

Aquatics and Water Safety Development Record



Entry Level

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(Students Name)

The Sport, Swimming and Aquatics Unit of the Department of Education & Children's Services ensures that this specialist service is delivered by appropriately qualified instructors at approved Centres and meets the following specific objectives:

To assist students develop a range of knowledge, skills, understanding and attitudes across a variety of Aquatic Activities including development of and about:

- | | |
|-------------------------------------|---|
| ✓ Water confidence and Water Safety | ✓ Rescue of others |
| ✓ Survival in and on the water | ✓ Aquatics activity skills & techniques |
| ✓ Environmental factors | ✓ Self reliance and social skills |

This Record of Development has been developed to provide you with a comprehensive assessment of the student's level of ability in and on the water. These skills were achieved under the supervision and control of specialist aquatics instructor.

It cannot be assumed that students will display proficiency in all recorded skills under different conditions. Children need to be supervised at all times when in and around water.

A continuous assessment process is used to record specific skills during the program.

Aquatics CentreWEST LAKES AQUATIC CENTRE...

Date

School

Promoting fun and safety in and around the water!



Government of South Australia
Department for Education and
Child Development



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Aquatics and Water Safety Program [Within the Health and Physical Education (H & PE) Learning Area]

Evidence contributing to: Entry Level 1- Introduction (from aquatics activities sequence of learning)

Students have considered the following:

Use of knowledge and understanding, including general water safety and environment consideration



- Identifies or is aware of environmental hazards – wind and water conditions (strength & direction).
- Identifies or is aware of physical hazards – other water craft, manual handling and lifting
- Identifies or is aware of biological hazards – dangerous marine creatures
- Has knowledge of the role and use of personal safety equipment – PFD's, helmets, wetsuits, sun safe
- Aware of and understands emergency procedures , signals, boundaries, self rescue
- Understand the importance of a correct, safe entry& exit from equipment
- Is aware and uses basic terminology of activity

Self reliance and Social Skills



- Work effectively as an individual or part of a group
- Appropriate use and care of equipment
- Assist with cleaning and packing up of gear

Performance and Skill Development

Sailing

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In Sailing students demonstrate:

- Rigging
- Entry/launching
- Crews in a boat and controls a sheet
- Performs a tack or a gyb
- Sails upwind / running
- Steers the boat (weather dependant)

Surf Awareness

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In Surf awareness students demonstrate:

- Carrying board and entering water
- Lays on board with trim & balance
- Uses correct paddling technique
- Catches wave
- Demonstrates safe wipe-outs

Snorkelling

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In Snorkelling students demonstrate:

- Correct equipment selection
- appropriate entry / exit of water
- correct use of fins, mask, snorkel technique
- clear snorkel
- shallow duck-dive
- equalises

Windsurfing

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In Windsurfing students demonstrate:

- Basic rigging
- Stance
- Uphaul to neutral position
- Steers board
- Windsurfs 90 degrees to wind
- Basic self rescue
- Dismounts safely

Canoeing

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In Kayaking students demonstrate:

- Correct entry/exit
- Seated position
- Forward paddle
- Reverse paddle /
- Emergency stop
- Sweep stroke
- Rafting-up

Kayaking / Doubles

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In Kayaking students demonstrate:

- Correct entry/exit
- Forward paddle
- Reverse paddle /
- Emergency stop
- Rafting-up

23/07/2014

RE: Development Record Sheet

Dear Teacher in charge of Aquatics,

Thank you for attending the West Lakes Aquatic Centre with your group of primary school students.

Please find enclosed copies of the Development Record Sheets used to assess student ability during your visit. In the next week or two, along with your invoice, an **individual coloured record sheet** for each student will be forwarded to you. By simply adding each student's name and ticking the appropriate boxes in the Performance and Skill Development section, these Development Records can then be handed out independently to each student.

Also included are copies of the Aquatic Safety Review Worksheet and answer sheet. This worksheet may be useful to supplement your students' aquatic experience and help review what they have learnt while participating in programs at the West Lakes Aquatic Centre.

If you have any queries or comments regarding the development record or any other aspects related to your aquatics visits please don't hesitate to contact me on 84493342.

Yours Sincerely

Ross Ogilvie

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