



Safety in Schools Week May 17th to 21st 2004

PBF Australia: What are you diving into?

Agency Contact person: Sarah Harrison
 Phone: (08) 9443 1777
 Fax: (08) 9443 1788
 Email: sharrison@pbfwa.com.au
 Address: 40 Salvado Road, Wembley
 Website: www.pbfne.asn.au



Activity Title What are you diving into?

Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health and Physical Education	Knowledge and Understanding	<ul style="list-style-type: none"> Identifying factors that contribute to aquatic safety. Identifying consequences of unsafe aquatic behaviour, including spinal cord injury and loss of quality of life. Identifying risk taking behaviour. Realised valued aspects of life can be lost due to serious injury from water activity
	Attitudes and values	<ul style="list-style-type: none"> Identifying risk reduction measures to minimise aquatic related injuries Participate in and committing to making wiser water choices
	Self Management Skills	<ul style="list-style-type: none"> Demonstrating effective communication with disabled members of the community. Participating in discussion about possible consequences and ways of preventing potentially risky water behaviour.
	Interpersonal Skills	<ul style="list-style-type: none"> Students identify attitudes, values and beliefs through personal communication and reflect on their own attitudes, values and beliefs that influence their responses to water related behaviours
English	Attitudes, Values & Beliefs	<ul style="list-style-type: none"> Students understand physiological processes such as movement and communication within the body.
Science - Understanding Concepts	Life and Living	

Phases of development

Can be adapted for Early & Middle Childhood as well as Early Adolescence

Activity resources required

- Information pack from PBF Australia that includes:
 - PBF Australia Aquatic safety resources (posters, coasters and brochure); Radio advertisement read by Steve Irwin (CD); Information and statistics about spinal cord injury
- CD player
- Tube of toothpaste
- Art materials for poster development / creation



Procedure

Classroom session facilitated by teacher or guest speaker from PBF Australia. (More detailed procedure in information pack)

- Provide information and insight into spinal cord injury
- Discuss the spine and its function – protection of spinal cord
- Explain to the students the role of the spinal cord within the body ie relays feeling and movement messages from the brain to other parts of the body
- Use the toothpaste to demonstrate the consistency of the spinal cord. The spinal cord is very similar to toothpaste, and is a great demonstration to the students so they can understand how fragile it is.
- Ask students if they know anyone with paraplegia / quadriplegia
- Explain to the group that some water activities are very dangerous and can cause serious spinal injury. Examples include diving head first into shallow water.
- Play the Steve Irwin Radio advertisement.
- Ask the students if they understand what Steve was saying – “if you tangle with a sandbank, you could end up with a real bad spinal injury”.
- Next ask the students for some other examples of how a spinal cord injury could happen in the water. Examples: jumping or diving from heights, hitting a submerged object etc
- Get the students to create some posters for the prevention of spinal cord injury in the aquatic environment. Get them to choose from one of the following prevention messages and create a poster based on that message - Feet First, First Time - Check the depth - Look for submerged objects - Check for sandbanks - Know the power of the water.
- Put the posters up around the classroom as a constant reminder to be safe in the water.

Community Links

How could the school involve the local community in Safety in Schools Week?

- *By coordinating with the local swimming pool or surf lifesaving club*

How could the school involve parents and seniors in Safety in Schools Week?

- *By providing parents and carers with PBF Australia Aquatic Safety information brochure to take home and read*

Policy and Procedures

Do you have safety structures and procedures in place? For example:

- Correct management of suspected spinal cord injury procedures at sports events
- Equipment such as spinal boards and cervical collars?

Other resources available

- Aquatic Safety Video titled “What are you diving into?”
- PBF’s Australia Youth Road Safety Program for Years 10-12.
- Road Safety video titled “Where are your choices taking you?”