



Junior Lifesavers

Get wet. Have fun.
Learn lifesaving skills.

Junior Lifesaver Program Guide for Partners

 DrowningPrevention.org.au



ROYAL LIFE SAVING
NEW SOUTH WALES



PROGRAM GUIDE FOR PARTNERS

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ROYAL LIFE SAVING SOCIETY

The Royal Life Saving is the leading water safety, swimming and lifesaving organisation in Australia. Pool Lifesaving is a key part of the swimming and lifesaving pathway means of increasing swimming, water safety and lifesaving skills, creating more resilient communities and reducing drowning.

Royal Life Saving is a public benevolent institution (PBI) dedicated to reducing drowning and turning everyday people into everyday community lifesavers. We achieve this through: advocacy, education, training, health promotion, aquatic risk management, community development, research, sport, leadership and participation and international networks.

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Danielle Smith – RLSNSW

WELCOME

We have turned up the heat for Summer and are proud to bring you our brand-new swimming and lifesaving participation program – Junior Lifesavers.

Junior Lifesavers is an exciting new program for children aged 6 - 14 to Get Wet, Have Fun and learn lifesaving skills in a friendly, social, and healthy environment.

The Junior Lifesavers Program is a key part of Royal Life Saving's swimming and water safety pathway. For swim schools and aquatic facilities, it is one of the best tools you can have to keep children in the water for longer.

It is our pleasure to have you partner with us and we are excited for what we can achieve to ensure Aussie Kids know how to have fun on the water.

Some of the key benefits of the program include:

- › Dedicated planning and program resources to suit your facility
- › Training and Coaching Program for Swim Teachers
- › Promotional material and support for the program
- › Direct linkages to recreational and competitive pathways including the Australian Youth Lifesaving Team and Australian Lifesaving Team
- › Developed in line with the National Swimming and Water Safety Framework



WHAT IS 'JUNIOR LIFESAVERS'?

More than just participation – Junior Lifesavers combines the skills of swimming, rescue, accident prevention and emergency care into a series of events that are designed to test the overall ability of a young lifesaver, both in and out of the water.

Junior Lifesavers is a holistic and inclusive program that recognises the strengths of all participants, building fitness, initiative, and leadership skills so that everyone can have fun!

To enable Junior Lifesavers partners to integrate the program to suit their needs, Royal Life Saving NSW allows flexibility on how the program may be delivered. If required, Royal Life Saving NSW will support partners to select the most appropriate delivery option, taking into consideration pool space availability, number of participants and what other programs the organisation is currently offering.

Royal Life Saving NSW has provided a planning tool in the program guide to support Junior Lifesavers partners in developing their program and how Junior Lifesavers may fit into their schedule, other sessions and participant skill levels, examples include:

- Integration of Junior Lifesavers activities into other sessions
- Come and try day / session
- Weekly sessions over a term base or certain period
- 3-Day holiday program
- Afternoon mini carnival
- 1-2 week holiday program
- Full day carnival

Junior Lifesavers is easy to deliver; in fact, most aquatic staff and volunteers will already understand the swimming and lifesaving skills and principles required to deliver Junior Lifesavers from previous training and awards that are prerequisites for work and participation in aquatics.

Royal Life Saving provides several professional development courses for swimming and water safety teachers wishing to further their involvement with the lifesaving pathway, including:

- Teacher Of Lifesaving
- Pool Lifesaving Foundation Coach Course
- Pool Lifesaving Foundation Official Course

Junior Lifesaving Carnival

A Junior Lifesaving carnival may include swimming and rescue games, initiative tests and a resuscitation contest, incorporating a variety of swimming and rescue equipment. These activities require participants to equally demonstrate speed, strength, technique, problem solving and teamwork.

A Junior Lifesaving Carnival would typically be held after a partner has delivered Junior Lifesavers Program to participants over a certain period, for example 10-week program. The carnival should be focused on inclusivity, putting skills learnt throughout the Junior Lifesavers to the test and not prioritise competitiveness, instead a day filled with fun.



WHY JUNIOR LIFESAVERS?

Junior Lifesavers can be adapted to supplement or add variety to swimming and water safety programs for all ages and abilities, for skill development, or as a fun, challenging and interactive alternative to squads and competitive swimming.

For those undertaking swimming and lifesaving awards, Junior Lifesaving is a great way to have fun, be social and build on existing skills and knowledge, while keeping fit. Additionally, regular training using simulated rescues increases the success of responses to real-life rescue scenarios, therefore great preparation for young lifesavers.

Junior Lifesavers also offers the following potential benefits for aquatic facilities, swim schools, schools or clubs (partners):

- A non-competitive offering for swimmers who don't want to pursue squads, or for those exiting the learn to swim pathway
- Developing participant skills for future pathways / employment in the aquatic industry
- Attract new and diverse members to the existing aquatic community
- Affordable program with flexible delivery
- Pathways for participants, parents, staff and volunteers in coaching, officiating, team management and competition
- Support from RLS including promotional tools, program support, equipment and training
- A purposeful and beneficial vehicle for community engagement, with programs that can be built to accommodate multicultural, non-English speaking, indigenous and disadvantaged participants

HOW TO USE THIS RESOURCE:

RLSNWS has developed the Junior Lifesavers Program Guide to assist aquatic industry, schools and community sport providers to incorporate Junior Lifesavers into their aquatic programs, clubs and schools.

This resource includes a range of delivery materials that are flexible and adaptable depending on the participants, delivery environment and resources available to the Junior Lifesavers partner.

It includes:

> Junior Lifesavers Program / Activity Resources:

A skill-based set of games, drills and activities that can be incorporated into existing LTS, junior squad or swimming programs. Alternatively, it can be introduced as a new program option for the members / participants of the organisation.

> Junior Lifesaving Carnival Guide: For those wishing to conduct a pool lifesaving carnival, individual events or add pool lifesaving events to regular swimming carnivals.



Introduction to Junior Lifesavers

POOL LIFESAVING: THE BASICS

What is Pool Lifesaving?

Conducted in a similar format to a swimming carnival, a Pool Lifesaving competition is based on a series of unique events that involve combinations of swimming and lifesaving strokes, lifesaving skills, rescue techniques, resuscitation and emergency care. Events may incorporate skills and scenarios from both pool and open water settings, and are a test of speed, technique and initiative of participants.

