

2012 Enrolment Package

Wednesday 4th - Thursday 12th January 2012



Enrolment form included - allows for 2 children

SA WATER VACSWIM is a government funded water safety program providing children with opportunities to develop a range of skills in water safety, competence & confidence, improve swimming strokes, personal survival techniques & emergency procedures. The program will be conducted at approximately 145 locations across South Australia.

Eligibility

School Age 5yrs (as at 4th January 2012) Children under 5 years of age will not be permitted to enrol.

Classes

1 x 45 minute lesson each day for 7 days (excluding weekend) for RLSSA Levels 1-7 or SLSSA Levels 1 - 10

1 x 1 hour and 45 minute lesson each day for 8 days (excluding weekend) for RLSSA SA Senior Awards- Bronze Medallion and up.

Program Fees (comprises of 2 parts)

1. Enrolment Fee - paid to VACSWIM

\$22.00 GST exempt (5th child onwards free - Medicare Card required)

2. Equipment & Location Fee - (no concession on this fee) - paid to VACSWIM

In addition to the enrolment fee some locations require an 'Equipment & Location Fee', which includes equipment, pool maintenance, cleaning etc. Please see the location table inside for all fee information per location.

Note: Daily Entry Fees - paid to the venue

Some locations charge daily entry fees which are payable to the venue, not to VACSWIM.

Enrolment Information

Postal Enrolments - close Friday 21st October 2011

On-Line Enrolments - close Friday 2nd December 2011

Enrolment Days - All locations: Saturday 31st December 2011, 10 - 12 noon (this may change on some regional locations - **Check local advertising**)

Large Locations: Enrolment Day Saturday 10th December 2011, 10-12 noon (unless advertised locally)

Enrolments at Large Locations on 31st December 2011 will incur a \$1.00 surcharge

Please check website for your specific location enrolment day information please note some locations incur late enrolment fees. Notifications of preferred times and receipts for postal enrolments will be sent out by Instructor in Charge during December.

Payment

Postal enrolments will be accepted before Friday 21st October 2011. Send enrolment forms and payment to VACSWIM, YMCA of South Australia, PO Box 20, Fulham Gardens SA 5024. After this date enrolments and payments can only be made online by Friday 2nd December 2011 or at allocated location enrolment days. Payments are to be made by credit card, money order or cheque (**payable to YMCA Of South Australia**)

Payment for RLSSA Higher Awards can be made by Money Order, Cheque (**payable to RLSSA-SA**) or cash and given to the Instructor in Charge at your location.

Contact Info

Enquiries Mon - Fri 9am-5pm

Office Address 338 - 340 Tapleys Hill Road, Seaton SA 5023

Postal Address PO Box 20, Fulham Gardens, SA 5024

Phone (08) 8200 2525

Fax (08) 8353 0384

vacswimsa@ymca.org.au

www.vacswimsa.com

*If you do not currently receive enrolment forms in the post, email us your families details to be added to the database

For additional enrolment forms please visit our website.

VISIT WWW.VACSWIMSA.COM TO ENROL ONLINE TODAY!

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We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**



Government of South Australia
Office for Recreation and Sport



Pools & Lakes (A-H)

