

The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets and bubbles of various sizes. Some are clustered in the top left corner, while others are scattered across the bottom right. The droplets have highlights and shadows, giving them a three-dimensional appearance.

P3 SWIMSAFER PROGRAMME

WATER SAFETY BRIEFING FOR STUDENTS



OUTLINE OF THE TALK

Why understand Water Safety?

Facts about drowning

Safety in and around water bodies





WATER BODIES

seas

rivers

reservoirs

lakes

ponds

quarries

water fountains

fish ponds

swimming pools

flooded areas

bath tubs



WATER BODIES

Small Water bodies than oceans



1. Puddle



2. Pond



3. Lake



4. River



5. Sea





UNDERSTANDING WATER SAFETY

WATER BODIES HAVE INHERENT DANGERS UNKNOWN TO
MANY

MANY DROWNING ACCIDENTS WERE CAUSED BY VICTIMS'
IGNORANCE OF THE DANGERS IN AND AROUND WATER
BODIES

MANY DROWNING ACCIDENTS ARE PREVENTABLE

**AWARENESS OF THE DANGERS WILL
SAVE LIVES**





FACTS ABOUT DROWNING

DROWNING ACCIDENTS INVOLVE SWIMMERS AND NON-SWIMMERS

DROWNING OCCURS WHEN ONE IS **TIRED**, **INJURED** OR **UNDER THE INFLUENCE OF DRUGS OR ALCOHOL**

UNFAMILIAR WITH THE SURROUNDING WATER BODY MAY RESULT IN DROWNING ACCIDENTS




FACTS ABOUT DROWNING

IT TAKES ABOUT 20 TO 60 SECONDS FOR
ONE TO STRUGGLE BEFORE HE OR SHE
SINKS UNDERWATER

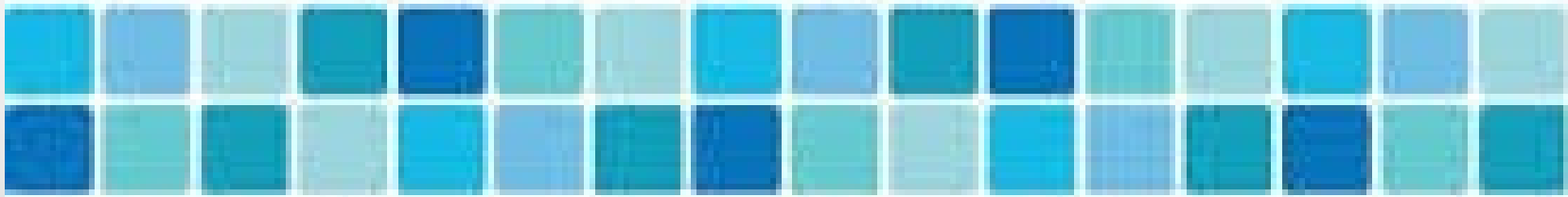


ONE CAN DROWN IN WATER
AS SHALLOW AS 5 CM



Pool

simple steps
save lives



SAFELY



SAFETY AT SWIMMING POOL

OBEY ALL SAFETY RULES AND SIGNS

INFORM YOUR SWIMMING INSTRUCTOR,
TEACHERS OR PARENT VOLUNTEERS
IMMEDIATELY IF YOU ARE ON MEDICATION /
FEELING UNWELL / JUST RECOVERED FROM AN
ILLNESS

MUST PUT ON THE GIVEN SWIMMING CAP AT ALL
TIMES FOR EASY IDENTIFICATION

STRICTLY NO RUNNING & HORSEPLAYING
(ROUGH, NOISY) WITHIN THE SWIMMING
COMPLEX.

DO NOT JUMP OR DIVE INTO THE POOL.



SAFETY AT SWIMMING POOL

**OBEY YOUR SWIMMING INSTRUCTORS,
TEACHERS, PARENT VOLUNTEERS AND
LIFEGUARDS OR POOL ATTENDANTS AT ALL
TIMES**

**DO NOT ENTER THE POOL WITHOUT PERMISSION
FROM THE SWIMMING INSTRUCTOR (SWIM WITH
AN ASSIGNED BUDDY)**

**SEEK PERMISSION FROM THE TEACHERS OR
PARENT VOLUNTEERS IF YOU NEED TO GO TO
THE TOILET**



P3 SWIMSAFER PROGRAMME

- ALL P3 STUDENTS
- MANY DROWNING INCIDENTS AND
SINGAPORE IS AN ISLAND SURROUNDED BY
WATER.
- TO TEACH SWIMMING PROFICIENCY AND
WATER SURVIVAL SKILLS IN A FUN MANNER