Not just limited to competition, the skills and techniques performed in pool lifesaving can also be applied and adapted to supplement or add variety to swimming and water safety programs for all ages, for skill development, as part of undergoing a lifesaving award, or as a fun, challenging and interactive alternative to squads and competitive swimming. Aquatic staff and volunteers, including coaches, teachers, instructors, lifeguards and officials will already have a basic understanding of the swimming and lifesaving skills required to deliver pool lifesaving events and activities, from previous training and awards required for employment / work, such as the Bronze Medallion or Basic Water Rescue awards.

Pool Lifesaving Terminology

Those who have completed a lifesaving award will be familiar with the following terms that are commonly used in pool lifesaving, and together form the basis of pool lifesaving events:

Swimming and Lifesaving Strokes	Lifesaving Skills	Rescue Techniques	Resuscitation and Emergency Care
• Freestyle • Backstroke • Breaststroke • Butterfly • Sidestroke • Survival Backstroke	• Rescue Principles • Awareness, Assessment, Action and Aftercare • Initiative Tests (SERC)	• Non-swimming rescues- THROW • Swimming rescues – TOW (non-contact) and CARRY (contact) • Entries, exits and landings	• DRSABCD • Medical Emergencies

Pool Lifesaving Events

There are 8 core events that make up a traditional pool lifesaving carnival, with variations for team/individual events and age groups/abilities. The following table provides a list of typical pool lifesaving events that would be conducted at a carnival, their description, the equipment used, and the swimming and lifesaving skills used during the event.

Event Name	Description	Skills
Obstacles	Participants must swim under stationary barriers set at various points in the water.	• Water entries - diving • Freestyle and breaststroke • Scanning • Surface diving and underwater swimming
Line Throw	Participants coil and throw a rope to a patient in the water and pull them back to the pool wall	• Non-swimming rescue - throws
Manikin Carry	Participants swim and retrieve a rescue dummy/manikin set on top or under the water, and use a contact tow to swim the dummy/manikin to the end of the pool. This may be performed with or without fins.	• Water entries – diving • Freestyle and survival strokes • Swimming rescue – contact tows • Swimming with fins • Surface dives • Retrieving a submerged object
Manikin Tow	Participants swim with a rescue tube to a rescue dummy/manikin set on top of the water, clip the rescue tube around the dummy/manikin, and then use a non-contact tow to swim the dummy/manikin to the end of the pool.	• Water entries – diving • Freestyle • Swimming rescue – non-contact tow • Swimming with fins
Super Lifesaver	A longer distance event that involves contact and non-contact rescue techniques and swimming with fins. The participant swims a length of freestyle, then performs a manikin carry, then puts on fins and swims a length of freestyle with a rescue tube, then performs a manikin tow to complete the event.	• Water entries – diving • Freestyle • Swimming rescues – contact and non-contact
Rescue Medley	A longer version of the manikin carry. A participant swims a length of freestyle before retrieving a manikin from the pool floor, then performing a contact tow to the end of the pool.	• Water entries – diving • Freestyle • Swimming rescues - contact
SERC	SERC stands for “Simulated Emergency Response Competition”. This is an initiative test that can be conducted as an individual or team event. Participants must respond to an improvised emergency scenario and demonstrate a combination of appropriate lifesaving, resuscitation and emergency care skills and techniques, usually within a set time. A number of props and actors can be included in scenarios to make scenarios more complex or realistic.	• Water entries and exits • Swimming and Lifesaving strokes • Rescue principles and techniques • Resuscitation and Emergency Care
CPR	CPR stands for “Cardio-Pulmonary Resuscitation”. This event is a test of resuscitation skills and can be conducted as an individual or team event. A participant enters an improvised emergency scenario where a patient requires resuscitation, and must demonstrate DRSABCD with correct technique, usually within a set time. This event is best conducted using a CPR training manikin so that participants can learn how to administer compressions and manage airways effectively.	• Resuscitation and emergency care

PLANNING AND DELIVERING YOUR JUNIOR LIFESAVERS PROGRAM

GET READY



Learn about the Junior Lifesavers Program

Read up and learn about the Terminology, Weekly Plans, Resources, Games and Activities and the options available to your organisation



Plan Ahead

Use our Junior Lifesaver Planning Tool to decide how and when you will run the program



Develop Your Staff

Enrol your Swimming and Water Safety Teachers or Coaches into one of our learning programs in how to teach and coach lifesaving skills



Organise your equipment

Option to purchase a ready-made Junior Lifesavers Kit from Royal Life Saving New South Wales or use our equipment list to make sure you have got everything you need



Plan your safety

Read our Risk Management Guide to undertake a risk assessment and put the necessary strategies in place

GET SET



Marketing

Use our Marketing Guide and Marketing Resources to help promote your Junior Lifesavers Program



Registration

Register Junior Lifesavers participants through your booking / registration system, and make sure they feel welcome to the program!

GO



Delivery

You are on your way to your first program. Make sure you assess your kids and ensure you change the program to suits the individual needs of the participants



Participant assessment

It is always important that you assess participants at the beginning and end of your program. Find out how with our Participant Assessment tool



Recognise Achievement

It is important that you recognise the achievement of your participants and celebrate their success. Check out our range of recognition certificates available to you



Learn about the Junior Lifesavers Program

The Junior Lifesavers Program is a great way to add variety to swimming and water safety programs and squads. There are many ways that Junior Lifesavers can be delivered including:

As part of participation program:

- › Integrate Junior Lifesavers to support your children's progress through the Swim and Survive Program leading to a Bronze Medallion
- › Integrate Junior Lifesavers games, drills, and activities into an existing swimming program
- › Conduct a Junior Lifesavers specific session once a week
- › Conduct a Junior Lifesavers specific program or 'squad'

As an event-based program:

- › Conduct a Pool Lifesaving Carnival
- › Include Pool Lifesaving events as part of a swimming carnival
- › Hold a weekly swimming and lifesaving meet
- › Include a pool lifesaving event for fun at the end of a training session



Plan Ahead

Before starting a program or hosting an event it is important to make sure that the Junior Lifesavers activity is appropriate, engaging and meets the needs of both participant and deliverer, whether for a swim school, aquatic facility, swim club or school.

