SwimVAC Levels Information Guide:

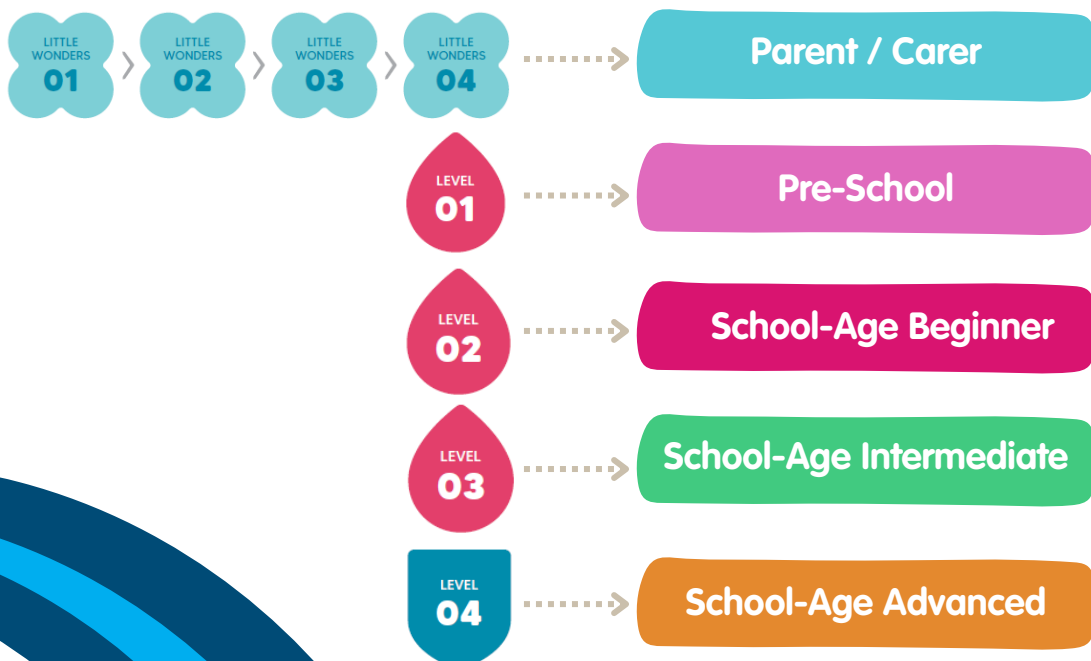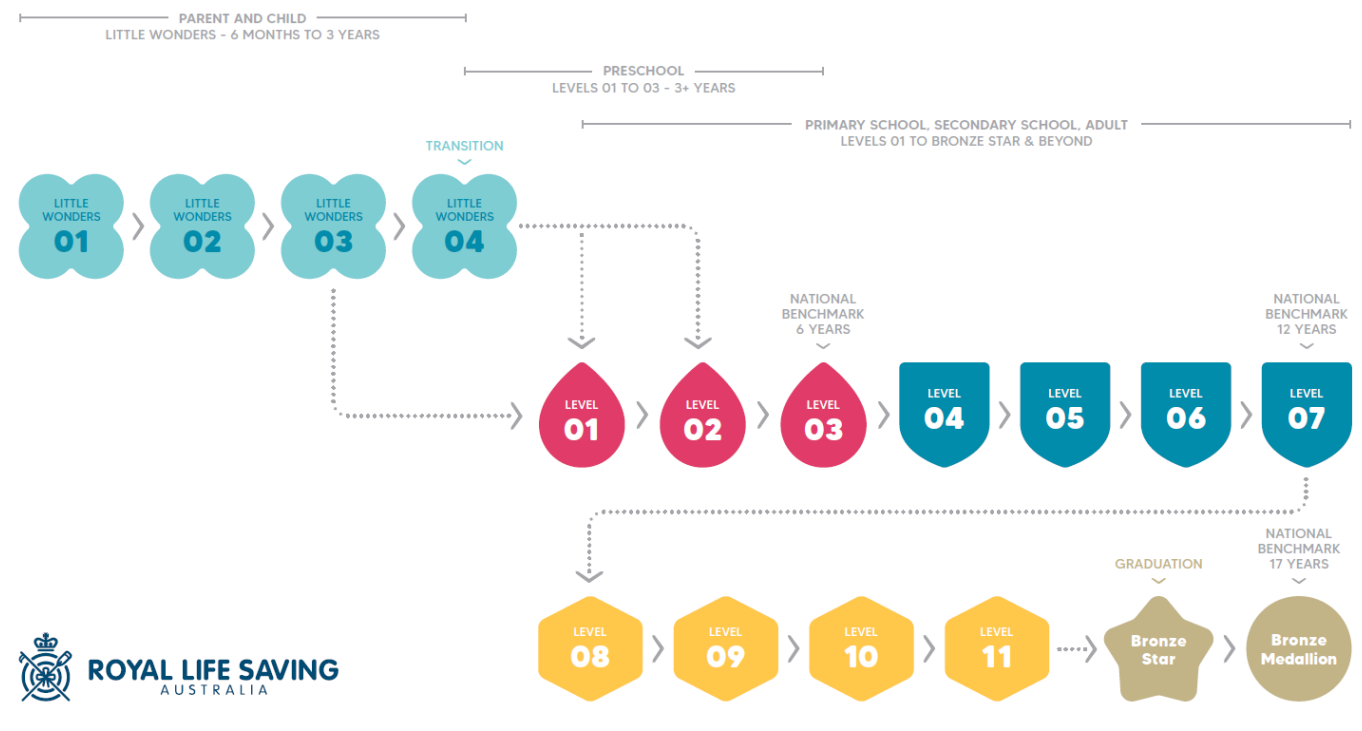## In Alignment with the Royal Life Saving Swim and Survive Program

Swim and SURVIVE

ROYAL LIFE SAVING
NEW SOUTH WALES

Swim and SURVIVE

The SwimVAC Levels are aligned with Royal Life Saving's nationally recognised Swim and Survive Program as well as the National Swimming and Water Safety Framework. The program provides high-quality water safety education, helping children achieve the National Benchmarks appropriate for their age.

