

# Northland Swim For Life Programme

2010/2011



Information & Booking Form  
Whangarei and Kaipara

**Contact:**

**Esther Hone-Moore**

**[estherh@sportnorth.co.nz](mailto:estherh@sportnorth.co.nz)**

**Cell: 0274 141467**

**Fax: (09) 408 1568**

## **NORTHLAND SWIM FOR LIFE PROGRAMME**

The aim of the Northland Swim for Life programme is to raise the swimming skills of primary aged children and provide teachers with the confidence to deliver these skills through a comprehensive programme.

This FREE programme is available for Year 1 to Year 8 school children in Northland.

### **The aims of the Northland Swim For Life Programme are:**

1. Promote the importance of learning to swim and survive as an essential life skill
2. Coordinate the provision of appropriate swim education and tuition in Northland Primary Schools
3. Increase participation in aquatic activities, specifically facilitating access to, and involvement of primary school aged children in, exposure to fundamental swimming skills

### **The outcomes of Northland Swim For Life are:**

1. More children learning to swim and survive
2. More children have developed swim and survive skills
3. More children being able to competently swim 200m by the age of 12
4. More schools facilitate swim and survive programmes
5. More school teachers receive professional development for the delivery of swim and survive education

# **PROGRAMME OUTLINE**

Schools committing to the programme will receive:

## **1. Swim And Survive Action Plan**

Northland Swim For Life staff will assist schools to develop a school community swim and survive action plan to meet the schools needs on completion of a needs analysis (based on what the Northland Swim For Life Programme can offer). The action plan will assist schools to develop and support an effective swim and survive culture.

## **2. Foundation Swimming Skills Workshop**

Workshops tutored by experienced instructors to provide school teachers with knowledge and understanding of learn to swim progressions and water safety skills will be delivered to suit schools during their staff meetings. Workshops are designed to fit in with the schools' staff timetable and are adaptable to the schools current skill needs and wants.

## **3. Swim Course**

A FREE Swim course (worth \$100 per person) for up to two teachers that teach swimming at the school. This seven-hour programme delivered in a cluster workshop, may be tailored to suit the needs of the school e.g. A one day course, or three two hour after school sessions.

**Schools must commit to sending at least one teacher attend an swim course to receive the rest of the programme.**

## **4. Team Teaching**

Northland Swim For Life Instructors will provide four lessons with each class at the school with teachers present. This will allow teachers to observe effective swimming teaching technique in their specific teaching environment.

**Each class teacher must be present and actively involved at these lessons.**

## **5. Water Survival Lessons**

Northland Swim For Life Instructors will spend one day in the school to deliver to each class water survival lessons. This will include lifejacket, risk identification, beach and river safety skills.

**Each class teacher must be present and actively involved at these lessons.**

## **6. Swim For Life**

Swim For Life, a world recognised swimming benchmark of 200 metres, will be introduced by instructors to schools where there are resources to record the achievement.

The Swim For Life Schools Challenge is an annual event established by Water Safety NZ to raise awareness of the importance of School's learn to swim programmes, encourage participation and recognize achievement.

The challenge can be incorporated as part of a swimming sports day, aquatic programme or as part of the school's physical education programme.

Students will receive:

- Personalised A4 Certificate of Achievement for all students (and teachers) who achieve the Swim For Life objective.
- Swim cap with the Swim For Life logo printed on it

Prizes:

- 6 x prizes of \$500 worth of RFD life jackets (2 for each age group section) are also up for grabs from Water Safety NZ

Visit [www.watersafety.org.nz/school-challenge](http://www.watersafety.org.nz/school-challenge) and enrol your school/class for the Schools Swim For Life Challenge.

## **7. Northland Swim For Life Teacher Tool Kit**

Each Northland Swim For Life School will receive a detailed and practical Teacher Tool Kit to continue the assistance of delivery of the Swim For Life Programme, water safety activities and other aspects of their aquatic programmes.

## **8. Ongoing support and professional development**

After the schools first season involvement in the Northland Swim For Life Programme, your school is eligible to receive on going support and professional development for following seasons. Examples are cluster workshop opportunities, follow ups from a Northland Swim For Life staff member or refresher staff training session. Support needs will be determined by the school and the Northland Swim For Life staff member.

### **To be involved with the programme each school must make a commitment to...**

1. Sign and return Northland Swim For Life Memorandum of Agreement
2. Commit to two full staff meetings, one at the start of term and one towards end of term to deliver the foundation swimming skills workshops.
3. Have at least one teacher undertake the swim course training during the season.
4. Have the class teacher present and actively involved at all team teaching sessions.
5. Sign and return Northland Swim For Life RAM form to Sport Northland prior to commencing the programme.
6. Complete and return Northland Swim For Life assessment checklist for each class
7. Return an evaluation form within one week of completion of the programme.
8. Acknowledge Northland Swim For Life sponsorship by Water Safety New Zealand and Northland District Health Board. Sport Northland will send a letter to the school requesting classes send letters/pictures to sponsors and local papers acknowledging sponsorship.

The above outlined Northland Swim For Life Programme is free to all Northland primary schools thanks to Water Safety NZ, Northland District Health Board and Sport Northland.

**Schools will be accepted into the programme on a 'first in, first served' basis.**



# SWIM FOR LIFE PROGRAMME SCHOOL BOOKING FORM

School: \_\_\_\_\_

Contact: \_\_\_\_\_ Position Held: \_\_\_\_\_

Phone Day: \_\_\_\_\_ After Hours: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Preferred delivery: **Term 4: Water Safety Day & Term 1: Swimming Skills**

Preferred Week Term 4 \_\_\_\_\_ Second Option \_\_\_\_\_

(Please state additional preferred options to deliver the water safety day and swimming skills in your school if the above options do not suit)

1. What is your Year 1 to Year 8 school roll?

2. Do you have access to a pool? Yes/No

3. Names of teachers qualified with Swimming New Zealand Swim Start or ASTA

\_\_\_\_\_  
\_\_\_\_\_

4. Is your school interested in attending a Flippa Ball Workshop? Yes/No

### Our school makes a commitment to...

- Signing and returning Top Energy WaterSafe/Northland Swim For Life Memorandum of Agreement
- Commit to two full staff meetings, one at the start of term and one towards end of term to deliver the foundation swimming skills workshops.
- Have at least one teacher undertake the swim course training during the season.
- Have the class teacher present and actively involved at all team teaching sessions.
- Sign and return the provided Health & Safety plans to Sport Northland prior to commencing the programme.
- Complete and return the Northland Swim For Life assessment checklist for each class.
- Returning an evaluation form within one week of completion of the programme.
- Send thank you letters/cards for sponsors to Esther Hone-Moore, PO BOX 619, Kaitaia.

Principal: Signed \_\_\_\_\_ Name \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE RETURN THIS FORM BY FRIDAY 22 OCTOBER 2010  
TO ESTHER HONE-MOORE FAX: (09) 408 1568**