Consider the following:

- How will Junior Lifesavers fit or offer another opportunity for participants at your club, venue or school?
- How can Junior Lifesavers benefit your organisation?
- Who do you want to participate?
- Where will you run it and what equipment do you have available?
- What is the best time, format and structure of the activity for your participants?
- How will you ensure it is welcoming, inclusive and fun for all?
- How will you promote it?

Answering these questions is an important step in ensuring your Junior Lifesavers offering is relevant, engaging, sustainable and benefits all involved.

Use our Junior Lifesaver Planning Tool to decide how and when you will run the program, or our Program Support Team is available by contacting Royal Life Saving NSW.

PLANNING TOOL

Time of Year	Participation Program	Holiday Program	Carnival Program	Other
Term 1	Integrate Junior Lifesaver with other sessions			
Term 1 Holidays				Junior Lifesaver Come & Try Day
Term 2	Weekly Junior Lifesaver sessions			
Term 2 Holidays		3-day Holiday Program		
Term 3	Weekly Junior Lifesaver sessions			
Term 3 Holidays			Junior Lifesaver Carnival afternoon	
Term 4	Weekly Junior Lifesaver sessions			
Christmas Holidays		1-2 week Holiday program (5 days)	Junior Lifesaver full-day Carnival	

Planning

Refer to the Junior Lifesaving Activity Cards resource to structure the Junior Lifesaving program to what is most suitable for your organisation. The activities can be selected to match the participants skill levels, resources available and timeframes. The Activity Cards are in an easy-to-use format which can be viewed either electronically or could be printed and laminated to have on pool deck. The activities are split into different focus areas to ensure the goals of each activity are clear and variety of skills can be achieved.

The below structures are only examples of how the program can be delivered to assist with planning how you may implement Junior Lifesavers, remembering the delivery is flexible and the choice of the deliverer to suit the specific needs of the organisation. The focus is ensuring there is a variety of individual skill building, group activities and initiatives – plus lots of fun!

See below examples of how the Junior Lifesaving program could be structured (these are suggestions from Royal Life Saving NSW and therefore not compulsory to deliver the Junior Lifesavers Program in these formats):

Full Term (10 Week) Program

10 sessions in total

1x session per week

➤ Each day split into 3x separate focus areas from the activity cards.

➤ Example:

1 session: Entries & Exits, Survival Swimming and Rescues

Select different focus areas for each session but build skills over the 10-week period and incorporate initiative scenarios and teamwork.

2 Week Program

10x 2-hour sessions in total

1x session per day in the 2-week period (weekdays only / 5 days per week)

➤ Each day split into 2x separate 1-hour sections

➤ Select 2x different focus areas e.g., Lifesaving Skills, Survival Swimming

➤ Select activity cards relevant to the focus areas to complete during the 1-hour section

➤ Less time for each focus area but still covers all bases & incorporates group activities.

5 Day Program

5x 2-hour sessions in total

1x session each day

➤ Multiple focus areas across each session, swapping some skill areas for certain days. Aim to have variety in each session and build skills / difficulty over the 5 days.

➤ Example:

Day 1: Survival Swimming, Entries & Exits, Underwater Skills

Day 2: Rescues, Lifesaving Skills, Survival Swimming, CPR / DRSACBD

Day 3: Survival skills, Entries & Exits, Underwater Skills

Day 4: Rescues, Survival skills, Lifesaving Skills, SERC / Scenarios

Day 5: Mini Carnival - Obstacle Course, Lifejacket Relays, Dive brick relay, Raft building

2-3 Days Program

2-3 full days

➤ Recommended full days for around 6-8 hours with a break in the middle of the day.

➤ Example:

Day 1; Dry Rescues & CPR / DRSACBD education, Survival Swimming, Wet Rescues

Day 2; Survival Swimming, Lifesaving Skills, Underwater Skills

Day 3; Survival Skills, Lifesaving Skills, Group Activities (Raft Building) & Initiative Scenarios (SERC).



Develop your staff

As with all sporting activities, it is important that all Junior Lifesavers staff are appropriately qualified to ensure the safety, enjoyment of activities and skill development of all participants. Appropriately qualified staff will ensure all events, activities, and training are conducted in a safe and professional manner.

Junior Lifesavers is a multiskilled program that includes elements of swimming, lifesaving skills, water safety, rescue skills, survival skills, problem solving and teamwork. Staff should have a fundamental understanding of, and training in teaching or coaching of swimming, water safety and rescue before delivering Junior Lifesavers.

Staff Accreditation Requirements

To deliver Junior Lifesavers, an individual must obtain the below accreditations / pre-requisites:

- A Swimming Teacher Accreditation
- Working with Children Check
- CPR Certificate
- First Aid Certificate (at least one individual to obtain)

As part of the Junior Lifesavers induction, partners and teachers will have opportunities to access lifesaving sport specific videos / resources to ensure full understanding of the program.

As most organisations will have their own child safe policies and training in place, when delivering Junior Lifesavers, it is recommended the teachers complete any courses / training around child safety. For information on Child Safety courses and resources please contact your Royal Life Saving State or Territory branch.

Teachers may also be interested in completing the RLS Pool Lifesaving Foundation Coaches course to extend their knowledge on lifesaving skills and sport aspects of pool lifesaving. Pool Lifesaving Foundation Coaches have access to RLS resources including pool lifesaving marketing materials, discounted equipment, uniforms, event management resources and ongoing professional development from RLSNSW.

Enrol your Swimming and Water Safety Teachers into one of our learning programs on how to teach and coach lifesaving skills, or alternatively contact our Program Support Team at Royal Life Saving NSW.



Organise your equipment

Pool Lifesaving Equipment

Junior Lifesavers uses a variety of swimming and water safety equipment, as well as rescue and training equipment commonly found around a pool.

Below is a list of equipment that you can use to deliver your Junior Lifesavers Program. In many circumstances' equipment can easily be substituted for equipment commonly found at an aquatic facility or equipment used for swimming programs or squads.

