

## TOWARDS A STANDARD IN WATER SAFETY COMPETENCE FOR TEACHERS

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### INTRODUCTION

There is no standard in water safety competence for students at teacher training colleges in Switzerland. At the end of college some have acquired swimming skills, others a certification from the Swiss Lifesaving Federation, and quite a few have never had any water safety education at all. The bfu – Swiss Council for Accident Prevention and the Swiss Lifesaving Federation want them to leave college with the ability to teach school-age children basic swimming, water safety and safe rescue skills (1).

### AIM

To qualify graduates of Swiss teacher training colleges to teach safe water activities in pools and lakes.

### APPROACH

Develop and test an educational programme in water safety competence with students in Swiss teacher training colleges. Draft a pilot programme with regard to the 20 competencies as presented by Kevin Moran (2) at the WCDP 2015 in Penang and to the Drowning Chain of survival (3). Including reflection on attitudes to water safety in self and others, rescue and self-rescue competencies and basic life support BLS/AED.

Make the supervision and organisation of a group in, on and around water the main theme of the programme. Make the students pass the programme in three days and provide certification by the Swiss Lifesaving Federation (rescue pool and lake, BLS/AED) for those who pass the test. Cover two modules with the programme: pool and lake. Test the programme with two groups of 12 students each in two different Swiss teacher training colleges in spring and early summer 2017. Conduct the programme in the test phase with approved experts from Swiss teacher training colleges, the Swiss Lifesaving Federation and the bfu.

Compile the results to a teaching aid. Submit the teaching aid to the sounding board of the Swiss Water Safety Plan and include results of feedback. Edit the final form – translate, print and disseminate. Support Swiss teacher training colleges that plan to implement the programme into their curriculum. Monitor the number of certificates issued by the Swiss Lifesaving Federation.

### RESULTS

The results of the test phase – the process and content of the programme - will be presented at the WCDP 2017 in Vancouver.

### CONCLUSION

From 2018, Swiss teacher training colleges will have at their disposal a teaching aide aiming at becoming a standard in water safety education. Further research is needed to show the protective value of the programme.

### REFERENCES

- (1) Brügger O, Bianchi G, Hofer F, Walter M, Michel FI, Müller C. Safety Dossier «Accident Research – Sport» (in German, with extensive English summary). Bern: bfu – Swiss Council for Accident Prevention; 2012. (p. 92 f).
- (2) Moran K et al. From «Swimming Skill» to «Water Competence»: Towards a more inclusive drowning prevention future. Penang: International Life Saving Federation. World Conference on Drowning Prevention 2015. Program and proceedings (p. 69).
- (3) Szpilman D. et al. Creating a drowning chain of survival. Resuscitation (2014)