

SWIMMING FOR ALL SWIMMING FOR LIFE PROGRAMME

A FINA – UNESCO-CIGEPS COLLABORATION



United Nations
Educational, Scientific and
Cultural Organization

Intergovernmental Committee
for Physical Education and Sport (CIGEPS)

SWIMMING FOR ALL – SWIMMING FOR LIFE

It is my great pleasure to introduce you this brochure, prepared by my good friend Arnaldo Rivero Fuxá, the President of CIGEPS-UNESCO, on the important topic of the “Swimming for All, Swimming for Life” programme.

This document underlines the importance of this initiative and demonstrates once more that the co-operation between FINA and CIGEPS-UNESCO is essential to guarantee the implementation of this strategy. From the first hour, this solid partner has been with us and has always supported our International Federation's effort in providing tools for the decrease in the alarming rates of drowning worldwide.

In general, our International Federation is perhaps more known for the memorable events it organises and for the great Stars of our six disciplines. But as a world governing body, we think that we also have a social responsibility towards the children and youth of the world. Especially to the ones still not acquainted with our magnificent and natural element, water.

The statistics on global drowning are frightening. As the guardians of Aquatic Sports, FINA could not face this reality without acting!

That is why, we have launched this programme – “Swimming for All, Swimming for Life”. This initiative's main objective is to offer the possibility to individuals from all ages, backgrounds and capacities, to take swimming lessons.

The “Swimming for All, Swimming for Life” programme provides standard criteria to teach swimming on a global scale and will be mostly carried out in those countries on the five continents that need it most.

The programme's application requires planning, implementation, follow-up, evaluation and sustainability. Therefore, it is vital to count on the CIGEPS-UNESCO implication, so that governments worldwide are mobilised to carry out this initiative with their national structures.

As the FINA privileged partners in the five continents, our 207 National Member Federations also have a special role in this strategy. All of them are naturally aware of the importance of Swimming, and I count on them to achieve success!

Only this way, we can save many lives, we can provide a better future for our children, giving them not only the possibility to practice sport, but also educating them to be better citizens.

In their name, and on FINA's behalf,
THANK YOU!




Dr. Julio C. Maglione
FINA President



Arnaldo Rivero Fuxá
President of CIGEPS-UNESCO

UNESCO's Intergovernmental Committee for Physical Education and Sport (CIGEPS) believes that the "Swimming for All, Swimming for Life" project launched in collaboration with the International Swimming Federation (FINA) is making a significant contribution to human development due to its massive impact in terms of cutting the risk of drowning and water-related accidents caused by an inability to swim.

Being able to swim is not a luxury and is not simply a sport, but rather an essential skill for every human being so as to allow them to survive in a world that is, after all, 75% made up of water. The dangers associated with climate change are closely related to water and the vast numbers of people who do not possess even basic swimming skills in order to protect themselves and cope with hazardous situations.

Learning how to swim is a key factor in the education of children and young people, but it must also form part of their culture and heritage. This is the only way to make education more complete and directly linked to the day-to-day life of every individual.

By adopting the philosophy of "education for life", children and young people who know how to swim will be better prepared to adapt to their surroundings, increasing their safety, protection, well-being and quality of life.

CIGEPS wholeheartedly endorses this joint endeavour with FINA in the quest to tackle this growing need, which society and governments must support with the logistical and funding resources required to achieve results that will improve the preparedness of every single person.

Everyone can learn to swim. There are no limitations as a result of age, sex, skin colour, beliefs, religion or difference of any kind. Everyone should learn to swim as part of a personal need to save lives.

Anyone who lives near an expanse of water or who makes use of swimming pools, beaches, coasts, seas, rivers, lakes and dams, either as a means of recreation or transport, needs to know how to swim in order to be able to save lives, whether their own, those of their families, or of anybody else in need of assistance. Everyone experiences this situation at some point or another, for some people many times, owing to the various forms in which water is present on our planet.

Above all, swimming helps children, adolescents and young people to exercise in a fun but educational environment, and it is an aspect that should not be lacking from their education.

Physical Education curricula and programmes should make provision for swimming lessons as a vital life skill, ranging from a basic level of ability up to more in-depth instruction for those who wish to further develop their prowess in the water.

When training teachers of Sports, Physical Education and Physical Activities, whether for the first time or as a refresher course, there should be a compulsory requirement for their study curriculum to make sure they are prepared for swimming tuition.

The “Swimming for All, Swimming for Life” project is making a major contribution to achieving better education, culture, health and quality of life for millions of people all over the world who still don’t know how to swim, in some places more than others, and we will soon be able to measure its positive impact.