EQUIPMENT TYPE	ALTERNATIVE
Obstacles Obstacles can be improvised by using equipment that can simulate a hazard in the water. Obstacles can be swum over, under, through or around.	• Hula Hoops (weighted or unweighted). Hula hoops can be tied to a weighted object placed on the pool floor so that they float underwater • Foam mats • Standing sticks • Lane ropes • Pool Noodles • Underwater markers
Manikins Manikins are designed to simulate the shape, weight, buoyancy and mobility of a body in water. There are several ways to simulate these properties without using manikins!	• Plastic Bottles or Balloons (fill with water) • Wet clothing • Diving Brick • Use participants as patients • Sinking toys
Rope Practise throwing skills by using different types of rescue aids both attached and unattached to rope. Coiling is best practiced with a rope though.	• Tie clothes / rags together • Attach weighted object to rope • Ring buoy • Kickboard
Rescue Tube Instead of using a rescue tube, be creative with other forms or rescue aid that may be found around the pool that can be used in a non-contact tow	• Pool Noodles • Kickboards • Pull Buoys • Inflatable Toys • Ring Buoy • Boogie Board
Other Equipment There are many other pieces of equipment that can be used to assist or add an extra challenge to pool lifesaving events and skills.	• PFDs (lifejackets) • Rubber flippers • Water polo ball • Snorkel and goggles • Witches hats and signage

Manikins

Also called rescue dummies or 'bob', manikins are used as a substitute for real a patient in the water. Manikins are made from high-density plastic and are hollow, with plugs at either end so that the manikin can be filled with water. Depending on the skill or event, manikins can be empty so that they float on top of the water or may be partially or fully filled with water to add weight or to retrieve from the pool floor.

Manikins are used in the Manikin Carry, Manikin Tow, Super Lifesaver and Rescue Medley. Manikins are also used in team events such as the Medley Relay and Manikin Carry Relay, where participants must interchange the manikin in the water.

Rescue Tubes

Rescue tubes are perhaps the most recognisable and versatile piece of rescue equipment that can be found poolside or at the beach. Although rescue tubes are a key piece of equipment in pool lifesaving competition, there are many alternatives that can be used for practicing swimming rescues or non-contact tows.

Pool Lifesaving events that use rescue tubes include the Manikin Tow, Super Lifesaver and Medley Relay.

Obstacles

Obstacles, also known as barriers, are placed in the water to simulate an underwater hazard. Usually in a competitive obstacle event, barriers or nets are approximately 1m deep, are the width of a pool lane and are placed in the water at $\frac{1}{4}$ and $\frac{3}{4}$ distances in the pool for participants to swim under. The obstacles are constructed of a frame of plastic pipe or metal tube with a woven net around the frame. Variations of obstacles may see participants swimming through, over or around objects in the water.

Obstacles are used in the Individual and Relay versions of the event and are commonly used as a markers for patients in the line throw event (this means that obstacle events will often occur prior to the line throw event at a carnival).

Throw Rope

Throw rope, also known as rescue rope or rescue line, is an unweighted woven rope usually about 12mm in diameter and 15m long, which is thrown by a rescuer outside the water to a patient in the water. The rescuer then pulls the rope while the patient holds the end and is pulled to safety.

Fins

Swim fins are used in the Manikin Tow, Super Lifesaver, Medley and Fin Relays. In pool lifesaving competitions, Junior participants and short course events require rubber fins to be used. In elite long course competitions, competitors may wear larger, rigid fins that are made from fiberglass or carbon.

Resuscitation Manikins

Also known as CPR manikins, Little Annie or training manikins, participants will demonstrate CPR on resuscitation manikins during the CPR competition. These are the same manikins that are used for resuscitation training in First Aid courses. An adult size manikin is used for pool lifesaving competition; however, resuscitation manikins come in several different models including junior manikins, manikins with limbs, and manikins that can be used for defibrillator training. RLSSA uses Laerdal-brand manikins for CPR competitions; these manikins connect to an electronic tablet and provide live measurements and recordings of CPR performance to assist judges with scoring CPR performance.

Sport-specific equipment can be bought or borrowed from RLS State and Territory Branches. Additionally, there are many ways that pool lifesaving coaches and officials can improvise and use alternatives to the sport-specific equipment listed above. Purchase a ready-made Junior Lifesavers Kit from Royal Life Saving or use our equipment list to make sure you have got everything you need!



Plan your safety

Before you get started, it's really important to make sure your Junior Lifesavers program is delivered in a safe and effective way. Here are some essential tips you should consider:

Guideline for Safe Pool Operations

The RLSSA Guidelines for Safe Pool Operations (GSPO) clearly set out the requirements for a safe aquatic facility and are a solid guideline for Program Managers. In particular, you should look at the Swimming, Water Safety and Exercise Programs sections of the GSPO which includes information on the following:

- Supervision of Programs
- Health Criteria
- Aquatic Activity Risk Assessments
- Zoning of Aquatic Activity
- Teaching of Safe Water Entries
- Supervision of Safe Water Entries

Safety Assessment Checklist

Use our Risk Management Guide in conjunction with the GSPO (available through the Royal Life Saving Australia Website - <https://www.royallifesaving.com.au/>). It'll guide you through the important safety checks that all Program Coordinators should complete before delivering a program. This should be done in accordance with the Facilities Risk Management and Emergency procedures / plan. Schools will also take into consideration the educational policy & guidelines for schools to ensure correct protocol is implemented.

Royal Life Saving NSW has included risk management resources for Junior Lifesavers program in the Partner Portal:

- Risk Management Guide
- Daily Risk Management Plan



Marketing

You are on the final steps to launching your program but now it's time to advertise and market your program. Please find below some key resources to help you get there:

Step 1 – Identify your objectives

It is important to identify your key objectives for participation in year 1. This would ideally be around increasing participation but should define how many participants, age etc.

When identifying your objective remember the SMART principle. Your objective should be Specific, Measurable, Achievable, Realistic and Time guided.

Royal Life Saving research has identified that the objective of the Participation Strategy should be to introduce a more social and less competition-focused participation model to Pool Lifesaving for children.

The key focus and product differentiation is to be strategic about the competitive and elite sporting nature of our competitors and implement a marketing plan that looks to attract persons looking for fun and enjoyable participation with higher social and team-based events.

It will focus on the end-user integrating benefits such as life skills, family / local community atmosphere, fun, enjoyment, and interactivity rather than a win at all costs environments.