Locations	Level	Enrol Area	Equipment & Location Fee	Program Time	Daily Entry \$ per person per day
● Adelaide Aquatic Ctr	L7A	Adjacent Centre Entrance	\$1.00	8-11	\$6.00 or \$54.00 / 10 Visit Pass
● Adelaide Hills War Memorial Swim Ctr	L7A	Verandah Near staff room	\$21.00	9-2	-
Angaston Primary Sch	L3	Pool grounds	\$18.00	8-4	-
● Balaklava & District War Memorial Swimming Pool	L7A	Under sails at pool	-	9-12:30	\$2.00 non/m \$12.00 / 7 Day Pass
Balyana Swim Ctr	L7A	Front porch	\$26.00	9-1	-
● Berri Swimming Ctr	L7A	Pool grounds	\$1.00	8:30-2	\$3.10
Black Forest Prim Sch	L3	Advertised locally	\$25.00	9-12	-
W Boorowie Prim Sch	L7A	Advertised locally	\$10.00	9-5	-
W Booleroo Swim Ctr	L7A	Swimming pool	\$15.00	8-3:30	-
Brinkworth Prim Sch	L7A	Pergola at School	-	1-3	-
● Burnside Swim Ctr	L7A	Pool function room	\$29.00	8:30-1	-
W Burra Community Pool	L7A	Front of pool	\$5.00	8:30-3:30	-
Cadell Primary Sch	L7	School pool	\$14.00	8-6	-
W Cambrai Pool	L7A	Verandah area	-	8-3	-
W Carrieton Swim Pool	L7A	Advertised locally	-	9:45-2	\$2.00
W Ceduna Area Sch	L7A	Pool area	\$8.00	9-3	-
● Clare - The Valley's Lifestyle Ctr	L7A	Advertised locally	\$1.00	9-12	\$3.50
W Cleve Area Sch	L7A	Entrance gate	\$15.00	9-4	-
● Coober Pedy Swimming Pool	L7A	In gym adjacent to pool	-	8:15-12:15	\$5.00 / 7 Day Pass
Coomandook Area Sch	L7A	School carpark	\$13.50	8:30-2:30	-
Coonalpyn Memorial Swim Pool	L7A	Advertised Locally	\$21.00	8-5	-
W Cowell Sch	L7A	Pool shed	-	8:30-3:00	-
Crystal Brook S. Pool	L7A	Swimming pool	\$1.00	9-2	\$3.10
W Cummins Swim Pool	L7A	Pool Canteen	-	9-2	tbc
W Darke Peake Community Pool	L7A	Advertised locally	-	9-5	tbc
W East Murray Area Sch	L7A	Under Shelter at pool	-	8:30-4	-
● Elizabeth Aquadome	L7A	Pool foyer	\$1.00	9-12	\$22.00 non-m/wk \$15.60 m/wk
Eudunda Swim Pool	L7A	Under shelter	\$5.00	8:30-3:30	-
Fit Life Health & Fitness Ctr	L7	Fit life centre	\$19.80	3-5	-
× Geranium Primary Sch	L7A	Pool changeroom area	\$7.00	9:30-1	-
● Gladstone Swim Pool	L7A	Pool Canteen	-	8:30-12:30	\$3.00
Goolwa Caravan Park	L5	Advertised locally	-	8:30-12:30	-
W Hallett Community Pool	L7A	Pool Reception	-	8-5	\$5.00 wk
W Hamley Bridge S. Ctr	L7A	Swimming pool	-	8:30-12:30	tbc
W Hawker War Memorial Pool	L7A	Swimming pool	-	8-2	\$4.00 non/m, members free

Pools & Lakes (J-P)

Locations	Level	Enrol Area	Equipment & Location Fee	Program Time	Daily Entry \$ per person per day
Jamestown Swim Ctr	L7A	Meeting room in pool grounds	-	8:30-1	\$3.00
Kapunda Swim Pool	L7A	Pergola area	\$10.00 p/c or \$20 p/f	8-2	-
W Karoonda Area Sch	L7A	School grounds	\$5.50 p/c or \$11 p/f	8:30-5	-
Karrendi Primary Sch	L5	Advertised locally	\$15.00	8-3	-
Keith Swimming Pool	L7A	Next to canteen	-	2-5:30	\$2.50
W Kimba Area Sch	L7A	Pool Canteen	\$10.00	8-4	-
Kingston Comm Sch	L7A	Outside library	\$22.00	8-5:30	-
Lameroo Swim Ctr	L7A	Pool grounds	-	8-3	\$3.00
W Leigh Creek Swim Ctr	L7A	Swimming pool	-	9-1	\$1.50
W Lock Swimming Ctr	L7A	Canteen	-	9-5	\$3.00
● Loxton Swimming Pool	L7A	Swimming club	\$7.00	9-1	-
Lucindale Area Sch	L4	Verandah of front office	-	9-3:30	-
● Magill Pool (UniSA)	L7A	Building E Reception, Via Bunday St Car Park	-	8:30-1	\$3.00 or \$15.00 wk
W Maitland Area Sch	L7	Shelter adjacent to pool	\$14.00 p/c	9-5	-
● Marion Swimming Ctr	L7A	In front of main reception desk	\$1.00	8-12	\$31 / 7 day pass or \$4.60/ day
W Meningie Area Sch	L7A	Outside pool	\$8.70	9-4	-
● Millicent Swim Lake	L7A	Near kiosk	\$1.00	9-1	-
Minda Swimming Ctr	L7	Pergola area	Child 1 \$19.80 Child 2 \$17.00 Child 3 \$15.00	9:00-12:30	-
× Minnipa & Districts Swimming Pool	L7A	Swimming Pool	-	9-5	\$25 wk \$50 f/w
Mitcham Girls H. Sch	L7A	School quad	\$23.50	8-1	-
Morgan Prim Sch	L5	Undercover area	\$14.00	9-4	-
● Mountain Pool - Mt Barker	L7A	Advertised locally	\$1.00	9-3	tbc
● Mt Gambier Aquatic Ctr	L7A	Advertised locally	\$1.00	9-3	tbc
● Murray Bridge Swimming Ctr	L7A	Advertised locally	\$1.00	9-1	\$3.50
Nangwarry Swim Ctr	L7	Advertised locally	-	1-6	-
● Naracoorte Swim Lake	L7A	BBQ area of swim lake	-	8-3:30	-
● Noarlunga Leisure Ctr	L7A	Aquatic reception area	\$32.50	8:30-12:15	-
Northfield Prim Sch	L6	Picnic tables	\$7.00	8-12	-
● Norwood Swim Ctr	L7A	Pool Entrance	\$1.00	8:30-12:30	\$3.40
W Orroroo Comm Pool	L7A	Advertised locally	-	8-3	tbc
Owen Swim Ctr	L7A	Advertised locally	tbc	9-1	tbc
Parks Community Ctr	L7A	Main entrance	-	9:30-12:30	\$4.10
● Payneham Swim Ctr	L7A	Outside clubrooms in centre	\$1.00	8:30-1	\$3.40
Penola Swimming Pool	L7A	Lifeguard office	-	1-6	-
Peterborough Swim Pool	L7A	Canteen area 1-3pm	-	9-2	\$3.00
W Pinnaroo Swimming Centre	L7A	Swimming pool	-	8-3	\$3.00