Objective

To teach people, especially children, to swim in order to promote physical activity worldwide through the implementation of a Programme with standard criteria across the world in countries where the need is greatest, contributing to the prevention of drowning, providing a means of reaching everyone and preparing people for life.

IN ITS REPORT OF 18 NOVEMBER
2014, THE WORLD HEALTH
ORGANIZATION FOUND THAT
372,000 PEOPLE DIE EACH YEAR
FROM DROWNING.



PROBLEMS CAUSED BY NOT BEING ABLE TO SWIM

- Death by drowning.
- Accidents in the water.
- Not being able to go into the water when the situation demands.
- A restriction of up to 50% on the culture of movement compared to the place where people live.
- Little preparation for life because of not knowing how to look after oneself in the water when required.
- Not being able to make full use of the potential of human beings to develop their physical abilities.
- Not being able to fully enjoy the benefits afforded by beaches and swimming pools.
- Not being capable of protecting oneself from natural disasters.
- Not being able to use the therapeutic opportunities made possible by knowing how to swim.



WHY IS BEING ABLE TO SWIM CONSIDERED AN ESSENTIAL COMPONENT IN PEOPLE'S CULTURE AND EDUCATION?

The culture and education of movement forms part of general culture and education for life, since it enables humans to develop fully in water, which is a basic component of Planet Earth. Swimming involves control of the body and the development of essential life skills, and is an excellent means of transport, prevention and protection of life.

WHY SWIMMING FOR LIFE?

Being able to swim is not a luxury and training to become an athlete in this sport is a vital necessity for all human beings, making it possible to operate in an environment in which everyone is involved in some form at some time in their life, whether as a pastime, because of a need to maintain or recover their health, as a form of transport or as a means of protection against accidents, slips or natural disasters.

BENEFITS OF BEING ABLE TO SWIM

- Be prepared to protect oneself against natural disasters and accidents.
- Be in a position to enjoy swimming pools, beaches, rivers and other places for watersports.
- Use as a more complete means of physical preparation and exercise.
- Be able to use it as an appealing form of therapy, relaxation and recreation.
- Be able to help to save others in the event of accidents.
- Protect people who work at sea.
- Be able to stay in the water for longer when the situation requires.
- Improve respiration, vital capacity, speed, coordination and fluidity of movement.



NEED FOR TEACHERS OF PHYSICAL EDUCATION AND SPORT TO BE ABLE TO TEACH SWIMMING



It should be a condition for all teachers of Physical Education and sport, and should form part of training and upskilling study plans.

Teachers must ensure that all their pupils can swim.

It can help pupils or people who have difficulty in the water, with every chance of success.

Swimming can be used in physical education, games, sport and recreation for therapeutic purposes.

Teachers can become leaders so that everyone learns to swim.

One benefit of the Programme is to designate the Saturday of week 29 of the year as World Swimming Day, and to dedicate a Swimming Day per week from that date.

THERAPEUTIC SWIMMING

- For asthma or respiratory problems.
- For bone problems.
- For relaxation
- To treat behavioural problems.
- For treatment of psychological disorders.
- To combat stress.
- To rehabilitate people with disabilities.
- To rehabilitate people who have had an accident or are in the post-operative period.

SWIMMING FOR PEOPLE WHO WORK AT SEA

Fishermen.

Workers on boats, cruise ships, ferries, etc.

WATER-RELATED CLIMATIC PHENOMENA

- Tsunamis.
- Hurricanes, cyclones, typhoons, storms.
- Flooding.
- Large surges.
- Increase in river currents.
- Sea breaches.

Planet Earth has more sea than land and has many islands surrounded by sea, and the sea tends to reclaim spaces lost by man-made constructions.