Step 2 – Identify your target audience and where to market

Based on your planning tool you should be able to identify your key target audience and how you are going to reach them. There are lots of places you can market your Junior Lifesavers Program. Key location may include:

- Contacting your Local Radio Station or Newspaper
- Local Shopping Centres
- Social Media and Website
- Events
- Primary and Secondary Schools
- Local Swim Schools
- Other Sporting Clubs (especially winter-based sports)

Royal Life Saving Marketing Support

Royal Life Saving have developed a range of marketing support options to assist you. These include:

- Email Signatures / EDM Communications
- Social Media Tiles and Posts
- TV Graphics
- DL Brochures
- Banners
- Posters
- Pool Lane Signage

Royal Life Saving also supports all its partners through its own dedicated Marketing Team who will work with you to:

- Deliver and / or support Social Media Initiatives
- Register your Program on the Royal Life Saving NSW / ACT / TAS Website
- Assist you with Media Releases and Media Spokespersons
- Provide you with contacts within the Local area who may be able to assist with the program

Royal Life Saving NSW has included supporting marketing resources for Junior Lifesavers program in the Partner Portal:

- Marketing Guide
- Marketing Resources



Registration

Junior Lifesavers partners will utilise their own registration / booking system to sign up participants for the Junior Lifesavers Program. Pricing of the sessions / program is at the organisation's discretion, although may be subject to approval by RLSNSW. We encourage affordability to increase access opportunities and participation numbers.

Royal Life Saving NSW would like to encourage participants of the Junior Lifesavers Program to become members of our organisation. This will enable participants to stay up to date with any water safety / lifesaving participation opportunities. Further to this, registration with RLSNSW includes:

- Member welcome pack
- Online member login which provides access to:
 - Latest news / information in the industry
 - Professional development training
 - Activities for children
 - The RLSNSW shop

Participants can become a member with RLSNSW by visiting drowningprevention.org.au and register today!



Welcome your participants

It is important to make sure new participants feel welcomed as part of your Junior Lifesavers Program. We've developed Junior Lifesavers as a fun, social and non-competitive program that encourages kids to have fun, get wet and learn some new skills.

Your organisation is a fantastic environment to nurture young swimmers, but it's important to have a few plans in place to make sure any early contact is positive, so the participant and their family have a good first experience of the program.

Plan a meet and greet

You never get a second chance to make a first impression!

We recommend that you ask one of the Lifesaver Teachers to meet your new Junior Lifesaver and their family to make them feel welcome and comfortable. It's a good idea to ask someone who is friendly, chatty and welcoming.

This person will need to be there when the family arrives, be able to give them a quick tour of the facility and can point out important facility aspects including changing facilities, bathrooms, food and drink outlets and seating areas. They can also introduce key organisational members and other children who are taking part in your Junior Lifesavers program.

It also would be suggested to talk through the format of your program or event. Remember, not all participants will be from a lifesaving background, so try not to use too many technical terms and explain potential situations – like how to navigate the marshalling areas. And finally, it's a great idea for the person who welcomes the new Junior Lifesaver to keep an eye on them over their first program engagement, to make sure they enjoy themselves!

Nominate a buddy

It's important that your new member makes friends. We suggest that you buddy up your new members with a senior lifesaver / member in your organisation. This buddy can help familiarise them with the organisation and program structure.

We find that positive peer support is a really important factor for making sure new members are continually engaged with the organisation. It can also be a great experience for the senior lifesaver / member too.

Host a Welcome / Induction Event

It's important that parents and guardians also feel part of your organisation! We recommend you hold a small event that gives parents and guardians a little bit more information about your organisation and the Junior Lifesavers Program. You may decide to integrate this with a registration day or social night.

It's a great opportunity for your coaches / teachers, volunteers and staff to talk to new families about what it means to be a member of your organisation. Further to this if you decide to present Junior Lifesavers participant packs, this is a great opportunity to present these to new members of the organisation.

There are lots of things you can talk about, but here are some good starting points:

- Talk about the approach to delivering Junior Lifesavers with a focus on fun, skill development and water safety in a safe environment
- Volunteering and other opportunities to get involved
- Opportunity to be involved in fundraising for the organisation (if part of your usual operations)
- Code of conduct – for parents / guardians and participants / children
- The organisation's annual calendar, including social events

Share your guidelines

We also recommend that you outline your expectations to parents and guardians. Here are some simple guidelines that you could share:

- Make sure your child doesn't miss out. Keep up to date with key dates and deadlines through the organisation website, email updates or letters.
- Keep in touch. Feel free to get in touch with your child's teacher or coach if you have any questions or concerns.
- Come along to our events and cheer on all members of the team!
- Volunteer at events. It's a great way to help out, meet other people and socialise at the same time.
- It's not a good idea to specialise in one sport too early. Support your child and help them get involved in other sports and activities, even if it's just on the beach or local park. Some sports are complimentary to swimming, including gymnastics, lifesaving, cycling and athletics.
- Provide unconditional love and support for your child. The best way to do this is by simply telling your child, "I love watching you swim." And, please remember to leave the coaching to qualified staff.
- Support your lifesaver at home and school by ensuring they follow a nutritious diet, are getting enough sleep and are managing their homework and other activities.

Keep in touch

The key to welcoming any new member to your organisation is communication. Make sure you keep in touch regularly through email, face-to-face opportunities, or social media.



Delivery of your program

You're ready to start delivering your program! Here are the key steps and resources to help get you started:

1. Assess your participants to understand their ability levels.
2. Read the program guide and adapt the games and activities to suit the ability levels and size of your group. Use the modified games and activities (regression options) to ensure suitable levels for the participants are delivered, and stem from these modifications to run the events at your lifesaving carnival.
3. Use games to transition your participants from one activity to the next, or to split them into groups.
4. Use the range of awards or incentives to motivate your participants.



Assessing your participants

It is essential that all your participants complete a swimming competency test prior to participating in the program. The following requirements are aligned to the National Swimming and Water Safety Framework. To conduct and record your participants assessment please use the Swimming Assessment Criteria and Test Form within the Junior Lifesavers program attachments.

The pool evaluation shall be conducted in a safe constructed pool environment with a water safety ratio no more than 1:5 for all members under evaluation. A 1:1 water safety ratio should be considered for new members.