Symbol Guide

LOCATIONS* Arranged alphabetically and divided into Pools and Beaches

● Large location with pre-Christmas enrolment day on Saturday 10th December 2011. Early postal, on-line or pre-Christmas enrolment is encouraged at these sites. A \$1.00 surcharge will apply to enrolments made at these locations on 31st December 2011.

× Different Program Dates - please check website for enrolment day

W Program is usually conducted over one week

Regional enrolment days may differ please check locally for program dates & enrolment dates, phone (08) 8200 2525 or visit www.VACSWIMsa.com

* Based on information at time of printing

Swim and Survive levels 1-7 will be offered at all pools and selected beaches.

L - Swim and Survive Levels 1-7.

L3 - (i.e L followed by a number) represents highest level offered at that location.

L7A - Location offers Swim and Survive Level 1-7 & RLSSA-SA Senior & Advanced Awards.

S - Surf & Survive program. \$4 SLSSA fee is charged once, per participant.

EQUIPMENT/ LOCATION FEE*

This fee is required to cover costs associated with the program PER CHILD. The fee is paid ONCE in addition to enrolment fee.

- No fee required.
p/f Per family
p/c Per child
f/w Per family per week

tbc To be confirmed
Not confirmed at time of printing
non/m Non member

NO. OF CHILDREN

ENROLMENT FEE

+

"1 OFF FEE"

=

TOTAL

↑
More than four children will require a copy of your family medicare care to be included with this form.

1 Child	=	\$22.00
2 Children	=	\$44.00
3 Children	=	\$66.00
4 Children	=	\$88.00
5th Child +	=	FREE

↑
Usually calculated per child, some locations offer per family fees. Do not include the daily entry fees - this is separate and paid to venue

↑
This amount is the addition of the enrolment and the "1 off fee" together.

Pools & Lakes (P-W)

Locations	Level	Enrol Area	Equipment & Location Fee	Program Time	Daily Entry \$ per person per day
● Pt Augusta - Ryan Mitchell Swim Centre	L7A	Swim club verandah	\$1.00	8-4	\$2.50
W Port Clinton Swimming Pool	L5	Pool	\$20.00	9-11	-
● Port Lincoln Leisure Centre	L7A	Glass room in pool area	-	9-12:30	\$5.00
x ● Port Pirie Swimming Centre	L7A	Shaded area by pool	\$1.00	8:30-1	\$3.10
W Quorn Swimming Centre	L7A	Swimming pool	-	8-2	\$4.00 non/m, mem free
Ramco Primary School	L3	Table under trees	\$10.00	9-3:30	-
● Renmark Swimming Centre	L7A	Swimming Club rooms	\$1.00	8:30-3	\$2.70 or \$18.20 wk
W Riverton Swimming Centre	L7A	Advertised locally	-	9-12	\$3.50
SA Aquatic and Leisure Cntr	L5	Online Only	\$35.00	9-1	-
● Salisbury Swimming Centre	L7A	Pool canteen	\$24.00 (\$19.00 other siblings)	9:30-12:30	-
Snowtown Area School	L7A	Under verandah	-	8-4	-
W Spalding Swimming Centre	L7A	Pool Canteen	-	9-5	\$3.00
● Strathalbyn Comm Swim Pool	L7A	Swimming Pool	\$25.00	9-3	-
W Streaky Bay Area School	L3	Pool grounds	\$25.00	9-3:30	-
W Swan Reach Area School	L7	Swimming pool	\$5.50 p/f	9-5	-
Tallem Bend Primary School	L7	School Gymnasium	\$11.00 p/c or \$19.80 p/f	8:30-2:15	-
Tanunda - The Rex Fitness Centre	L7A	Stadium Area	\$23.70	9-2	-
Tatiara Memorial Pool	L7A	Next to canteen	-	9-2	\$2.50
Thebarton Aquatics Centre	L7A	Front entrance	\$20.00	8-12	-
Tintinara Area Sch Pool	L7A	Advertised Locally	\$8.50	9-4	-
● Trevor Bellchambers Swimming Centre	L7A	Under Verandah-Inside Centre	\$1.00	8:30-1	\$3.00
● Unley Swimming Centre	L7A	Unley Swim Club	\$27.60	8:30-1	-
Urrbrae High School	L7A	Adjacent to pool	\$20.00	8-1	-
Victor Harbor Primary School	L7A	Primary Sch Gym	\$18.00 p/c or \$37.00 p/f	7:30-3	-
Waikerie Olympic Pool	L4-L7A	Sheltered area at pool	-	9-12	\$1.00
● Waterworld / Tea Tree Gully	L7A	At Pool	\$1.00	8:30-1	\$3.50
West Beach Primary School	L5	Near pool entrance	\$8.00	8:30-3:30	-
Westminster School	L5	Main Reception (Sports Centre)	\$28.00	8:30-12	-
Whyalla Leisure Centre	L7A	Foyer Reception Area	\$1.00	9-12	\$3.10
Williamstown Swim Ctr	L7A	Advertised locally	tbc	9-1	tbc
W Wilmington Primary School	L7	West side of pool	\$7.00	9-3	-
Woodville Primary School	L3	Resource Centre Verandah	\$20.00 p/c \$40 p/f	8-3:30	-
● Wudinna & Districts Swimming Pool	L7A	Pool Canteen	-	8:30-4	\$3.50 p/c or \$50.00 t/w

