School swimming carnival safety guide

Swimming carnival races

Swimming carnival races are **structured aquatic activities**, the students swim in lanes. Schools do not need to wrist band students or conduct pre-test swimming abilities.

Structured aquatic activities are planned, led by teachers, and carried out in small groups. Novelty swimming events meeting these criteria and held in shallow water are allowed and encouraged for students not participating in competitive events.

Free swimming is an unstructured aquatic activity and should be avoided.

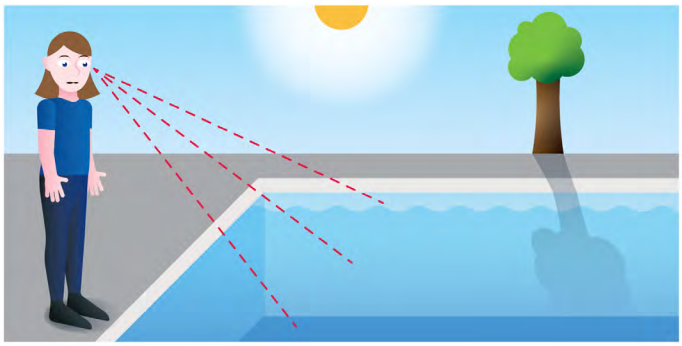
Supervision requirements

- Students must be supervised in all areas of the swimming venue or facility, including toilets and canteen areas. There is no specific supervision ratio provided, class sizes should be used as a guideline.
- At least one supervising teacher must hold current CPR accreditation.
- If a lifeguard is not conducting direct aquatic supervision of the carnival, qualified teachers with water rescue competencies must. Water rescue competencies are included in many qualifications, such as, Perform Water Rescue, Bronze Medallion, or learn-to-swim certifications.
- For each race, there must be 2 pool supervisors walking along one side of the pool each. Pool supervisors must:
  - hold a rescue aid (e.g. pool noodle),
  - be confident swimmers, and be dressed for potential entry into the water
  - stay in line with the slowest swimmer
  - continuously scan the pool.
- When students with known **seizure conditions** are swimming there must be a 1:1 spotter in addition to the pool side supervisors.

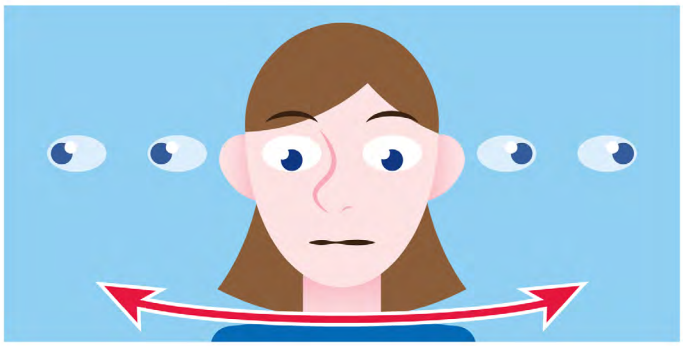
Teachers' guide to scanning the pool

Teachers actively and systematically observe the venue, students, and activities, watching for signs of distress or the need to assist students in the water.

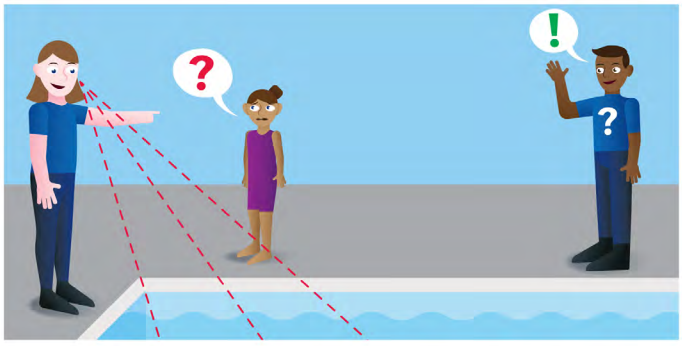
Tips for Scanning



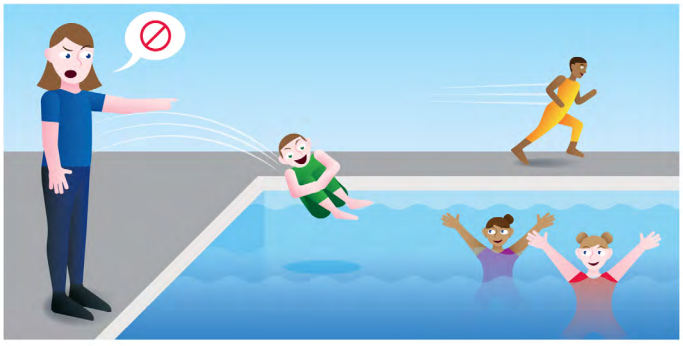
Full visibility
Watch surface, underwater, and pool bottom; mind the sun and shade.



Keep moving
Continuously move head and eyes for constant scanning.