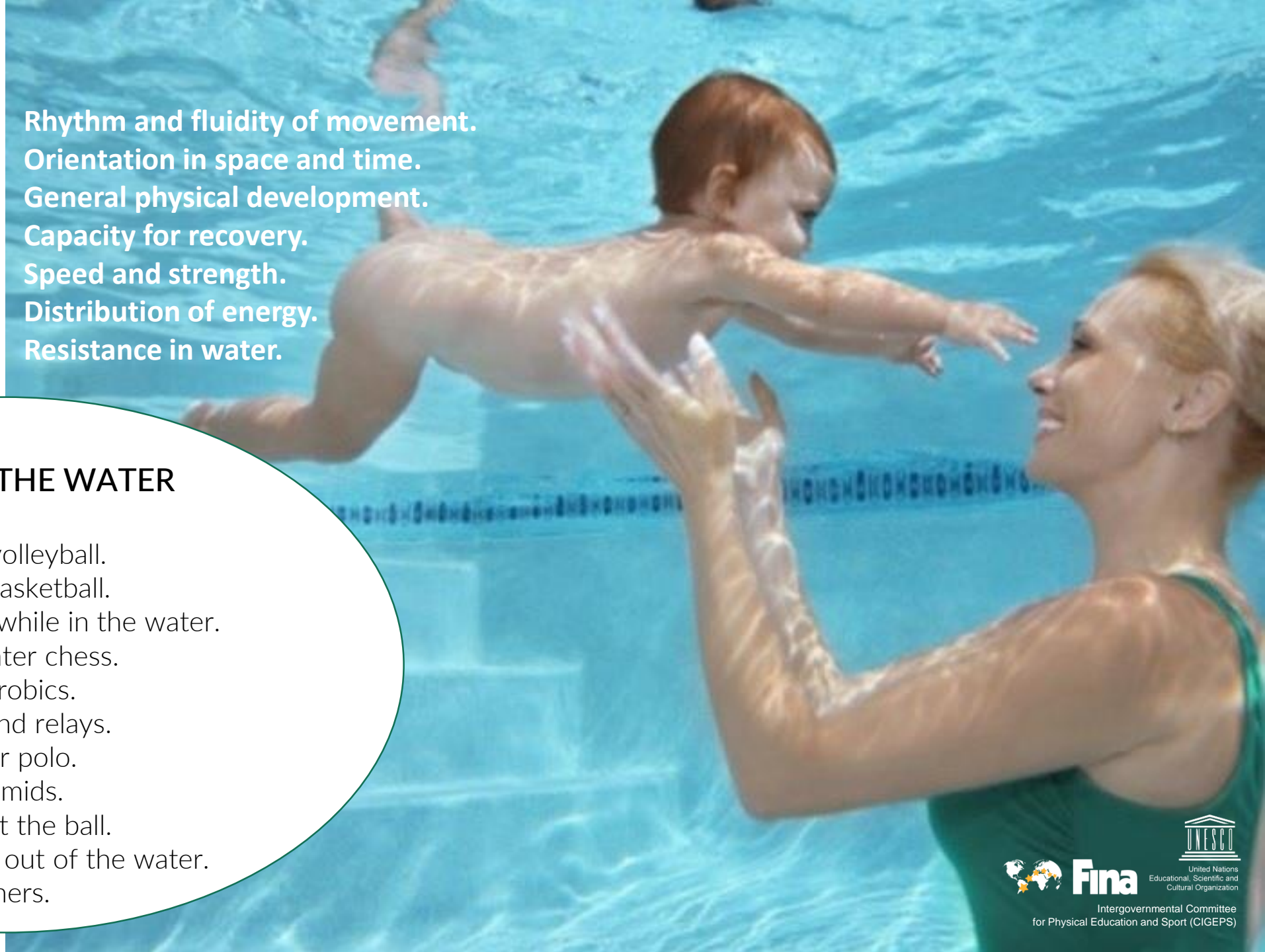
DEVELOPMENT OF SWIMMING SKILLS FOR LIFE

Buoyancy.
Coordination.
Breathing.
Relaxation.
Agility.
Mental agility.
Lifesaving.

Rhythm and fluidity of movement.
Orientation in space and time.
General physical development.
Capacity for recovery.
Speed and strength.
Distribution of energy.
Resistance in water.

GAMES IN THE WATER

Water volleyball.
Water basketball.
Heading the ball while in the water.
Underwater chess.
Aquarobics.
Speed and relays.
Water polo.
Pyramids.
Intercept the ball.
Keeping the ball out of the water.
Others.



INCLUDE SWIMMING IN PHYSICAL EDUCATION PROGRAMMES AND CLASSES IN SCHOOL AND EXTRACURRICULAR TIMETABLES

SUMMER SWIMMING TUITION PROGRAMMES

SWIMMING AS AN ADDITIONAL SPORT

On account of being the most complete form of physical activity, swimming can be delivered as physical education in schools and colleges which have their own swimming pool or have one located nearby.

Swimming is a fundamental option outside of school or college hours, so it should form part of the school and college curriculum.



The summer months are suitable for developing swimming tuition programmes by module and age group on a daily basis and at different times, delivered by qualified personnel.

In these months, swimming tuition can be accompanied by games in the water in order to make it more appealing. Another option is swimming summer camps with rotating module registration.



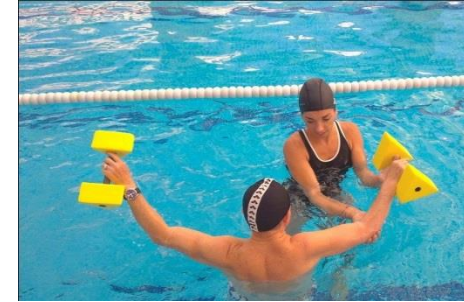
Swimming is the perfect additional option for sports training, owing to its potential as:

- A complement to training for other sports.
- A means of relaxation.
- An appealing form of recreation through physical activity.
- Physical preparation.
- A way of recovering from injury.

