

## SwimSafer

[Sports Singapore](#)

### SwimSafer Programme Email Address

sport\_swimsafer@sport.gov.sg

SwimSafer is a national water safety programme in Singapore introduced in July 2010 by the National Water Safety Council (NWSC), a council appointed by the then Ministry of Community, Youth and Sports (MCYS). In 2013, NWSC transferred full ownership of SwimSafer to the Singapore Sports Council (SSC). In 2014 Manulife extended their sponsorship to Singapore Sports Council to promote SwimSafer for 3 years.

The SwimSafer programme consists of six progressive stages, each comprising 12 hours of lesson time. Survival and activity skills are taught in each stage of the programme, working progressively toward the next stage.

At the end of each stage, each child will receive a stage completion certificate indicating his/ her individual skill achievements. A badge will be awarded upon the completion of each stage.

In addition, each child will be awarded a coloured pin upon completion of each stage 4 to 6. Currently, the Singapore Lifesaving Society (SLSS) acts as SwimSafer's Secretariat, dealing with matters of assessment administrations.

SwimSafer is a national water safety programme introduced by the [National Water Safety Council \(NWSC\)](#) in July 2010 which combines both the National Survival Swimming Award (NASSA) and the Learn-To-Swim Programme (LTSP) into a progressive six-stage programme.

At the end of each stage, each child will receive a stage completion certificate indicating his/her individual skill achievements. A badge will be awarded upon the completion of each stage.

In addition, each child will be awarded a coloured pin upon completion of each stages 4 to 6.

[More about SwimSafer...](#)

Swim Safer is a national programme in Singapore, introduced by the [National Water Safety Council \(NWSC\)](#) that instructs both [swimming](#) proficiency and water survival skills is necessary in view of more than 65% of drowning incidences in Singapore (from 2005 to 2008) occurring in the seas, rivers and reservoirs.

### **SwimSafer Stage 1: Introduction to Water Skills (Swimming)**

The objective is for your child to gain confidence and develop independence in the water, as well as learn general and deep-end water safety. Techniques taught includes forward and backward movement, safe entry and exit, and introduction to personal water survival skills.

[Learn more about SwimSafer Stage 1](#)

### **SwimSafer Stage 2: Fundamental Water Skills (Swimming)**

General skills development will include unassisted step entry into water, sculling, feet-first surface dives, personal water safety skills and water safety awareness in an aquatic environment. Your child will be encouraged to achieve 25 metres of continuous swim.

[Learn more about SwimSafer Stage 2](#)

### **SwimSafer Stage 3: Personal Water Survival and Swimming Stroke Development Skills**

Principles of personal water survival and basic rescue skills will be taught. Your child will demonstrate proficiency in sculling, underwater skills, and the use of a Personal Floatation Device. Your child will be encouraged to achieve 50 metres of continuous swim.

[Learn more about SwimSafer Stage 3](#)

### **SwimSafer Bronze (Stage 4): Personal Water Survival and Swimming Stroke Improvement Skills**

Development of your child's stroke techniques will be a focus here, along with coordinated breathing in deep water while swimming 100 metres. Principles of water craft safety will be introduced, as well as continual work on rescue and personal water survival skills.

[Learn more about SwimSafer Bronze](#)

### **SwimSafer Silver (Stage 5): Intermediate Personal Water Survival and Swimming Stroke Refinement Skills**

Fundamentals of diving will be introduced. Development of rescue skills and personal water survival skills will also continue at more advanced levels. Your child will be required to demonstrate efficient swimming stroke techniques to complete stage 5 before progressing to stage 6.

[Learn more about SwimSafer Silver](#)

### **SwimSafer Gold (Stage 6): Advanced Personal Water Survival and Swimming Skills Proficiency**

Your child will be required to perform strokes with greater ease, efficiency, power and smoothness, swimming over 400 metres. Rescue skills and water safety knowledge will focus on lifesaving readiness. Standing dive and advanced personal water survival skills will continue to be taught.

[Learn more about SwimSafer Gold](#)