



SILVER SALTIES

Swimming Skills

Objective To increase knowledge and confidence in swimming skills, water safety and personal survival skills in the pool while promoting physical and social health benefits.

Duration

45min – 1hr

Frequency

One session a week

Program

10 weeks (or ongoing)

Place



Pool

Intensity



Moderate. Suitable for participants who have reasonable mobility and sound fitness, and who would like to improve their swimming skills.

Safety

All participants should:

- Consult with their doctor before participating
- Be sun-safe and wear appropriate swimwear
- Bring any medications, asthma puffers, and water
- Use relevant support equipment e.g. flippers
- The SLS Club Leader will monitor participants.

A Typical Session

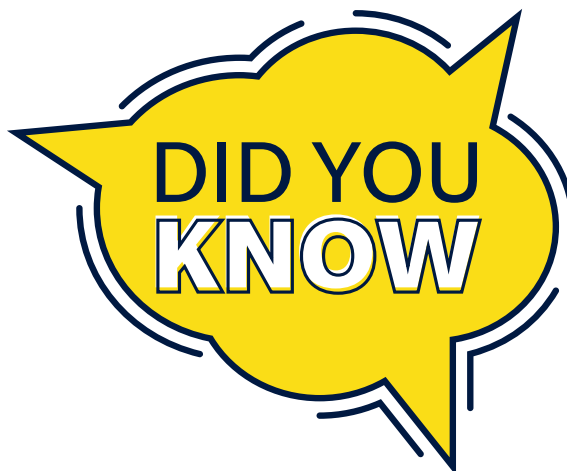
- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min
- Warm-up stretches and walking in the pool – 5min
- Swimming skills including discussion, demonstration, practice, feedback, practice e.g. entries and exits, kicking, treading water, swimming strokes etc 25-30min
- Cool-down in the pool e.g. slow swim, treading, stretches – 5min
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate and meet at the park or meet at a local café.

Independent research outfit 'Roy Morgan Research' found more Australians participate in swimming more than any other sport



In all, over 6 million Australians have swum either regularly or occasionally over the last 3 months.

Of the 6 million swimmers, 3.45 million were women and 2.58 million were men.



Benefits As well as being fun, swimming is a great way to keep fit and well and make friends. Swimming is a healthy activity that you can continue for a lifetime. Swimming is a low-impact activity that has many physical and mental health benefits.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/swimming-health-benefits>, viewed 28/08/19

1.5M



Golf participation was measured at 1.5 million

1.4M



Tennis participation was measured at 1.4 million

1M



Basketball participation was measured at one million

Source: <https://swimswam.com/research-says-swimming-is-australias-most-popular-sport/>, viewed 28/08/19

Water safety education

- Pool conditions e.g. depth, shape of pool, type of water, debris on bottom etc
- Rescue equipment e.g. kickboard, lifejacket, rope, other floatation devices
- Personal fitness and capability
- Injured or drowning patient signals
- Possible rescue/first aid responses

Swimming skills

- Safe entries and exits
- Familiarisation with pool
- Walking comfortably in shallow and deeper water
- Kicking skills
- Treading water and floating
- Swimming strokes with life jackets e.g. doggy paddle, freestyle, sidestroke, breaststroke, backstroke, survival backstroke
- Swimming strokes without life jackets in shallow water
- Practice widths/laps, relays, obstacle courses etc.