented using [[https://www.education.vic.gov.au/_layouts/images/icdoc.png](https://www.education.vic.gov.au/Documents/school/principals/safety/participrep.doc)Documentation of Participant Preparation, Prerequisite Skills/Knowledge​ ​ (doc - 139kb)](https://www.education.vic.gov.au/Documents/school/principals/safety/participrep.doc).

**For all venues**

Students must be given directions about safe swimming, appropriate boundaries, standards of behaviour and emergency procedures relevant to the particular location.

**Enclosed waters and coastal waters**

Before entering the water, students must understand (where applicable to the location):

* coastal and surf hazards
* how to identify a rip
* how to swim if caught in a rip
* safe areas and exit points to escape from rips and other hazards
* the designated swimming area, indicated by flags and landmarks
* safety and emergency procedures and considerations for the surf location
* surf signals and the need to watch carefully for signals.

**Swift waters**

For swimming in rivers, students must be taught about relevant river features and dangers and how to avoid them. Students entering a river environment must understand dangers such as holes, foot entrapments, and the power of flowing water.

Students must be familiar with whitewater swimming and rescue techniques before entering swift water.

Students must have an understanding of:

* safety signage
* how to swim in swift water including defensive swimming and aggressive swimming positions
* dry rescues: talk, reach and throw techniques
* wet rescues: both non-accompanied and accompanied
* rescue preparation (the four A’s): Awareness, Assessment, Action, Aftercare
* throw bag retrieval rescues
* how to signal for help
* how to identify safe areas and eddies
* how to identify holes, strainers and sieves
* safety and emergency procedures for rivers

See [Canoeing and Kayaking Guidelines](https://www2.education.vic.gov.au/pal/excursions/guidance/adventure-activities) for further information about swift water river environments.

## SUPERVISION AND SAFETY REQUIREMENTS FOR ALL SWIMMING AND WATER ACTIVITIES

Regardless of the type of swimming and water activity or the mode of its delivery, students must be supervised at all times, and a teacher employed by the department or the school council must:

* + be in attendance
  + have overall responsibility for the activity and legal responsibility for emergency procedures.

The type of program will determine the supervision requirements.

## Minimum supervision requirements AROUND WATER ENVIRONMENTS

A minimum ratio of one instructor to ten students must be maintained consistent with the ratios detailed below, except for open coastal waterways where a ratio of one instructor to five students applies. In addition, a sufficient number of supervising staff should be provided to ensure that all the body/s of water and the students in the water can be monitored at all times – more information is provided below.

At least one instructor must be qualified, as per the requirements detailed below.

The additional instructors must also be qualified to a minimum level of competency as per the requirements below. All staff/swimming instructors must be trained and competent in rescue procedures and management of an emergency.

At least one of the staff/ instructors must be qualified with current First Aid and Cardiopulmonary Resuscitation (CPR) qualifications, and be available at all times to provide first aid services.

The supervising staff/instructors must be facing and watching the students in the water at all times. They should be positioned so that they have and can maintain a clear line of sight to all students, not only for the surface of the waterway but also the floor of the waterway.

## CHILDREN under 10 and supervision

In addition to the minimum supervision requirements above, children under 10 years of age should not be permitted to enter the water unless there are enough instructors to provide direct and **active supervision** at the minimum adult to student ratio for all children at all times, [detailed below.](#_SWIMMING_LESSONS_AND)

The supervising staff and instructors must monitor the students at all times and should be dressed ready to take rescue action, including immediate entry into the water.

School staff supervision of children is in addition to instructor and lifeguard supervision.

Lifeguards may form part of the supervising team, providing they do not have duties for other patrons that may distract them from supervision of the students. The prescribed ratio of adults/staff to students must be constantly maintained while there are students in or near the water.

**Supervision** – Supervision in this context means, staying in constant visual contact and within easy reach of all beginner swimmers at all times when they're in or around the water.

**Active supervision** – for children between 5-10 years of age, and for children who are at the beginner level in swimming ability, active supervision means watching the child at all times while they are in or around the water, being able to provide immediate help and being close enough to hear the child and to be heard by the child.

The teacher in charge is responsible for the supervision strategy, which must be endorsed by the school principal as part of the excursion approval process. Staff members must supervise students according to that strategy, and in accordance with their duty of care.

Students not directly participating in the activity must be separately supervised in line with Excursions Guidelines – Supervision.

##### Lifeguards

Lifeguards can only be included in staff–student ratios if they do not have general lifeguard duties at the location at that time and their sole responsibility during the activity is for the students undertaking the activity.

### Safety – risk management considerations

Staff must assess location type, water conditions, rescue equipment on site and the ability of swimmers prior to conducting any swimming activity. Staff should consider the activity, staff, participants and venue when assessing risk.