Each SwimVAC Level focuses on teaching the specific skills associated with the corresponding step in the Swim and Survive pathway.

PARENT AND CHILD
LITTLE WONDERS - 6 MONTHS TO 3 YEARS

PRESCHOOL
LEVELS 01 TO 03 - 3+ YEARS

PRIMARY SCHOOL, SECONDARY SCHOOL, ADULT
LEVELS 01 TO BRONZE STAR & BEYOND

TRANSITION

| LITTLE WONDERS 01 | LITTLE WONDERS 02 | LITTLE WONDERS 03 | LITTLE WONDERS 04 |

NATIONAL BENCHMARK 6 YEARS

NATIONAL BENCHMARK 12 YEARS

| LEVEL 01 | LEVEL 02 | LEVEL 03 | LEVEL 04 | LEVEL 05 | LEVEL 06 | LEVEL 07 |

GRADUATION

NATIONAL BENCHMARK 17 YEARS

ROYAL LIFE SAVING AUSTRALIA

| LEVEL 08 | LEVEL 09 | LEVEL 10 | LEVEL 11 | Bronze Star | Bronze Medallion |

| LITTLE WONDERS 01 | LITTLE WONDERS 02 | LITTLE WONDERS 03 | LITTLE WONDERS 04 | ·····> | **Parent / Carer** |

| LEVEL 01 | ·····> | **Pre-School** |

| LEVEL 02 | ·····> | **School-Age Beginner** |

| LEVEL 03 | ·····> | **School-Age Intermediate** |

| LEVEL 04 | ·····> | **School-Age Advanced** |

Parent / Carer

Strand	Skill Outcome — LITTLE WONDERS 01 > LITTLE WONDERS 02 > LITTLE WONDERS 03 > LITTLE WONDERS 04
Parent & Carer Education	• Understand their role in aquatic education and safety in aquatic environments • Teach child to transition to independence without parent/carer assistance
Entry & Exit	• Enter and exit the water • Enter the water, return to the edge and exit • Hang walk along the edge
Flotation	• Float on front and back and recover, assisted or using a buoyant aid • Orientate the body using rotation skills, assisted or using a buoyant aid
Swimming	• Assisted glide on front and back • Kick on front and back • Move/paddle arms • Combine arm and leg action to move through the water
Underwater	• Experience water on the head and face • Submerge underwater • Blow bubbles
Lifesaving	• Identify people who can help in an emergency

Pre-School

Strand	Skill Outcome	LEVEL 01
Hazards & Personal Safety	• Identify where water can be found around the home	
Entry & Exit	• Identify safe areas for entering and exiting the water • Enter and exit the water	
Flotation	• Float on front and back using a buoyant aid	
Swimming	• Kick on front and back using a buoyant aid • Glide on front and back • Move 3 metres continuously using arms and lets	
Underwater	• Submerge the body and exhale in the water	
Lifesaving	• Identify people who can help in an emergency	

School-Aged Beginner

LEVEL 02

Strand	Skill Outcome
Hazards & Personal Safety	• Identify dangers in aquatic environments around the hme
Entry & Exit	• Slide in entry and exit
Flotation	• Float on front and back and recover • Orientate the body using rotation with a buoyant aid • Tread water using a buoyant air • Fit a lifejacket and float
Swimming	• Glide on front and back, kick and recover • Swim 5 metres basic freestyle
Underwater	• Submerge to recover an object from chest deep water
Lifesaving	• Identify different ways to get help
Rescue	• Be pulled to safety with an aid
Sequencing & Survival Skills	• Float with a buoyant aid for 30 seconds and kick to safety

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School-Aged Intermediate

LEVEL 03

Strand	Skill Outcome
Hazards & Personal Safety	• Identify rules for safe behaviour in and around home aquatic environments
Entry & Exit	• Fall in entry and recover
Flotation	• Float on back for 30 seconds • Tread water for 30 seconds
Swimming	• Swim 10 metres freestyle with breathing • Swim 5 metres backstroke • Swim 5 metres survival backstroke kick
Underwater	• Swim through a submerged obstacle
Lifesaving	• Identify people and actions to help in an aquatic emergency
Rescue	• Be rescued with a buoyant aid
Sequencing & Survival Skills	• Perform a survival sequence to simulate an accidental entry

ROYAL LIFE SAVING
NEW SOUTH WALES

School-Aged Advanced

Strand	Skill Outcome	LEVEL 04
Hazards & Personal Safety	• Identify aquatic environments	
Entry & Exit	• Step in entry	
Flotation	• Float on front and back in deep water and recover • Orientate the body using rotation skills	
Swimming	• Swim 15 metres freestyle • Swim 15 metres backstroke • Swim 10 metres survival backstroke • Swim 10 metres breaststroke kick	
Underwater	• Surface dive and recover an object from shoulder deep water	
Lifesaving	• Recognise an emergency and call for help	
Rescue	• Talk rescue	

ROYAL LIFE SAVING
NEW SOUTH WALES