



Primary 3 SwimSafer 2.0 Programme

What is SwimSafer 2.0?

- ▶ The SwimSafer programme consists of six progressive stages. Survival and activity skills are taught in each stage of the programme, working progressively toward the next stage.
- ▶ At the end of each stage, each child will receive a stage completion e-certificate.
- ▶ SwimSafer was enhanced in 2018 to equip participants with a more rigorous water survival and swimming competency skills. SwimSafer 2.0 programme comes with a revised syllabus and assessment, and enhanced instructor capabilities through training and re-certification to provide quality learning experience.

[Link to SwimSafer website](#)

Key Changes in SwimSafer 2.0

► **Syllabus**

Greater focus on water survival skills and swimming competencies, through a stronger emphasis on participants' practice time and skills progression. Online quiz to help participants reinforce their knowledge of water safety (for instance, difference between swimming in a pool and in other water conditions). Participants will receive an electronic certificate upon completion of online quiz and practical assessment.

Key Changes in SwimSafer 2.0

- ▶ **Assessment Protocol**

Participants will need to demonstrate relevant skills in a sequence that mirrors water survival situations more realistically.

- ▶ **Professional Development and Certification of Instructors**

To ensure instructors are up-to-date with content knowledge and pedagogical practices, instructors are required to renew their certification every three years with mandatory hours of continuous coach education.

Schedule for SwimSafer

Classes	Diligence, Integrity and Responsibility	Perseverance, Compassion and Respect
Day	Tuesdays	Fridays
Dates	15 Jan, 22 Jan, 29 Jan, 12 Feb, 19 Feb, 26 Feb, 5 March, and 12 March	18 Jan, 25 Jan, 1 Feb, 8 Feb, 15 Feb, 22 Feb, 1 March and 8 March

What to do?

- ▶ Pack your goggles, sun block, school shoes, toiletries, towel and a small plastic bag in a small bag (swimming bag) the night before.
- ▶ Wear your swimming attire underneath your PE attire.
- ▶ Report to school as usual (you may wear slippers)
- ▶ After flag raising, put your school bag in the gym.
- ▶ Bring only your swimming bag to the swimming pool.
- ▶ Before swimming, put your PE attire in your swimming bag.
- ▶ After a quick shower, put your swimming gear in the plastic bag.
(Swimming attire, goggles, towel, toiletries)