Beaches

Location	Level	Enrol Area	Equipment & Location Fee	Time
Aldinga Beach	S	Surf Life Saving Club	\$4	9-1
W Arno Bay Beach	L7A	Shed on foreshore	-	9-4
x Balgowan Beach	L7A	Advertised Locally	-	9-12
Beachport Beach	S	Outside Cinema	\$4	9:30-12:30
Black Point Beach	L7A	Shelter shed	-	8-11
W Coffin Bay Beach	L7A	Yacht Club	-	9-1
Edithburgh Tidal Pool	L7A	Advertised Locally	\$5p/f	9-2:45
Elliston Beach	S	General store	\$4	10-11:30
Emu Bay Beach (Kl)	S	Shelter shed	\$4	10-2
Glenelg Beach	S	Surf Life Saving Club	\$4	9-12:45
Grange Beach	S	Surf Life Saving Club	\$4	8-1
Henley Beach	S	Surf Life Saving Club	\$4	9-2
W Lucky Bay Beach	L7A	Lucky Bay Hall	-	9-1
Marion Bay Beach	S	Marion Bay Hall	\$4	10-12:15
Moana Beach	S	Surf Life Saving Club	\$4	9-12:45
Moonta Bay Beach	L7A	School Staff Room	-	9-1
Normanville Beach	S	Surf Life Saving Club	\$4	9-1:45
Penneshaw Beach (Kl)	S	Penneshaw school	\$4	9:30-2:30
W Point Sinclair- Penong	S	Jetty shelter	\$4	9-2
Point Turton Beach	L7A	BBQ area on foreshore	\$5 p/f	9-2
Port Broughton Beach	L7A	Town hall foyer	-	9-1
Port Elliot Beach	S	Surf Life Saving Club	\$4	9-12
Port Lincoln Beach	L7A	Leisure centre	-	3-4:30
W Port Neill Beach	L7A	Green Shed	-	9:30-3
Port Noarlunga Beach	S	Surf Life Saving Club	\$4	9-1
Port Rickaby Beach	L7A	Port Rickaby Hall	\$5	8:30-12:30
Port Vincent Beach	L7A	Pt Vincent caravan park	\$5	8-12
Robe Beach	S	Advertised locally	\$4	9:45-1:45
Seacliff Beach	S	Seacliff hotel	\$4	9:30-12:30
Semaphore Park Foreshore	S	Surf Life Saving Club	\$4	8:45-11:45
W Smoky Bay Beach	L7A	Smoky Bay Com Club	-	10-2
Somerton Beach	S	Surf Life Saving Club	\$4	10-12
Stansbury Beach	L7A	Beach Shelter	\$5	7:45-5:15
W Stokes Bay Beach (Kl) (tbc)	S5	Advertised locally	\$4	9-12
W Streaky Bay Jetty Pool	L5 - L7A	School courtyard	-	10-12:15
Tumby Bay Beach	L7A	School Activities hall	-	tbc
W Venus Bay Beach	S	General store	\$4	10:30-3
Vivonne Bay Beach (Kl)	S	Shelter shed in camping area	\$4	9-1
Wallaroo Beach	L7A	Town Hall - 3 Jan	\$1	9-1
West Beach Surf Centre	S	Surf Life Saving Club	\$4	8:45-12:30

