



WATER SAFETY AT ST BENEDICT'S

Make every Bennies Boy a Swimmer

Junior Preparatory Level

The "Make every Bennies boy a Swimmer" initiative is in place to ensure that St Benedict's is doing its part in preparing all our boys for aquatic environments like pools, rivers and dams. Similarly, our boys need to be fully prepared to participate in school sports such as rowing, swimming and waterpolo.

At Junior Preparatory level, every Grade R, 1 and 2 boy has Learn to Swim lessons with qualified LTS instructors. These lessons take place weekly as part of the school program in Term 1 and 3. These lessons are provided free-of-charge and do not come at an additional cost to parents.

At the Term 3 gala, Gr 2 boys who are still needing kicker boards and noodles will be identified. Parents will be asked to arrange private lessons (preferably through St Benedict's Learn To Swim Programme) and boys will be monitored to ensure they can swim a length by the end of Gr 3.

At Grade 3 level, every boy is asked to swim at least one length of the Junior Preparatory pool to double-check that they are water safe. This is also an opportunity for boys to trial for our competitive swimming and polo program.

If a boy does not pass the water safety test at Grade 3 level, we ask his parents to enrol in the afternoon LTS program that is offered at Dynamo Aquatics.

Grade 8 Boys

A number of new boys start at St Benedict's at Grade 8 level. Grade 8 swimming trials take place before the boys depart for camp on the first day of school. This allows us to make sure that boys are water safe and to note those who are unable to swim across the pool. The boys are referred to the Dynamo Learn To Swim Program.

We have had a number of success stories at this level and it often included novice rowers who are now water safe after they could not swim at all at the rowing orientation camp.



Rowing - Water Safety

Our Rowing Program ensures that every boy is able to swim prior to being placed on the water in a single scull or double, where the threat of tipping is far greater than a larger boat class. Any boy that joins St Benedict's Rowing is required to complete a sculling test under the supervision of a coach. If any rower is unable to swim, we enroll them in the St Benedict's learn to swim program, funded by the Rowing Club.

The Sculling Test comprises of the following:

1. In a scull, row out 50m from the bank
2. Turn the boat a full 360 degrees
3. Capsize the boat
4. Swim 50m away from the boat
5. Swim back to the boat
6. Turn the boat right way up
7. Climb back into the boat
8. Return the boat to the bank

Furthermore, we use safety launches that follow the crews on the water during training days. During regatta days, the regatta organiser pays for the services of water rescue, who follow races down and provide immediate support to any capsized boats. All our rowing boats are fitted with quick release footstraps, as to allow boys to quickly remove their feet from the boat, should their boat capsize.

Swimming - Water Safety

Our swimming water safety program includes a partnership with the Johannesburg Children's Home that was started in 2017. Every second Saturday morning, our swimming team boys - under the supervision of qualified instructors - complete their community service hours by teaching the Learn To Swim programme to the children.

Water Polo - Water Safety

Due to the nature of the sport all water polo players are very competent swimmers and very comfortable in the water. A register is taken before all practices. All practices are supervised by one or more coaches and strict coaching practices are followed at all times. All water polo players are taught from early on to be aware of injuries, trauma and players in trouble in the water.

There are qualified first aiders at all fixtures and tournaments and there are first aid kits available at all training sessions. There are step ladders for easy exit out of the pool.

Water Facilities and Safety at St Benedict's

Pools all have lockable gates

Rescue tubes are installed (2 x 50m pool, 2 x 25m pool, 1 x Parnassus pool, 1 x JPrep pool)