A school must have a clearly written set of emergency procedures that:

* is understood by those involved in the program
* includes
* rescue, resuscitation and first aid procedures
* complete set of signed parent permission forms for all participants
* how to contact a doctor, ambulance or emergency service
* where relevant, are consistent with the procedures used by external providers and outline areas of responsibilities required to carry out a rescue and maintain student safety.

All staff must be prepared for and able to cope with an emergency rescue. Staff must be able to identify which staff are qualified to apply CPR.

Instructors must be identifiable during the activity. This may include the use of rash vests, hi-vis, staff uniform, caps etc.

All instructors must be dressed appropriately to perform an immediate rescue.

Where appropriate, staff members should carry a whistle or other device for signalling swimmers and other staff.

A 'buddy' system can used during lessons or water activities and incorporated into the risk register as a check of student safety.

Please [see Excursions Guidelines ­– Risk Management Planning, Emergency Management Planning](https://www2.education.vic.gov.au/pal/excursions/guidance/risk-management-planning) for further information.

### Safety – equipment

All equipment used must be in sound and suitable condition.

Rescue aids such as ropes, poles and approved buoyancy devices (including life jackets, throwable flotation devices) must be immediately available where students are undertaking swimming or water safety activities.

The need for additional rescue aids for reaching and throwing, for example, flotation aids, poles and throw ropes, surfboards must be identified, and the additional rescue aids obtained prior to the activity.

For recreational swimming activities, type 1, 2 or 3 life jackets may be used. See: [Life jacket laws](http://www.wearalifejacket.vic.gov.au/lifejacket-laws).

### Clothing

Before and after the activity, students should protect themselves from the sun with shirt and hat, and cold and wet weather with a towel and change of clothing, including a jumper, long pants and jacket. Sun protection clothing should be handy to students when they leave the water. For further information on sun protection, see: [Sun and UV Protection: Policy | education.vic.gov.au](https://www2.education.vic.gov.au/pal/sun-protection/policy)

Students who own sunglasses should be encouraged to bring and wear them when required.

## SWIMMING LESSONS AND SWIMMING TRAINING ­– QUALIFICATIONS AND SUPERVISION

### Qualifications

All instructors conducting swimming lessons or swimming training must have a current First Aid and CPR qualification.

* [Documentation of staff qualifications and experience (doc - 151kb)](http://www.education.vic.gov.au/Documents/school/principals/safety/staffqual.doc) must be used to document staff experience and training in lieu of the listed qualifications.
* **Experience** – in this context means all or a combination of the skills and experience detailed below:
  + the instruction of children and young adults in various swimming styles and techniques including floating, freestyle, breaststroke, kicking and diving including

managing groups from ages 6-18 years old at a pool or aquatic facility or water adventure activity

* + working in a water safety role and providing special attention or instruction to participants who have difficulty learning
  + performing Life-Guard duties for children and young adults
  + helping or coaching children and young adults with a range of abilities including how to develop swimming skills and techniques and building confidence in the water
  + preparing and providing safety equipment; and
  + identifying participants’ abilities and putting them at ease in water.

The person holding the qualification must have undertaken annual requalification/skills maintenance before the expiry date of their qualification or award.

The table below describes the required qualifications and ratios for **swimming lessons or swimming training**, regardless of the mode of delivery (internal or external).

| Venue | Required qualifications | Ratio (instructor: student) | |
| --- | --- | --- | --- |
| **Swimming pools** | At least one instructor must have one of the following:   * Swimming and water safety teacher (qualification and current licence) * Swim Australia Teacher of Competitive Swimming (current qualification)   All other instructors must have experience in instructing swimming and water safety activities. | **Beginner** | **1:10** |
| **Intermediate** | **1:12** |
| **Advanced** | **1:15** |
| **Inland waters** | At least one instructor must have one of the following:   * Swimming and water safety teacher (qualification and current licence) * Swim Australia Teacher of Competitive Swimming (current qualification)   **AND** one of:   * Royal Life Saving Bronze Medallion (current qualification) * Life Saving Victoria Inland Waterway Lifesaving Certificate (current qualification)   All other instructors must have experience in instructing swimming and water safety activities. | **1:10** | |
| **Enclosed waters** | At least one instructor must have one of the following:   * Swimming and water safety teacher (qualification and current licence) * Swim Australia Teacher of Competitive Swimming (current qualification)   **AND** one of:   * Royal Life Saving Bronze Medallion (current qualification) * Life Saving Victoria Inland Waterway Lifesaving Certificate (current qualification) * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification)   All other instructors must have one of the following:   * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) | **1:10** | |
| **Open coastal waters** | At least one instructor must have one of the following:   * Swimming and water safety teacher (qualification and current licence) * Swim Australia Teacher of Competitive Swimming (current qualification)   **AND** one of:   * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification)   All other instructors must have one of the following:   * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) | **1:5** | |

## LIFESAVING PROGRAMS – QUALIFICATIONS AND SUPERVISION

All instructors conducting lifesaving programs must have a current First Aid and CPR qualification.