PLEASE READ: THIS FORM IS AN IMPORTANT PART OF THE ENROLMENT PROCESS

Release
 As parent/guardian of the child listed on the enrolment form I declare that the information I have provided is true and correct. I give my consent for him/her to participate in VACSWIM 2012. I agree to delegate my authority to the supervising instructors.
 If my child requires medical treatment as the result of an emergency or accident and contact with me is impracticable or impossible, I authorise VACSWIM 2012 staff to arrange whatever medical assistance that is necessary. I will pay all medical and dental expenses incurred on behalf of my child.
 I have detailed on the enrolment form health care information including details of any additional health support he/she requires to undertake participation in VACSWIM 2012 safely.
 I acknowledge I have read and understand the terms and conditions for participating in VACSWIM 2012. I agree that my child will comply with the VACSWIM 2012 rules, standards and requirements.
 I agree to abide by the refund terms and conditions of VACSWIM 2012 as outlined in the refund policy below.
 I acknowledge that my child participates at his/her own risk and will not hold the Minister for Recreation, Sport and Racing or employees or volunteers of the YMCA of SA liable for any accident, injury, property, loss or cost occurring as a result of participating in VACSWIM 2012 unless caused by negligence or a wrongful act or omission by the Minister for Recreation, Sport and Racing or employees or volunteers of the YMCA of SA.
****Release to be signed on the enrolment form after reading****

Privacy Policy
 In accordance with the Privacy Act 2001 all information collected and stored on the VACSWIM student data base will only be used for the purpose, nature and duration of the VACSWIM program. There will not be any disclosure of any information collected or stored on the VACSWIM student data base to a third party for any reason other than medical related situations unless there has been prior written consent.

Terms and Conditions
Parent/Guardian role at Location: Parents/Guardians are expected to remain at the Location at all times during their child's participation in their designated VACSWIM class. **Handover Duty of Care Process:** On arrival at the Location the parent/guardian should take the child to the instructor and ensure their child's name is marked 'in' on the attendance sheet for that day. No child will be accepted more than 10 minutes before the start of their designated class. After class the instructor will ensure that the child is released directly into the care of the parent/guardian before marking the child 'out' on the enrolment form and allowing them to leave the Location. **Refund policy: Cancellation of Locations/classes:** If a Location is cancelled for any reason you may request a full refund or transfer your children to another Location. If classes are cancelled due to extreme weather or for other reasons they will be rescheduled if possible, however if circumstances dictate rescheduling classes is not possible or you are unable to attend a rescheduled class, refunds for a pro-rata proportion of the enrolment fee will be made. Refunds for children unable to attend classes for medical reasons will only be issued if a participant attends no more than 2 days of the program. To claim a medical refund Parents must send a letter outlining number of days attended together with a medical certificate, and a copy of the program receipt. All requests for refunds must be received by the VACSWIM 2012 office no later than Friday 24 February 2012. The pool entry fee where applicable to a location will not be refunded. **Transferring between Locations:** Transferring children from one Location to another is possible, however the child will only be accommodated in an existing class at the new Location if a vacancy exists. Children transferring to another Location will not be provided with additional instruction to the detriment of the existing participants. An enrolment receipt and a certificate of participation signed by the instructor in charge of the original Location must be produced when enrolling at the new Location. For details about transferring between Locations contact the instructor in charge at the Location or the VACSWIM 2012 office. **Medical Conditions:** Please indicate if your child has a medical condition and provide details in the Child Details Section, for example: Asthma, Attention Deficit Disorder, Diabetes, Epilepsy, Others (state clearly) and complete the medical information. If necessary, please provide additional information in the Child Details Section (notes) by providing further explanation of your child's medical condition. Please note that under no circumstances will VACSWIM Instructors or volunteers administer any medicines. **Children with a Disability:** Children with a disability are encouraged to participate in the VACSWIM program. The instructor in charge should be informed of any additional needs your child requires to enable participation when enrolling the child. Participation is conditional upon the VACSWIM Location being able to provide the additional support services arranged through consultation between the instructor in charge and the parent or caregiver. This will ensure a responsible person is keeping the child under observation at all times. Please indicate on the Child Details Form if your child is regarded as having a disability and complete the medical information on the back of the form. Attach a note providing further explanation if required. **Code of Behaviour** Participants (in and out of the water) are expected to cooperate with the instructions and directions of VACSWIM staff. Instructors are responsible for the children directly involved in their lesson while the lesson is being conducted. Inappropriate disruptive behaviour could result in exclusion from class(es). Instructors are not responsible for general supervision of others at the Location. Parents should ensure that appropriate supervision is provided at all other times. **Skin Care:** VACSWIM encourages all participants to wear a T-shirt, hat and apply 30+ sunscreen. Failing to provide suitable skin protection could result in exclusion from the class. **Preferred Time:** All possible effort will be taken to comply with requests for preferred class times but no guarantees will be given that the preferred time will be available.

A GUARDIAN MUST BE AT THE POOL TO COLLECT YOUR CHILD AT THE COMPLETION OF CLASS

RLSSA Swim and Survive Active Levels 1-7

'Active' is the Swimming and Water Safety component of the Swim and Survive program, and is designed for children aged 5 - 14 years. This component of Swim and Survive has been around for over 60 years, with almost 15 millions Australians gaining a Swim and Survive award since its inception.