TRAINING OF TEACHERS AND LEADERS IN SWIMMING TUITION

Including swimming as a subject in the curriculum of studies of Universities and Colleges of Physical Education and Sport top level and above average.

Develop courses for the training and upgrading of all swimming, swimming for life for teachers and leaders.



SWIMMING APTITUDE TESTS AND CERTIFICATION

Create in each country a committee and evaluators Groups to assess the results of the tests and if they reach the right to certify all the swimming, swimming for life program. Develop in several ways the Certificados necessary to swim with the logos of the FINA and UNESCO.

SWIMMING FOR ALL, SWIMMING FOR LIFE FESTIVALS

ORGANIZE FESTIVALS OF SWIMMING IN ALL COUNTRIES AND HOLD THEM SEVERAL TIMES A YEAR, AFFORDING A RANGE OF OPTIONS, SUCH AS:

- 25 metres floating, using legs only.
- 25 and 50 metres freestyle and backstroke.
- Disability swimming.
- Exhibition of lifesaving and first aid.
- 4 x 25 freestyle and backstroke relay.
- Water volleyball
- Keeping the ball out of the water.
- Heading the ball while in the water.
- Passing the ball until another person in the middle of the circle intercepts it.
- Swimming for veterans.



ATHLETES AND EX-ATHLETES AS POPULAR LEADERS FOR TEACHING SWIMMING

GROUPS OF VETERAN SWIMMERS AS LEADERS OF THE “SWIMMING FOR ALL, SWIMMING FOR LIFE” PROGRAMME

Prepare athletes and ex-athletes as popular swimming leaders.

Help to attract children to join groups receiving swimming tuition.

Help to promote the “Swimming for All, Swimming for Life” programme.

Take part in school and college visits and community talks.

Visit other communities where there are fewer swimmers in order to promote their involvement in tuition groups and put together timetables that are suitable for students and the general population.



ALPHABETIZATION OF SWIMMING

Ingrain the concept in the target population that they are not fully prepared for life unless they know how to swim.

Alphabetization must be understood by all as a necessity and that without it, general education and culture is incomplete.

It can be promoted as a campaign coordinated with other governmental and non-governmental sectors.



FAMILY SWIMMING

The Family Swimming tuition programme creates a greater incentive, because everyone supports and helps each other, taking part in an activity which is educational and recreational for the family, with all participants being aware of the need to be able to swim.

Talks on the benefits and advantages of being able to swim can be included.

If any family member can swim, it would improve the outcome for all.

INDICATOR OF THE PERCENTAGE OF THE POPULATION THAT CAN SWIM IN EACH COUNTRY. IMPLEMENTATION OF POLLS AND INTERVIEWS, CERTIFICATION OF STATISTICS AND DATABASE

Each country must have an up-to-date database of those who can swim.

Polls and interviews can be carried out, and the observation method recorded. Comparisons can be made by age group, gender, demographics, neighborhood, community, municipality, province and country.

Responsibility for database management must lie with the Swimming Federations in each country, the National Organizing Committees, the Ministries of Sport and Education, and UNESCO National Committees.



SWIMMING ON BEACHES

TEACHING SWIMMING IN COUNTRIES WITH COASTLINES

There are many countries which enjoy beaches and tourism, leading people to come looking for sun and sand. To fully benefit from them, you need to be able to swim; this means that in addition to lifeguards, all beach areas must have teachers to show non-swimming visitors how to swim, for their safety and protection and so that they are completely happy in this superb natural environment.

These countries are most affected by the force of the sea and the strength of the wind, with the sea frequently breaking through and water levels gradually rising as a result of climate change; they are often also affected by hurricanes. For this reason, people living in these areas, especially those which are islands, must be able to swim well, since for them it is a survival method par excellence. Preserving life is the primary objective of these courses, and swimming is a crucial factor in achieving it.

PROMOTING THE “SWIMMING FOR ALL,
SWIMMING FOR LIFE” PROGRAMME
THROUGH CLIPS, COMMERCIALS AND
ADVERTISEMENTS, USING TV, RADIO,
INTERNET AND THE WRITTEN PRESS

Learning to swim helps you learn to live.

Being able to swim is not a luxury but a necessity.

Being able to swim is loving life.

Being able to swim helps you to live more and better.

Being able to swim prepares you for a better quality of life.

If you swim you will be able to solve your respiratory problems, have better physical and mental relaxation and enjoy your free time more.

Being able to swim is life insurance.