* [Documentation of staff qualifications and experience (doc - 151kb)](http://www.education.vic.gov.au/Documents/school/principals/safety/staffqual.doc) must be used to document staff experience and training in lieu of the listed qualifications.

A current qualification means the person holding the qualification has undertaken annual requalification/skills maintenance before the expiry date of their award.

The table below describes the required qualifications and ratios for the instruction of lifesaving programs, regardless of the mode of delivery (internal or external).

| Venue | Required qualifications | Ratio (instructor: student) | |
| --- | --- | --- | --- |
| **Swimming pools** | The designated instructor must have one of the following:   * Royal Life Saving Bronze medallion (current qualification) * Swimming and water safety teacher (qualification and current licence) * Pool Lifeguard (current qualification)   All other instructors must have:   * Experience in lifesaving activities | **Beginner** | **1:10** |
| **Intermediate** | **1:12** |
| **Advanced** | **1:15** |
| **Inland waters** | All instructors must have one of the following:   * Life Saving Victoria Inland Waterway Life Saving Certificate (current qualification) * Royal Life Saving Bronze Medallion (current qualification) * Swimming and water safety teacher (qualification and current licence) * Pool Lifeguard (current qualification) | **1:10** | |
| **Enclosed waters** | All instructors must have one of the following:   * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) | **1:10** | |
| **Open coastal waters** | All instructors must have one of the following:   * Surf Life Saving Australia Surf Rescue Certificate (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Life Saving Victoria Community Surf Life Saving Certificate (current qualification) | **1:5** | |

## RECREATIONAL SWIMMING ­– QUALIFICATIONS AND SUPERVISION

Recreational swimming occurs when the purpose of the swimming or water safety session is neither instructional nor educational.

Before conducting any recreational swimming activity staff should assess the appropriateness of the location with consideration to:

* the environment
* ability and experience of students
* ability and experience of staff
* risk management strategies.

Staff must conduct a Pre-Activity Check as outlined in Excursions Guidelines – Pre-Activity Check.

It may be necessary to increase the staff allocation based on ability to observe or monitor students on activity with consideration to:

* students (medical conditions, age, physical, mental and emotional maturity, ability and experience)
* group (dynamics and size)
* staff (medical conditions, age, ability and experience, qualifications and skills)
* location (remoteness, communications and environmental conditions).

Reasons for increasing staff allocations must be documented. The table below describes the required qualifications and supervision ratios for **recreational swimming**, regardless of the mode of delivery (internal or external).

[Documentation of staff qualifications and experience (doc - 151kb)](http://www.education.vic.gov.au/Documents/school/principals/safety/staffqual.doc) be used to document staff experience and training in lieu of the listed qualifications.



A current qualification means the person holding the qualification has undertaken annual requalification/skills maintenance before the expiry date of their award.