Swim and Survive 'Active' is a broad and balanced program teaching a range of skills and knowledge to develop water safety, survival, basic rescue and swimming skills. With a vibrant look 'Active' encourages children to have a healthy respect for the aquatic environment.

Level 1 - Water Discovery

• Enter and exit the water safely and confidently • Front float and recover to a secure position • Back float and recover to a secure position • Blow bubbles in water with ace fully submerged and turn head to side, repeat action • Front glide and kick for 3 metres unassisted (torpedo) • Back kick using kick board for 5 metres • Swim for a distance of 3 metres using an underwater arm action while kicking • Float with a flotation aid for 30 seconds • Submerge in waist depth water, open eyes and blow bubbles • Demonstrate lock hands, lock head and steer up position in water • Be pulled to safety by grasping a rescue aid • Answer questions about dangers in the aquatic environment

Level 2 - Water Awareness

• Perform a slide in entry and exit using the edge • Float on the front and back in deep water with instructor assistance • Demonstrate treading water arm sculling action, supporting the body in an upright position • Demonstrate treading water leg action using a flotation aid for support • Swim 10 metres freestyle with basic side breathing • Swim 10 metres backstroke with correct body position • Demonstrate 5 metres survival backstroke kick • Demonstrate breaststroke kick on the side of the pool • Demonstrate survival sculling for 30 seconds and floating for 1 minute, holding a flotation aid and then kick to safety • Submerge and recover an object from water of chest depth • Demonstrate a sitting dive (may be assisted) • Be pulled through the water with a rope for 5 metres to safety • Answer questions about dangers in the aquatic environment

Level 3 - Water Sense

• Perform a step in entry • Scull head first on the back in a streamlined body position • Swim 25 metres freestyle using correct technique • Swim 25 metres backstroke using correct technique • Swim 15 metres survival backstroke using correct technique • Demonstrate 10 metres breaststroke kick (symmetrical action) • Demonstrate the survival sculling or treading water for 1 minute and swim for 1 minute, holding a flotation aid • Surface dive, swim underwater and recover an object from water of chest depth • Demonstrate a kneeling dive • Using a rigid aid pull a partner to safety • Answer questions about dangers in the aquatic environment • Demonstrate introductory dolphin kick for a distance of 5 metres

Level 4 - Water Wise

• Safely perform a compact jump and exit from deep water • Demonstrate feet first sculling on the back • Demonstrate rotation of the tucked body, keeping the face above the surface of the water • Swim 50 metres freestyle with correct technique • Swim 50 metres backstroke with correct technique • Swim 25 metres survival backstroke with correct technique • Swim 15 metres breaststroke with correct technique • Demonstrate 10 metres sidestroke with scissor kick • Dressed in swim wear, shorts and T-shirt, demonstrate sculling, floating or treading water for 2 minutes and swim slowly for 3 minutes, changing survival strokes after each minute • Float for 1 minute using an open-ended flotation aid • Surface dive, swim underwater and recover an object from water depth equivalent to the candidate's height • Demonstrate a crouch dive • Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge • Answer questions about the dangers in the aquatic environment • Demonstrate introductory butterfly arm action for a distance of 5 metres

Level 5 - Junior Swim and Survive

• Safely perform a fall in entry and exit from deep water • Demonstrate a forward somersault in the water • Demonstrate the eggbeater kick. Arms or a kick-board may be used for support • Swim 100 metres continuously using correct stroke technique, 25 metres freestyle, 25 metres survival backstroke or sidestroke, 25 metres backstroke and 25 metres breaststroke • Dressed in swim wear, long pants and long-sleeved shirt perform survival sculling, floating or treading water for 4 minutes, perform a feet first surface dive and swim underwater for a short distance, swim slowly for 6 minutes using 3 survival strokes, changing strokes after each minute. Clothing may be removed • Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of the water • Demonstrate a shallow dive • Perform a reach rescue using a rope, towel or item of clothing • Answer questions about dangers in the aquatic environment • Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique

Level 6 - Swim and Survive

• Perform a stride entry • Demonstrate a backward somersault in the water • Demonstrate eggbeater kick and sculling • Swim 200 metres continuously using correct stroke technique, 50 metres survival backstroke or sidestroke, 50 metres breaststroke, 50 metres backstroke and 50 metres freestyle • Dressed in swim wear, long pants and long-sleeved shirt and jumper, perform the following: Enter deep water using a feet first entry, submerge feet first, swim underwater on back looking up at the surface, swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly, float using a buoyant aid for 1 minute, swim slowly demonstrating survival strokes for 6 minutes, scull, float or tread water for 3 minutes waving for help intermittently. Remove clothing in deep water • Correctly fit a PFD while treading water and then swim 25 metres using a survival strokes. Climb out of the water • Perform a throw rescue using an unweighted rope over a distance of 6 metres • Answer questions on water safety and personal survival techniques • Swim butterfly for 15 metres using an efficient stroke and correct breathing technique