SCHEDULE

Classes	3 Diligence, 3 Honesty	3 Care, 3 Kindness, 3 Loyalty
Day	Tuesday	Thursday
Time	8.00am to 10.00am (Actual Lesson: 8.30am to 9.30am) * Pupils to report at the School Hall by 7.15am	
Dates	February 4, 11, 18 & 25 March 3, 10, 24 & 31 April 7, 14, 21 & 28	February 6, 13, 20 & 27 March 5, 12 & 26 April 2, 9, 16, 23 & 30
Venue	Ang Mo Kio Swimming Complex	

SWIMSAFER 2.0 PRACTICAL AND ONLINE TESTS

We will be conducting SwimSafer 2.0 Practical Assessment on the following dates at Ang Mo Kio Swimming Complex during the usual swimming lessons:

3 Diligence & 3 Honesty : 28 April 2020 (Tuesday)

3 Care, 3 Kindness & 3 Loyalty : 30 April 2020 (Thursday)

In order to receive a stage completion e-certificate, you are required to pass a **practical assessment** and **an online theory quiz**.

Kindly note that there is **no make-up session** for the practical assessment if you miss the above stipulated practical assessment dates.

Once the child passes both the practical assessment and online theory quiz, parents can download the SwimSafer 2.0 E-Certificates via ActiveSG members' account at the website:

<https://members.myactivesg.com/auth>

P3 SWIMSAFER PROGRAMME

THINGS TO PACK IN YOUR SWIMMING BAG:



P3 SWIMSAFER PROGRAMME

- HAVE A GOOD BREAKFAST AT HOME BEFORE COMING TO SCHOOL.
- WEAR YOUR SWIMMING ATTIRE UNDERNEATH YOUR PE ATTIRE BEFORE COMING TO SCHOOL.
- COME TO SCHOOL IN YOUR SCHOOL SHOES (PACK YOUR SLIPPERS IN YOUR SWIMMING BAG)
- LESSONS AS PER NORMAL (CHECK TIMETABLE)
- SWIMMING CAPS WILL BE GIVEN WITH GROUP NUMBER CLEARLY INDICATED ON THE CAPS. SWIM CAPS ARE TO BE WORN FOR ALL SWIMMING LESSONS. (DO NOT MISPLACE THE CAPS!)

P3 SWIMSAFER PROGRAMME

- YOUR PHE TEACHER AND A PARENT VOLUNTEER WILL ACCOMPANY YOU TO THE SWIMMING COMPLEX
- CHANGE TO SLIPPERS IN CLASS DURING 1ST PERIOD BEFORE LEAVING YOUR CLASSROOM.
- BRING ALONG YOUR SWIMMING BAG AND YOUR VALUABLES
- SCHOOL BUS WILL TRANSPORT ALL OF US TO THE SWIMMING COMPLEX AND BACK TO SCHOOL.

THINK SAFE
ACT SAFE
BE SAFE



FREQUENTLY ASKED QUESTIONS

Q: I HAVE NO PRIOR KNOWLEDGE IN SWIMMING. IS IT SAFE?

**A: STUDENTS WILL ALL BE GROUPED ACCORDING TO THEIR
LEVEL OF PROFICIENCY. TEACHER-PUPIL RATIO IS 1:10**






FREQUENTLY ASKED QUESTIONS

Q: IS THE SWIMMING COMPULSORY?

A: ALL PUPILS ARE REQUIRED TO PARTICIPATE IN THE SWIMMING PROGRAMME UNLESS THERE ARE STRONG MEDICAL REASONS FOR THE CHILD TO BE EXEMPTED. THE ABILITY TO SWIM IS PART OF MOVEMENT EDUCATION WITHIN THE PHYSICAL EDUCATION SYLLABUS. WATER SAFETY AND WATER SURVIVAL SKILLS ARE ESSENTIAL FOR A CHILD'S SAFETY.





FREQUENTLY ASKED QUESTIONS

Q: CAN I OPT OUT OF THE SWIMMING PROGRAMME IF I HAVE ALREADY POSSESS SWIMSAFER STAGE 1 CERTIFICATION?

A: NO. PUPILS WITH STAGE 1 CERTIFICATION SHOULD MOVE ON TO STAGE 2 OR HIGHER IN ORDER TO ACQUIRE THE NECESSARY SWIMMING SKILLS.