| Venue | Required qualifications | Staff | Student |
| --- | --- | --- | --- |
| **Swimming pools** | The designated recreational swimming supervisor must hold at least one of the following:   * Swimming and water safety teacher (qualification and current licence) * Royal Life Saving Society Bronze Medallion (current qualification) * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) * Life Saving Victoria Community Surf Lifesaving Certificate (current qualification) * Pool Lifeguard (current qualification)   The designated assistant to the supervisor must:   * have experience in the activity at the level being offered to students * be able to assume a supervisory role during the activity * be competent in emergency response procedures, including current CPR * have conferred with the instructor to establish the emergency response and supervision responsibilities.   In addition to the supervision outlined above, at least one of the two options below should be implemented where schools have beginners in the water.  Option 1:   * Students who are non-swimmers or beginners are restricted to a pool space where the water is no deeper than the student’s waist/chest (not over their head) and these students wear a wrist band or other visible item (cap/rash vest). This may require a roped off section of a pool or restriction to a wading pool.   Or  Option 2:  A supervisor is required to be in the water with students who are non-swimmers or beginners. In addition, the students wear a wrist band or other visible item (cap/rash vest)\*. | **2** | **1–20** |
| **3** | **21–30** |
| **Inland waters** | * Ratios for non-moving water - e.g. Lakes, reservoirs or any similar waters * Ratios for moving water - e.g. Rivers, creeks, canals   The designated recreational swimming staff must hold at least one of the following:   * Life Saving Victoria Inland Waterway Lifesaving Certificate (current qualification) * Recognised Australian White Water Rescue Training * Royal Life Saving Society Bronze Medallion (current qualification) * Swimming and water safety teacher (qualification and current licence) * Pool Lifeguard (current qualification)   The designated assistant to the supervisor must:   * have experience in the activity at the level being offered to students * be able to assume a supervisory role during the activity * be competent in emergency response procedures, including current CPR * have conferred with the instructor to establish the emergency response and supervision responsibilities.   In addition to the supervision outlined above, at least one of the two options below should be implemented where schools have beginners in the water.  Option 1:   * Students who are non-swimmers or beginners are restricted to a space where the water is no deeper than the student’s waist/chest (not over their head) and these students wear a wrist band or other visible item (cap/rash vest). This may require a staff standing in the water to govern this space or physical items in the water advising of depth.   Or  Option 2:  A supervisor is required to be in the water with students who are beginners. In addition, the students wear a wrist band or other visible item (cap/rash vest)\*. | **2**  **3**  **2**  **3** | **1–20**  **21–30**  **1-10**  **11-20** |
| **Enclosed waters** | All supervising staff must hold at least one of the following:   * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) * Life Saving Victoria Community Surf Life Saving Certificate (current qualification) * Life Saving Victoria Inland Waterway Lifesaving Certificate (current qualification) * for non-surf environments, recognised Australian Swift water Rescue Training (current qualification).   In addition to the supervision outlined above, at least one of the two options below should be implemented where schools have beginners in the water.  Option 1:   * Students who are non-swimmers or beginners are restricted to a space where the water is no deeper than the student’s waist/chest (not over their head) and these students wear a wrist band or other visible item (cap/rash vest). This may require a staff standing in the water to govern this space or physical items in the water advising of depth.   Or  Option 2:  A supervisor is required to be in the water with students who are beginners. In addition, the students wear a wrist band or other visible item (cap/rash vest)\*. | **2**  **3** | **1–20**  **21–30** |
| **Coastal waters** | All supervising staff must hold at least one of the following:   * Surf Life Saving Australia Bronze Medallion (current qualification) * Surf Life Saving Australia Surf Rescue Certificate (current qualification) * Life Saving Victoria Community Surf Life Saving Certificate (current qualification)   In addition to the supervision outlined above, at least one of the two options below should be implemented where schools have beginners in the water.  Option 1:   * Students who are non-swimmer or beginners are restricted to a space where the water is no deeper than the student’s waist/chest (not over their head) and these students wear a wrist band or other visible item (cap/rash vest). This may require a staff standing in the water to govern this space or physical items in the water advising of depth.   Or  Option 2:  A supervisor is required to be in the water with students who are beginners. In addition, the students wear a wrist band or other visible item (cap/rash vest)\*. | **2**  **3** | **1–10**  **11–15** |
| **Swiftwater** | All supervising staff must:   * hold a recognised Swiftwater rescue qualification (current qualification).   In addition to the supervision outlined above, at least one of the two options below should be implemented where schools have beginners in the water.  Option 1:   * Students who are non-swimmers or beginners are restricted to a space where the water is no deeper than the student’s waist/chest (not over their head) and these students wear a wrist band or other visible item (cap/rash vest). This may require a staff standing in the water to govern this space or physical items in the water advising of depth.   Or  Option 2:   * A supervisor is required to be in the water with students who are beginners. In addition, the students wear a wrist band or other visible item (cap/rash vest)\*. | **2**  **3** | **1–10**  **11–15** |

\*SLSA Approved Colours

Fluorescent Pink (PMS #16-2130 TN ‘Knockout Pink’)

Fluorescent Yellow (PMS #13-0630 TN ‘Safety Yellow’)

Fluorescent Green (PMS#13-0340 TN ‘Green Gecko’)

Fluorescent Orange (PMS# 15-1360-TN ‘Shocking orange’)

Fluorescent Red (PMS#485C)

## Peak bodies and expert advice

AUSTSWIM <https://austswim.com.au/>

Life Saving Victoria <https://lsv.com.au/>

Surf Life Saving Australia <https://sls.com.au/>

Royal Life Saving Australia <https://www.royallifesaving.com.au/>

Swim Australia <http://www.swimaustralia.org.au/>

White Water Rescue Training <https://training.gov.au/Training/Details/SISOWWR404A>

Transport Safety Victoria – Maritime Safety <https://transportsafety.vic.gov.au/maritime-safety>

Outdoors Victoria <https://outdoorsvictoria.org.au/>

International River Classifications <http://www.waterwaysguide.org.au/GradingSystem>

Victorian Public Pools Register [Victorian Public Pools Register | Life Saving Victoria (lsv.com.au)](https://lsv.com.au/aquatic-industry-services/victorian-pool-register/)

Surf Life Saving Australia – BeachSafe <https://beachsafe.org.au/>

Queries relating directly to instructional swimming and water safety programs can be emailed to: [school.swimming@education.vic.gov.au](mailto:school.swimming@edumail.vic.gov.au) or phone 4334 0523.

Queries relating to recreational swimming can be emailed to: [community.stakeholders@education.vic.gov.au](mailto:community.stakeholders@education.vic.gov.au)

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