U8 Assessment Criteria

- Comfortably float / tread water with aid for 30 seconds
- Swim continuously for 15m
- Confident to submerge underwater independently
- Safely enter and exit the water

U9 Assessment Criteria

- Comfortably float / tread water for 30 seconds
- Swim continuously for 20m
- Confident to surface dive underwater
- Safely enter and exit the water

U10 Assessment Criteria

- Comfortably float / tread water for 1 minute
- Swim continuously for 25m
- Confident to surface dive underwater
- Safely enter and exit the water

U11 Assessment Criteria

- Comfortably float / tread water/ scull for 1 minutes
- Swim continuously for 50m
- Confident to surface dive underwater
- Safely enter and exit the water

U12 Assessment Criteria

- Comfortably float / tread water/ scull for 2 minutes
- Swim continuously for 50m
- Confident to surface dive underwater
- Safely enter and exit the water

U13 Assessment Criteria

- Comfortably float / tread water/ scull for 2 minutes
- Swim continuously for 100m
- Confident to surface dive underwater
- Safely enter and exit the water

U15 Assessment Criteria

- Comfortably float / tread water/ scull for 3 minutes
- Swim continuously for 150m
- Confident to surface dive underwater
- Safely enter and exit the water



Assessing your participants

It is important that you recognise the achievement of your participants and celebrate their success. Check out our range of recognition certificates templates available to you in the Junior Lifesavers Partner Portal:

- Recognition Certificates

Look for opportunities to engage with any Pool Lifesaving Event, activities and experiences that may occur at your district, regional, state, national or international lifesaving levels.

Share your stories with us by getting in touch with your State or Territory Royal Life Saving Office. You can also share your stories across social media by finding us on Facebook and Instagram.

Celebrate your success at the end of the program with a presentation, making sure you recognise everyone who helped you make your program a success – including volunteers!



Junior Lifesavers Program

PROGRAM

Sample Program & Session Plans

Here is a sample schedule / session plan that you can run for your program. It can be adapted based on the time you have available as well as the type of program you are running. This example is based on 1x session per week for a 10-week program followed by a lifesaving carnival.

	Warm up	Skill Focus #1	Skill Focus #2	Skill Focus #3	Cool Down
Duration	10mins	15mins	15mins	15mins	5 minutes
Week 1	Initial Swimming Assessment	Entries and Exits	Survival Swimming (Strokes)	Rescues (Dry)	Aqua Aerobics
Week 2	Swimming and Fitness	Lifejackets	Survival Swimming (Treading water)	Line throw	Stretches / Yoga
Week 3	Swimming and Fitness	Rescues (Dry)	Underwater Swimming (search & Rescue)	Fin swim	Aqua Aerobics
Week 4	Swimming and Fitness	Rescues (Wet)	Underwater Swimming (duck dives)	Underwater Obstacle Course	Stretches / Yoga
Week 5	Swimming and Fitness	Lifejackets	Rescues (Wet)	Survival Swimming (Strokes)	Aqua Aerobics
Week 6	Swimming and Fitness	Entries and Exits	Fin & Tube Swims	Lifejackets	Stretches / Yoga
Week 7	Swimming and Fitness	Brick Carry	Manikin Tows	Relays	Aqua Aerobics
Week 8	Swimming and Fitness	Manikin Carry	Manikin Relays	Relays	Stretches / Yoga
Week 9	Swimming and Fitness	CPR	Introduction to SERC	SERC Scenarios	Aqua Aerobics
Week 10	Swimming and Fitness	CPR	Raft Building	Raft Building	Stretches / Yoga
Week 11	Mini Carnival, Awards Presentation and BBQ				

WEEK 1 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Initial Swimming Assessment	Establish participant swimming levels	
Skill Focus #1	Entries & Exits	Understand appropriate entries & exits for different situations	
Skill Focus #2	Survival Swimming (Strokes): Sidestroke, Survival Backstroke	Learn and explore survival strokes as an introduction to lifesaving as a sport	Regression: kickboard, pool noodle Progression: bucket or manikin
Skill Focus #3	Rescues (Dry): Reach Rescue	Understand situations to use dry rescue and learn the skill for reach rescue	Pool noodles, rescue tube, towel, reach pole / broom stick
Cool Down	Aqua Aerobics	Importance of cooling down the body post physical activity	

WEEK 2 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Life Jackets: Personal Floatation Device (PFD)	Become familiar with PFD, learn correct use & entries with life jackets	Life Jackets (multiple sizes)
Skill Focus #2	Survival Swimming: Treading water (Breaststroke whip kick, bicycle kick, flutter kick, eggbeater kick)	Improve ability to stay afloat and comfortable with numerous techniques	Regression: pool noodles, kickboards
Skill Focus #3	Line Throw	Understand situations to use a line throw and improve skills of lifesaving	Rope, form of marker to determine distance on grass
Cool Down	Stretches / Yoga	Importance of cooling down the body post physical activity	

WEEK 3 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Rescues (Dry): Throw Rescue	Understand situations to use throw rescue and learn the skill for throw rescue	Kickboard, PFD, pool noodle, rescue tube
Skill Focus #2	Underwater Swimming: Treasure Hunt	Improve underwater swimming skills and learn about how to search underwater	Sinking objects, such as coins to search for
Skill Focus #3	Fin swim: Fin Racing	Build skills in the sport of lifesaving by swimming with fins.	Rubber fins
Cool Down	Aqua Aerobics	Importance of cooling down the body post physical activity	

WEEK 4 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Rescues (Wet) Tow Relay	Build rescue skills and confidence	Pool noodles, kickboard, life jacket
Skill Focus #2	Underwater Swimming: Object Retrieval	Increase skills to duck dive underwater to retrieve objects	Sinking pool toys, diving brick, filled water bottles (any object of choice that sinks)
Skill Focus #3	Underwater Obstacle Course	Build skills and confident to move around / through objects underwater	A weighted hoop, pool noodles, hanging nets or homemade PVC obstacles, weighted objects, standing sticks
Cool Down	Stretches / Yoga	Importance of cooling down the body post physical activity	

WEEK 5 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Lifejackets Personal Floatation Device (PFD)	Become familiar with PFD, learn correct use & entries with life jackets	Life Jackets (multiple sizes)
Skill Focus #2	Rescues (Wet) Tow Relay	Build rescue skills and confidence	Pool noodles, kickboard, life jacket
Skill Focus #3	Survival Swimming (Strokes) Survival Relay	Improve survival & swimming strokes	
Cool Down	Aqua Aerobics	Importance of cooling down the body post physical activity	

