

> SWIM SCHOOL 2023



ROYAL LIFE SAVING
AUSTRALIA

AQUATIC
ACADEMY

JANUARY

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

M	T	W	T	F	S	S
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13	14	15	16	17	18	19
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27	28					

MARCH

M	T	W	T	F	S	S
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20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

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MAY

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22	23	24	25	26	27	28
29	30	31				

JUNE

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26	27	28	29	30		

JULY

M	T	W	T	F	S	S
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24	25	26	27	28	29	30
31						

AUGUST

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

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23	24	25	26	27	28	29
30	31					

NOVEMBER

M	T	W	T	F	S	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Public holidays / Closure dates

Lessons Resume

Daylight Saving Time Changes

[AquaticAcademy](#)

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D

CHECK FOR DANGER

To yourself, bystanders and the casualty.

R

CHECK FOR RESPONSE

Squeeze their shoulders and hands, ask the casualty questions.

S

SEND FOR HELP

Call Triple Zero (000).

A

OPEN THE AIRWAY

First, check the airway is clear of obstructions. Then open the airway by tilting head. No head tilt for infants.

B

BREATHING NORMALLY?

NO - START CPR (If Yes – Place casualty on their side).

C

START CPR

30 COMPRESSIONS AND 2 BREATHS

COMPRESSION POINT

2 hands on the centre of the chest.
Compress 1/3 chest depth.



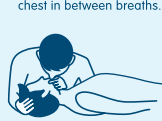
COMPRESSION RATE

Compress at a rate of
100-120 compressions per minute.



BREATHS

Tilt head, lift chin & give breaths.
Look for the rise & fall of the
chest in between breaths.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE AND MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

D

ATTACH DEFIBRILLATOR

IF AVAILABLE.

➤ The Academy is committed to providing great service and quality learn to swim programs in a safe learning environment.

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