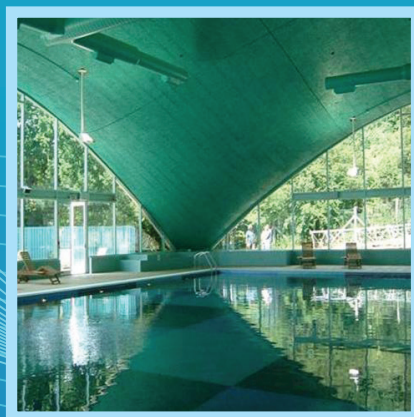
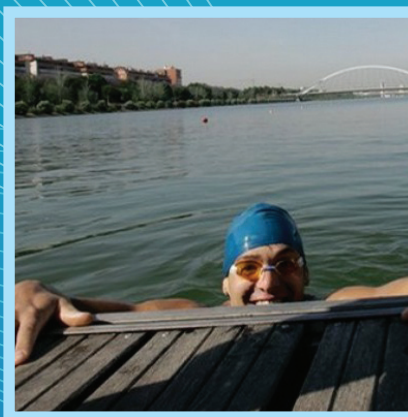


Reducing Deaths by Drowning



Promoting internationally, the highest standards
in the teaching of swimming and survival techniques



IFSTA

The International Federation of Swimming Teachers Associations (IFSTA) is a “not for profit” organisation made up of major national swimming teacher training organisations and other aquatic safety organisations.

In December 2008, the membership of the IFSTA included major national organisations in:

- United Kingdom
- Ireland
- Germany
- Holland
- Australia
- New Zealand
- Hong Kong
- Singapore
- China
- Chinese Taipei
- USA

The IFSTA is also working with organisations to develop standards in a number of countries including The Caribbean, Sri Lanka, UAE, Cyprus, Greece, Russia and Kenya.

The IFSTA is dedicated to reducing worldwide deaths by drowning; it does this by promoting internationally the highest standards in the teaching of swimming, life saving and other survival techniques.

The members work together to ensure the highest common standards, to share experiences and programmes and to promote swimming and water safety to candidates, parents and Government agencies.

International Swimming Standards

The Council of the IFSTA have defined minimum national standards of competency that can be used as a basis of a training and awareness programme in any environment in any country in the world.

In defining these standards the IFSTA recognised that there is a huge and infinitely variable range of locations where swimming might be taught or where the presence of water presented a potential hazard. The range encompasses Olympic standard swimming pools to open water situations with an equally variable range of water quality.

The IFSTA have defined 3 minimum standards of competency which can be added to when the circumstances permit.



1. Safety in Water

Environment: Improvised swimming pool or no swimming pool

Water Quality: Poor

Outcome: Participants will be equipped to be able to survive in the event of a water related incident by floating or moving to the waters edge.



2. Competent Recreational Swimmer - Open Water

Environment: Any open water situation - lakes, rivers and sea

Water Quality: Satisfactory

Outcome: Swimmers are prepared to enjoy the recreational activity of swimming for improving health and enjoyment. It also provides a minimum safety standard for progressing onto other aquatics activities such as boating, sub-aqua, etc.



3. Competent Recreational Swimmer - Pool

Environment: Swimming Pools, indoor or outside

Water Quality: Satisfactory

Outcome: Swimmers are prepared to enjoy the recreational activity of swimming for improving health and enjoyment in a swimming pool. It also provides a minimum safety standard for progressing onto other aquatics activities such as boating, sub aqua, etc.

The International Swimming Standards contain:

1. A list of minimum skills to be covered for each of the 3 competencies including:

- a. Detailed definitions and required outcomes
- b. Minimum stamina and/or distance requirements

2. Minimum standards relating to the swimming teacher including:

- a. Assessing water quality
- b. Risk assessment
- c. Safe practices
- d. The need for lifeguards or training as a lifesaver
- e. Child protection and non discrimination policies
- f. Acting in accordance with best practice, the laws of the locality and the requirements of the venue

3. Minimum standards relating to the trainer of swimming teachers including:

- a. Communication skills
- b. Technical knowledge
- c. Organisational abilities
- d. Individual assessment.



Worldwide Drownings

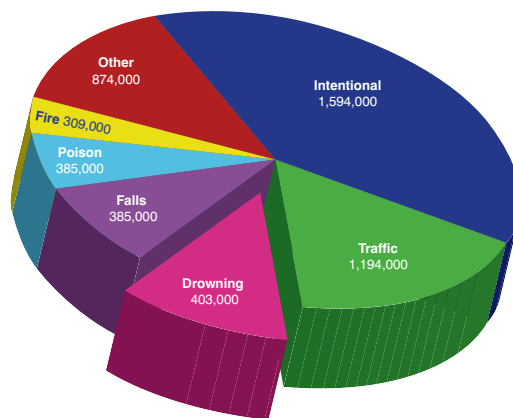
The latest detailed report into worldwide drownings was published by WHO based on statistics for 2002. This report states:

- The total recorded number of **deaths by drowning was 403,000**.
- This equates to 0.7% of all deaths and 8% of all deaths caused by injuries.
- The rate per 100,000 of population averaged 6.8 for the whole world but varied greatly between countries. The UK rate is less than 1 whereas the rate in China was in excess of 10 in 2002.

The recommendations of WHO contained in the report can be summarised as:

1. Removing the hazards - Drain baths, ponds, buckets etc
2. Creating physical barriers - Fence ponds, pools etc; grills over wells
3. Protecting those at risk - Promote "Learn to swim" schemes
- Teach water safety
- Use trained lifeguards
4. Countering the damage - Teach resuscitation

With its education literature the IFSTA can help to inform the public of the dangers as set out in points 1 and 2 above. By adopting IFSTA training standards, points 3 and 4 are addressed and a safer environment and a safer population will be the result.



Saving Lives

The IFSTA will:

- **Work with other humanitarian agencies, both International and National to reduce deaths by drowning**
- **Work with Government agencies to reduce deaths by drowning**
- **Facilitate the provision of water safety educational literature**
- **Set up a water safety and swimming teacher training programmes in underdeveloped countries**

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