Level 7 - Senior Swim and Survive

• Demonstrate an entry technique selected by the examiner • Demonstrate an efficient eggbeater kick without use of arms • Swim 300 metres continuously using correct technique, 100 metres freestyle, 50 metres backstroke, 50 metres breaststroke, 50 metres survival backstroke and 50 metres sidestroke • Dressed in swim wear, long pants, long sleeved shirt, jumper, shoes and socks, perform the following sequence, dive and swim a distance underwater to simulate an escape from a sinking boat surround by oil, swim a further 40 metres freestyle as if escaping from a dangerous situation, remove shoes while treading water and then swim slowly 50 metres breaststroke, float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signalling for help; reassure any nearby candidates by talking to them, swim slowly for 200 metres using survival strokes, changing strokes every 50 metres, remove clothing in deep water • Fit a PFD correctly while treading water, swim 100 metres using survival strokes, demonstrate HELP technique and climb out of water whilst wearing the PFD • Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute • Wade to a partner and pull them to safety using a towel or item of clothing as an aid • Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts • Swim butterfly for 25 metres using an efficient stroke and correct breathing technique

SLSSA

Surf & Survive

The \$4 SLSSA fee per participant (up to maximum \$12 per family) contributes to the provision of equipment at the Location and includes a Surf & Survive log book (if required).

Stage 1

Sun safety, enter water to waist deep, be able to breathe out while face is underwater, submerge head completely, leave water safely, recover from front/back glide to standing position. Beach safety and surf awareness, float for 30 seconds holding rescue flotation aid then recover to a standing position. Using a kickboard, kick legs to travel 3 metres.

Stage 2

Sun safety, Duck under broken wave or duck dive in chest depth touching bottom with hands. Beach safety and surf awareness, demonstrate 2 floats, tread water for 15 seconds, demonstrate sculling for 30 seconds holding rescue tube or flotation device throw to candidate. Swim for 5 metres. Using flotation aid introduce front crawl arm movements.

Stage 3

Sun safety. Beach safety and surf awareness. Tread water/sculling then float for 30 seconds. Introduction of survival strokes, elementary backstroke, side stroke and breast-stroke. Body surfing skills. Rescues identifying emergency measures. Swim 15 metres using front/back crawl.

Stage 4

Sun safety. Beach safety and surf awareness. Swim 15 metres of any survival stroke and tread water for 30 seconds. Enter ocean with correct technique for diving through broken waves. Body surf back to shore. From above head depth, surface dive and collect handful of sand. Explain, demonstrate and practice paddling foam surfboard and its use in supporting a person in difficulty. Swim minimum of 25 metres, breast-stroke/side stroke/front or back crawl. Understand principles of first aid and resuscitation.

Stage 5

Sun safety. Beach safety and surf awareness. Dressed in bathers, t-shirt and shorts, tread water for 1 minute and swim for 25 metres using any stroke. Enter the ocean through waves and body surf back to shore. Demonstrate ability to help effect a rescue using foam surfboard. Run/Swim/Run - 25m/25m/25m. Combination of strokes allowed. Further develop principles of first aid and resuscitation.

Stage 6

Sun safety. Beach safety and surf awareness. Swim 40 metres using survival strokes. Discuss and practice rescues. Run/Swim/Run - 25m/25m/25m using front crawl. Perform first aid and resuscitation.

Stage 7

Sun safety. Beach safety and surf awareness. Answer 5 questions on surf awareness. Swim 100 metres using survival strokes, can change strokes after every 25metres. Demonstrate board rescue and return to shore with patient. Run/Swim/Run - 50m/50m/50m using 50m front crawl and 50m of any survival stroke. Continue first aid and resuscitation by introducing EAR.

Stage 8

Sun safety. Beach safety and surf awareness. Answer 10 questions on Life Saving knowledge and Emergency Care. Swim 150 metres using survival strokes. Demonstrate board and tube rescue and return to shore with patient. Perform patient approaches, releases and escape methods. Run/Swim/Run - 50m/75m/50m. Continue first aid and resuscitation by practicing EAR, bleeding and marine stings, knowledge of emergency procedures.

Stage 9

Sun safety. Beach safety and surf awareness. Answer 15 questions on Life Saving knowledge, First Aid, Resuscitation and Surf Awareness. Swim 200 metres using survival strokes. Float for 2 minutes. Demonstrate a rescue without equipment, returning to shore with patient. Discuss deep water resuscitation and practice using tube or board. Run/Swim/Run - 100m/75m/100m. Continue first aid and resuscitation.

