



## Progression Policy

The following policy has been developed to assist families in understanding how to successfully meet the National Swimming and Water Safety Framework benchmarks. National Swimming and Water Safety Framework | Royal Life Saving Society – Australia

By the age of 17yrs a student should be able to;

- Continuously swim for 400m
- Tread water for 5 minutes
- Rescue an unconscious person in deep water
- Perform a survival sequence fully clothed

1. The Royal Life Saving Aquatic Academy emphasizes a progressive swimming program.
  - a. A transparent level of success criterion can be found here: Children's swimming lessons - Aquatic Academy
  - b. Each skill is developed, built, and then superseded from level to level.
  - c. Students are encouraged to practice skills outside of lesson times. The aqua play timetable may be found here: Aqua Play / Aqua Laps - Aquatic Academy
2. The Aquatic Academy has a suggested equipment list:
  - a. Correct swimwear, made from Lycra or chlorine resistant swimming material.
  - b. Swimwear that does not restrict movement. Long sleeves and long pants are NOT recommended as they restrict movement and create drag making it harder to move through the water.
  - c. Goggles that are fitted to the size and shape of the face.
  - d. We do not recommend tinted goggles for indoor venues as it darkens the appearance of the water, making it harder to see.
3. Time spent in each level:
  - a. The Aquatic Academy has generalised time parameters around how long it should take for a student to move from one level to the next.
  - b. If a student attends 24 – 36 consecutive lessons (lessons in a row, without missing one) a complimentary second lesson per week will be offered for a maximum of 12 weeks to assist your child to progress to the next level. Generalised time parameters are as follows:
    - i. Preschool program = 36 weeks
    - ii. School age program = 24 weeks
    - iii. Stroke Development = 24 weeks



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4. Reasonable adjustments:

a. May be arranged if a student has a diagnosed disability, learning difficulty or condition that impacts physical development. Adjustments can include:

i. Reduced ratio classes 1:2 or 1:3 teacher ratio classes

ii. 1:1 Private tuition

iii. Crew Trainer intervention to identify specific skill difficulty

5. On deck Supervisors / Crew Trainers:

a. It is recommended that if progression is stalled for any reason, the parent speaks with the Shift Supervisor immediately.