WEEK 6 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Entries and Exits	Understand appropriate entries & exits for different situations	
Skill Focus #2	Fin & Tube Swims: Tube Clip & Swim	Increase familiarity with rescue tube & swimming with fins	Rescue tube, fins.
Skill Focus #3	Lifejackets: PFD Relays	Build confidence with life jackets & utilise teamwork	Life Jackets (multiple sizes)
Cool Down	Stretches / Yoga	Importance of cooling down the body post physical activity	

WEEK 7 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Brick Carry: Dive Brick Relay	Increase skills with surface diving & underwater skills	A dive brick (or similar sinking object)
Skill Focus #2	Manikin Tows: Fins Towing	Build familiarity with lifesaving equipment & increase swimming abilities	Fins, manikins
Skill Focus #3	Relays: Fully Dressed	Build confidence with swimming with clothes on	Participants to bring clothes to session (jumper, trackpants, socks)
Cool Down	Aqua Aerobics	Importance of cooling down the body post physical activity	

WEEK 8 - SESSION PLAN

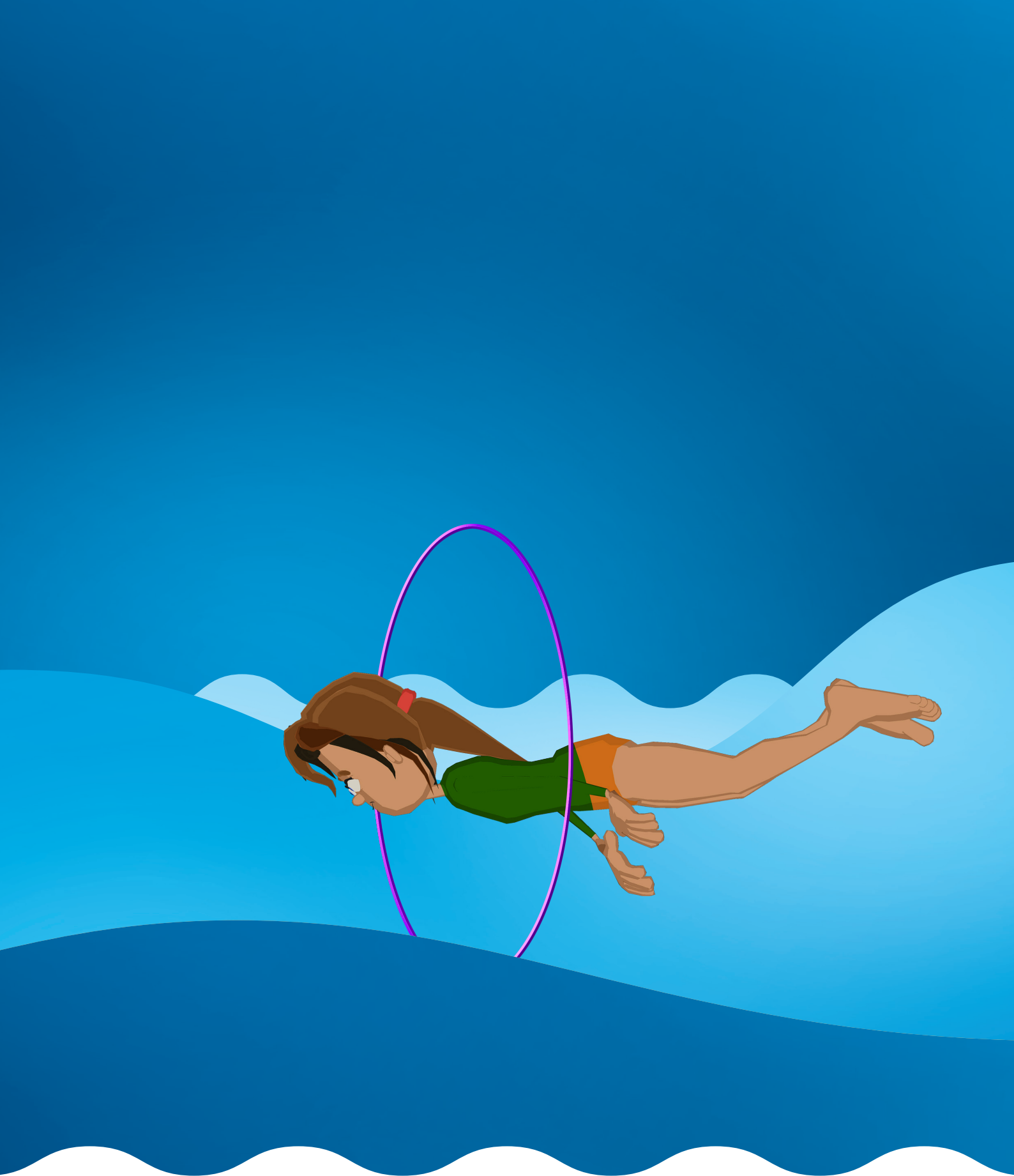
	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	Manikin Carry: Manikin Recovery	Gain confidence in recovering a manikin (or object) from underwater	Manikins, sinking objects
Skill Focus #2	Manikin Relays: Manikin Carry	Build skills in recovering then carrying manikin	Manikins
Skill Focus #3	Relays: Lifesaver Relay	Improve towing abilities & skills using rescue tube	Rescue tube
Cool Down	Stretches / Yoga	Importance of cooling down the body post physical activity	

WEEK 9 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	CPR	DRSABCD	CPR in a box (if purchased) or CPR manikins
Skill Focus #2	Introduction to SERC	Learn how SERCs are conducted and benefits of participating	
Skill Focus #3	SERC Scenarios (Select from Initiative Scenario activity cards)	Understand emergency situations and how to respond correctly	Refer to relevant Initiative Scenario activity card
Cool Down	Aqua Aerobics	Importance of cooling down the body post physical activity	

WEEK 10 - SESSION PLAN

	Activity	Teaching Points	Equipment
Warm Up	Swimming & Fitness	Importance of warming up the body prior to physical activity	
Skill Focus #1	CPR / Order of Rescue	Practice CPR, understand order of rescue	CPR in a box (if purchased) or CPR manikins
Skill Focus #2	SERC Scenarios (Select from Initiative Scenario activity cards)	Understand emergency situations and how to respond correctly	Refer to relevant Initiative Scenario activity card
Skill Focus #3	Raft Building	Utilise problem solving skills, teamwork & build familiarity with equipment	PFDS, pool noodles, rope, boogie boards, play mats, kickboards, rescue tubes etc
Cool Down	Stretches / Yoga	Importance of cooling down the body post physical activity	



Junior Lifesavers Games and Activities

ACTIVITY CARDS

Royal Lifesaving NSW has created interactive, fun and skill building activity cards to utilise when delivering Junior Lifesavers. With instructions, progression & regression options, and equipment list on each activity card, they are easy to use and understand!

