

# Information on swimming and lifesaving lessons in primary and secondary school



Dear Parents/Guardians,

All students are required to undergo swimming and lifesaving training during primary and secondary school. This training is part of the physical education curriculum for grades 1 to 10.

## What will your child learn?

The focus is on water safety, swimming, self-rescue and lifesaving techniques in outdoor bodies of water.

At school, the children learn to be safe in and around water and to be proficient swimmers. They also learn how to call for help, get themselves to safety and perform lifesaving techniques in outdoor bodies of water.

Good swimming and lifesaving techniques enable your child to participate in school-organised swimming excursions and recreational activities in, near and on the water.

## How can you support your child?

As a parent or guardian, you are an important part of this process and can contribute by:

- Serving as a good example. Talking positively about the importance of learning to swim and lifesaving techniques.
- Participating in water activities with your child will have a positive effect on your child's self-confidence and safety in water and will allow you child to get the most out of school-organised swimming lessons. Getting your child used to having water in his or her face, teaching him or her to blow bubbles by both mouth and nose (for example, 'Let's pretend to be a motorboat' or 'Let's pretend to be boiling potatoes'). Getting your child used to having his or her head under water and opening his or her eyes under water ('Let's see if there's a treasure down below').
- Talking to your child about showering and getting undressed and dressed.

### What does it mean to be a 'proficient swimmer'?

Your child will be considered a proficient swimmer when he or she is able to recover from a fall into deep water, swim 100 metres on his or her stomach, dive down and pick up an item with his or her hands along the way, stop and rest for three minutes (float on his or her stomach, get oriented, roll over and float on his or her back), swim another 100 metres on his or her back and get out of the water and on to land.

### How will the school determine whether my child is a proficient swimmer?

Schools are required to use seven mandatory exercises to assess whether a child is a proficient swimmer. These exercises are part of the curriculum and are used to assess whether the child is progressing. The exercises start with the easiest skills first and gradually become more challenging. For more information, visit [svømmedyktig.no](http://svømmedyktig.no).

### What is taught during the swimming and lifesaving lessons?

These lessons take place both indoors in a swimming pool and outdoors. Different schools organise the lessons differently, but it is common for boys and girls to be taught together, but to change and shower separately. The instructor or instructors are all excellent swimmers and trained in lifesaving techniques. Schools are required to have good safety routines for the lessons, so that all children are safe at all times, both in the pool and outdoors.

### Who can I contact with questions?

Contact your child's swimming instructor, contact teacher, headmaster or representative of the parent-teacher association (FAU) if you have any questions about your child's swimming education.