

Enjoy Water **Safely**



# Linking Education and Swimming to a water safety Policy

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## What is 'education'?

*the act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and generally of preparing oneself or others intellectually for mature life.*

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**Does education work?**

**A reason to ponder????**



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*“swimming ability be promoted as a necessary component of water competence, but with the understanding that swimming ability alone is [often] not sufficient to prevent drowning”*

Brenner, Moran, Stallman, Gilchrist and McVan, (2006)

*The school-based intervention results in considerable positive changes in knowledge and attitudes among very young pupils.*

Water safety: age-specific changes in knowledge and attitudes following a school-based intervention

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ROYAL  
**LIFE SAVING**  
SOCIETY UK

# DROWNING

Chain of Survival - A call for action



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**As policy makers what do you  
do?**

## Case Study: Aquatic measures

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- 100% improved self-confidence
- 100% feel safer around water
- 97% improved physical development
- 89% improved mental wellness/wellbeing
- 97% helped encourage enjoyment of sport and physical activity



# Case Study: Classroom measures

RLSS UK study 2019 - Based on a theory of planned behaviour (pre- and post-education)

- Focused on 3 desired behaviors
- A DPW education intervention was inserted in between studies
- There was a positive result on all three behaviors
- The study concluded that class-based education positively affected behavior

The first section is all about swimming in areas that are supervised by lifeguards.



Remember to read each question carefully, and circle the answer that best describes how you feel.

Swimming in an area where there are lifeguards the next time I get into water is up to me.



Strongly agree



Agree



Not sure



Disagree



Strongly disagree

Swimming in an area where there are lifeguards the next time I get into water is...



Very sensible



Sensible



Not sure



Silly



Very silly

I will try to swim in an area where there are lifeguards the next time I get into water.



Strongly agree



Agree



Not sure



Disagree



Strongly disagree



# Case Study: Water Smart - A hybrid option

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1. Water Safety Awareness
2. Getting In and Out of the Water Safely
3. Safely Staying Afloat
4. Safely Moving in the Water
5. Performing Rescues Safely (Optional)



## Conclusion points

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- Although not statutory there is enough research to suggest that focusing up the drowning chain, providing education as part of a wider suite of interventions is important.
- Both aquatic and class based interventions should form part of your policy consideration.
- Any child and youth targeted interventions need to be considered as part of your wider campaign and education discussions.
- Analyse your risk and you audience and consider interventions that will have impact and are cost effective
- Use the experts and researched programmes to support an intervention