Each activity card is linked to the National Swimming & Water Safety Framework, Australian and NSW Education Curriculum. To access this resource please go to the Junior Lifesavers Partner Portal:

- Activity Cards



Junior Lifesaving Carnival

Overview

Your end of season activities should include a Mini Carnival, Awards Presentation and BBQ (or similar). There is no need to organise a major event for the end of year activities. The focus should be on maximum participation and not winning medals. Remember fun, full of colour and family!

Lifesaving Carnival Program

The Lifesaving Carnival Program resource will provide an insight into an event style structure to bring all activities and skills into a short carnival. This will enable participants to put their skills to the test and have a competitive edge while still having fun!

It is recommended to run the Lifesaving Carnival after running the Junior Lifesaving sessions to ensure the participants have learnt the required skills and will feel confident at the Carnival, which will ensure the participants will still enjoy themselves.

Key Principles

It is important your carnival should be colourful, fun and inclusive and not solely competitive. It is always a good idea to run a themed event because the kids really get involved. Think about what the latest movie characters are or games that kids are playing and get them to dress up as their favourite superhero – be imaginative.

Your Event should include such things as:

- Music
- Decorations
- Photos
- Activities (i.e., Pin the tail on the donkey or guess how many jellybeans in the jar)
- Utilise all the equipment available (in a different manner)
- Involve the parents! Get them involved in the preparation and running activities, or perhaps a parents vs children game.
- Ask Royal Life Saving about the mascot attending!

Carnival Planning Checklist

Below is a Carnival Planning checklist which you can use to make the day as safe, organised and enjoyable as ever.

Task	Description	Check
Venue / Lane Hire	Determine the number of lanes that will be required for the carnival and book the venue. Don't forget any extra equipment that may be required such as chairs & tables.	
Risk Assessment	Complete an event risk assessment using RLS Risk Management guide.	
Promotion	Advertise your event through numerous methods such as flyers and social media. Note: You can utilise some of the resources in the Marketing Toolkit.	
Entries	Ensure you collect the details of participants attending your carnival but does not need to be formal and swimmers can turn up on the day and be marshalled on deck.	
Volunteers & Staff	Recruit people to assist with delivering your event. Keep in mind how many people you will need depending on the size of the carnival. As a general rule, marshalling requires 4 people (starter, announcer & 2x volunteers) and 2x people with registration. Other things to consider is parent interaction, giveaways and BBQ etc. It's great to get parents and senior swimmers involved!	
Catering	Ensure sufficient water is ordered for the event plus snacks. If hosting a BBQ ensure to order enough food for the number of registered participants & their families. You may choose to request gold coin donation for the BBQ items.	
Prizes & Giveaways	Plan some fun giveaways and prizes for participants. Remember it is not based on competition so they can be prizes for fun awards rather than 1st, 2nd or 3rd place.	
Guest Appearances	Consider the possibility to have a guest appearance such as RLS mascot or Aussie Lifesaving athletes!	
Carnival Decorations & Entertainment	Make your carnival fun and engaging! Ideas could include face painting, games like pin the tail on the donkey, guess the number of lollies in the jar, balloons or even a jumping castle!	
Sound Equipment	Ensure you have a portable speaker and Bluetooth microphone to easily make announcements to everyone. It is also useful to have a speaker with a children-friendly playlist to ramp up the atmosphere.	
Photography	Organise someone to take professional photos of the carnival for future newsletters, your website and future advertisement. Ensure photo permission is granted by all participants and families prior to the event.	
Equipment	Using an equipment checklist, make sure everything is organised prior to the carnival. Don't forget equipment like stationary with clipboards, pens etc.	
Awards	Organise recognition certificates for the participants for attending the event with something small like a ribbon and invite to the next carnival! You may also like to include most improved, most determined etc type of awards!	
Media	During the event you may decide to post some live action of the carnival on some social media channels. Post-carnival ensure to share photographs, good news stories or stand out performances on your website, through newsletters, a press release or on noticeboards.	
Evaluation	Post-carnival it is important to evaluate how successful the event was. This may be conducted by your organising committee and parent feedback (verbal and through forms/survey). Through this process you will most likely pick up on ways to improve the carnival in the future whether it is the timing, types of games or marshalling process.	

Event Program

It is important that you are inventive with your mini carnival. Here are a few tips to help you.

- Timing – aim to have the carnival run for 2 hours (depending on how many participants you have attending the carnival will vary this timeframe).
- Don't focus on results but rather effort, giving it a go and most importantly having fun.
- Make sure you reward all children in some way and extra's for those who are nervous, anxious or behind the pack.
- Mix it up – age, genders, parents etc
- Don't just make the event in the water. Include things like tug of war or tunnel ball etc if you have the space.
- Consider what events require modifications, for example manikin carry with empty manikin vs full manikin or distances and fins permitted in the lifesaver relay. For younger age groups consider the regression options from the activity cards to ensure the events are not too difficult.
- Older participants may require progression options to keep them challenged with their skills, but keep the focus fun and skill development, not competitiveness.

Activity	Length	Equipment	Responsibility
Set up equipment and registration process	30 mins prior to start of carnival	All equipment for event, laptop for check in / registration	Event Coordinator and Volunteers
Line Throw	15 minutes	Rope	Volunteers / Coordinators
Obstacle Course	15 minutes	Obstacles	
Manikin Carry	15 minutes	Manikin	
Break – enable participants to have a snack, reapply sunscreen etc.	15 minutes	N/A	Event Coordinator
Lifesaver Relay	15 minutes	Rescue Tube, Fins	Volunteers / Coordinators
Novelty Relays – Parents vs kids, noodle racing, boogie board, inflatable toys etc.	15 minutes	Pool noodles, inflatable toys	Volunteers / Coordinators, parents



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