WATER SAFETY ON SCHOOL EXCURSIONS

Protecting Students, Empowering Educators & Parents

Can Your Students REALLY Swim?

Being "comfortable" in water doesn't mean being water-safe. A competent swimmer can:

- Swim **at least 25 meters** in deep water.
- **Float or tread water** for an extended period.
- **Enter and exit** the water safely.
- **Orient themselves** if they fall in.
- **Remain calm & control breathing** in distressing situations.

Weak swimmers? Provide extra supervision or alternative activities!

DURING THE TRIP: KEEP WATCH & SET RULES

- **Who is in charge of safety?** Ensure trained lifeguards & first aiders are present.water.
- **Know the water conditions.** Are there strong currents, sudden drop-offs, or other risks?
- **Check safety policies.** Are life jackets or swimming aids required? What emergency plans are in place?
- **Ask about instructor qualifications.** Do they have CPR & first aid training?
- **Assess students' swimming ability.** Never assume they can handle water conditions.

BEFORE CHOOSING A VENUE

- **Active Supervision:** Teachers & facilitators should constantly monitor students.
- **Buddy System:** Pair students for accountability & safety.
- **Set Boundaries:** Clear rules prevent risky behaviour.
- **Recognize Fatigue:** Tired students are at higher risk – ensure they take breaks!

BEFORE HEADING HOME

- **Conduct a headcount & health check.**
- **Debrief students on water safety lessons.**
- **Review what went well & what could improve for future trips.**

Ensure the safety and success of your youth and school trip adventures!

Look out for our symbol!

SAAIA MEMBER

SAAIA WATER SAFETY CHAPTER

We've launched the SA AIA Water Safety Chapter to support schools, teachers, and facilitators in making water-based excursions safer & more accessible.

- **Guidelines & training** for educators & facilitators
- **Advocacy for safer water activity policies**
- **Stronger connections between schools & safety experts**

Need advice on water safety? Contact SA AIA TODAY!

SOUTH AFRICAN ADVENTURE INDUSTRY ASSOCIATION

Find out more about us and have a look at a comprehensive list of members here:

www.saaia.org.za | Find us on: TikTok

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