

15 KEY ELEMENTS OF WATER COMPETENCE



1. SAFE ENTRY AND EXIT FROM THE WATER

An accidental fall or jump into open water is a common cause of drowning

2. BE ABLE TO STABILISE AND CONTROL BREATHING

Drowning because the person cannot breathe

3. LIE DOWN ON THE WATER IN A RESTING POSITION AND STAY UPRIGHT

The inability to lie on the water is due to a lack of skills or presence of fear

4. BE ABLE TO ROLL OVER FROM CHEST TO BACK AND VICE VERSA, CHANGE THE DIRECTION OF SWIMMING

In open water, the ability to swim in a straight line is not enough

5. SWIM ON THE CHEST AND ON THE BACK

Movement and reaction to specific conditions are more important than technically correct swimming

6. DIVE AND SWIM UNDERWATER

The ability to stay afloat does not guarantee the ability to dive and swim underwater

7. GET OUT OF THE WATER SAFELY

Drowning because the person cannot return to the boat or there is a slippery, steep shore, ice

8. USE LIFE JACKETS

Studies show that wearing a life jacket reduces the risk of drowning by 90 %

9. BE ABLE TO SWIM WITH AND WITHOUT CLOTHES

Clothing is an additional load and reduces swimming speed by 28–33%

10. ABLE TO SWIM IN OPEN WATER

Swimming in a swimming pool is not the same as swimming in open water

11. ASSESS ENVIRONMENTAL HAZARDS

Environmental conditions – currents, wind, bottom – can constantly change

12. BE AWARE, ASSESS RISKS, AVOID THEM

An assessment of the swimming area and the situation contributes to correct decision-making and reduces risks

13. OBJECTIVELY EVALUATE PERSONAL SKILLS

Overly optimistic self-esteem increases the risk of drowning, both for oneself and for those in one's care, such as children

14. RECOGNISE THE ACCIDENT AND HELP A DROWNING PERSON

Insufficient knowledge and skills in providing assistance endanger the life of the rescuer himself

15. BE COMPETENT IN SAFETY IN AND AROUND THE WATER

Attitude and values based on knowledge form beliefs that lead to the correct response

All 15 key elements are obligatory to increase the chances of surviving.