Stay focused
Acknowledge questions, prioritise scanning, redirect queries to others.



Pause for emergencies
Interrupt scanning only for rescues or unsafe behaviours.

Teachers' guide for water rescues

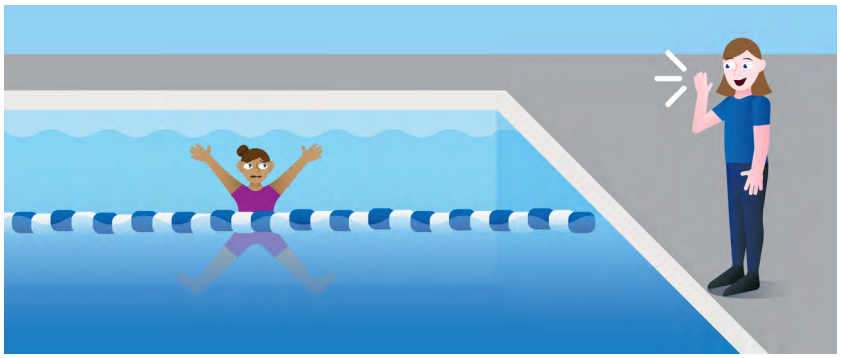
Even strong swimmers can struggle: Any type of distraction can lead to a strong swimmer getting into difficulty and needing assistance. These include cold water, cramp, googles filling with water, bumping into the lane rope.

- Watch for signs like:
  - wide-eyed searching
  - closed eyes
  - fear, on face
  - inability to follow instructions,
  - grabbing lane ropes,
  - gasping or unusual movements.
- **If any of these signs are observed, implement the rescue sequence immediately.**

Rescue sequence

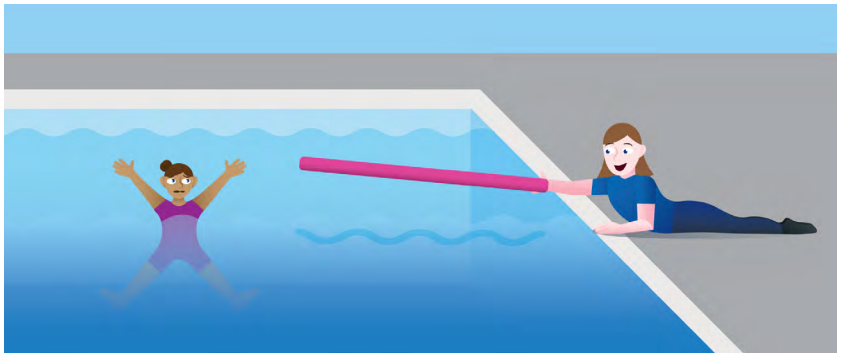
Voice rescue:

- It's crucial to understand that a person in difficulty may not be able to follow instructions. Immediate action may be necessary.
- Supervising teacher provides clear instructions with an encouraging voice and positive facial expression.
- Example: "Sally, open your eyes, grab hold of the lane rope."
- Other examples include: "Kick your legs," "Stand up, you can touch the bottom."



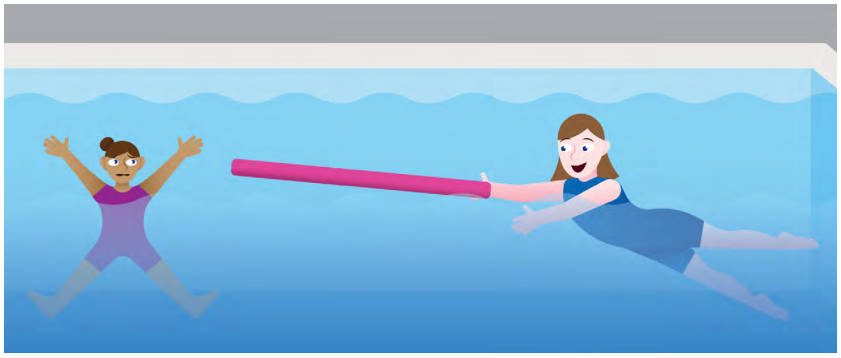
Reach or throw rescue:

- Supervising teacher uses a reaching device like a pool noodle or throws a buoyant object to assist the distressed student from a safe distance.
- Instructs the student: "Sally, open your eyes, I'm passing you the noodle. Kick to the end of the pool while holding the noodle."



In water rescue:

- If a voice or throw rescue is not successful or appropriate for the student, the supervising teacher or lifeguard enters the water carrying a rescue aid to provide direct assistance.



Dive entry

Students confident in diving can start the race on the blocks. For further information on Safe water entries for competitions use QR code or link below.

Note: Schools must adhere to diving depth matrix if students are diving. See QR code or link below.

Modifications: Legal and safe starting options for students lacking technique and confidence to dive from starting blocks include:

- In-water starts pushing off from the pool wall.
- Dive starting from the edge of the pool beside the block.

Safe water entries for competitions

Diving depth matrix