Stage 10

Sun safety and surf awareness. Answer 24 questions. Demonstrate signals and describe patrol information. Perform a board rescue including deep water resuscitation, perform a tube rescue including deep water resuscitation. Perform other rescue methods. Complete Run/Swim/Run - 100m/100m/100m in 5 minutes. Perform first aid and resuscitation techniques.

HIGHER AWARDS

Higher awards are payable directly to the examiner on the testing day (8th Day).

RLSSA-SA

Dry Rescue

Theory, reach rescues, rope throws, initiative. **(Cost \$5)**

Wade Rescue

Theory, CPR resuscitation, reach rescue, rope throws, wade rescues, survival skills, initiative, swim 100 metres in 5 mins. **(Cost \$5)**

Accompanied Rescue

Theory, Rescue Breathing, getting help, wade & resuscitation, slide in entry, stirrup lift, defensive techniques, accompanied rescue, underwater search, surface dive, initiative. **(Cost \$5)**

LSA Senior Awards

Advanced levels of RLSSA-SA life-saving awards, Bronze Star **(Cost \$20)**, Bronze Medallion **(Cost \$30)**, Bronze Cross **(Cost \$35)**, Award of Merit **(Cost \$65)** and Distinction **(Cost \$70)**. All of these awards except Bronze Star need a double lesson. Candidates must be 14 years of age to participate in Bronze Medallion or upwards. These fees are to be paid to instructor in charge during program.

Awards may not be completed in the 8 days of the VACSWIM 2012 program but candidates can contact the RLSSA-SA office (8234 9244) to arrange to complete the award.

More Info: www.sa.royallifesaving.com.au

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strong FAMILIES
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VACSWIM ENROLMENT FORM

ENROLMENT LOCATION

FAMILY LAST NAME RESPONSIBLE PERSON FIRST NAME

ADDRESS POSTCODE

POSTAL ADDRESS POSTCODE

TELEPHONE HOME MOBILE

EMAIL ADDRESS

RELEASE I have read and understood the Terms and Conditions, Release and Privacy Policy detailed in the enrolment package. I agree to the terms of the release as detailed.

SIGNATURE OF PARENT/ GUARDIAN X DATE

VACSWIM ENROLMENT DETAILS - CHILD 1

LAST NAME FIRST NAME GENDER

LEVEL AIMING FOR LEVEL COMPLETED LAST YEAR MEDICAL Please Mark if Applicable

PREFERRED LESSON TIME Check location information on the enrolment pack for times available

DETAILS

DISABILITY - DOES YOUR CHILD HAVE A DISABILITY? CHILD DATE OF BIRTH

HOW WILL THIS EFFECT THEIR SWIMMING AND LEARNING?

Medication? Yes / No Is English the Primary Language spoken at home? Yes / No

Nationality Torres Strait Islander / Aboriginal? Yes / No

EMERGENCY CONTACTS

NAME RELATIONSHIP PHONE

NAME RELATIONSHIP PHONE

PHOTOGRAPHS - I AGREE TO ALLOW THE VACSWIM OFFICE AND THE YMCA OF SOUTH AUSTRALIA TO USE ANY PHOTOGRAPHS TAKEN DURING THE COURSE OF THE PROGRAM FOR FUTURE PROMOTIONS OR REPORTING PURPOSES IN ANY MEDIA WITH REGARDS TO PROMOTING WATER SAFETY AWARENESS

SIGNATURE OF PARENT/ GUARDIAN X DATE

VACSWIM ENROLMENT DETAILS - CHILD 2

LAST NAME FIRST NAME GENDER

LEVEL AIMING FOR LEVEL COMPLETED LAST YEAR MEDICAL Please Mark if Applicable

PREFERRED LESSON TIME Check location information on the enrolment pack for times available

DETAILS

DISABILITY - DOES YOUR CHILD HAVE A DISABILITY? CHILD DATE OF BIRTH

HOW WILL THIS EFFECT THEIR SWIMMING AND LEARNING?

Medication? Yes / No Is English the Primary Language spoken at home? Yes / No

Nationality Torres Strait Islander / Aboriginal? Yes / No

EMERGENCY CONTACTS

NAME RELATIONSHIP PHONE

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SIGNATURE OF PARENT/ GUARDIAN X DATE

PAYMENT CALCULATIONS AND RECEIPT

RECEIPT DATE

FAMILY NAME LOCATION

CHILD NAME TIME CLASS

CHILD NAME TIME CLASS

CHILD NAME TIME CLASS

TOTAL PAYABLE NUMBER OF CHILDREN X VACSWIM FEE = + NUMBER OF CHILDREN X LOCATION FEE =

PAYMENT RECEIVED \$ FOR PAYMENT OF VACSWIM 20 LESSONS SIGNATURE OF IC

PAID BY CASH CHEQUE CREDIT CARD MONEY ORDER

CREDIT CARD PAYMENT MASTERCARD VISA CARD NUMBER EXPIRY DATE

NAME ON CARD SIGNATURE X