

# SINK<sup>OR</sup> SWIM

## BOOK A LIFESAVER TO VISIT YOUR CLASSROOM!

Life Saving Victoria's (LSV) Sink or Swim program teaches students about water safety from the expertise of a lifesaver. This interactive program empowers students to keep themselves and others safe in all aquatic environments (beaches, rivers, lakes, pools and even the home!), through engaging practical activities. Sink or Swim will enhance your school's water safety program or prepare your students for upcoming aquatic excursions /camps. The program aligns to the current curriculum and is supported by a range of online resources and lesson plans.

### KEY WATER SAFETY MESSAGES:

- Be aware and be prepared
- Always read the safety signs
- Always swim between the flags
- Never swim alone
- Check it's OK to swim – Learn the conditions
- Look before you leap
- Wear a lifejacket



### SESSION DETAILS

**Venue:**

Program delivered in a classroom

**Duration:**

1 hour (times can be flexible)

**Participant Numbers:**

Suggested maximum of 150 participants per session, no minimum



### CONTACT US FOR A QUOTE!

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