



***Drowning
Prevention
Auckland***



***Drowning
Prevention
Aotearoa***

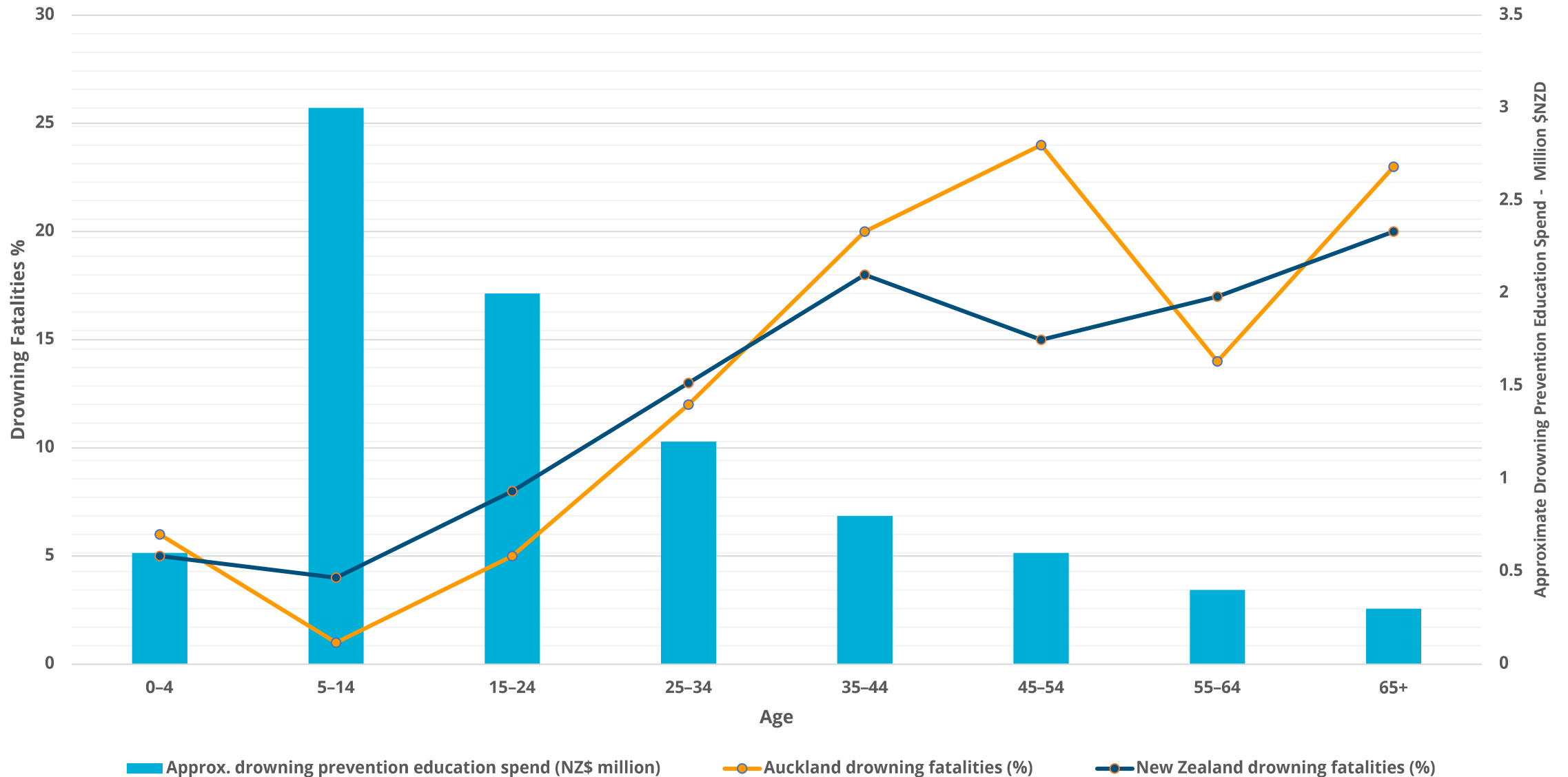
Adult Water Competency Research

→ Aquatic WoF

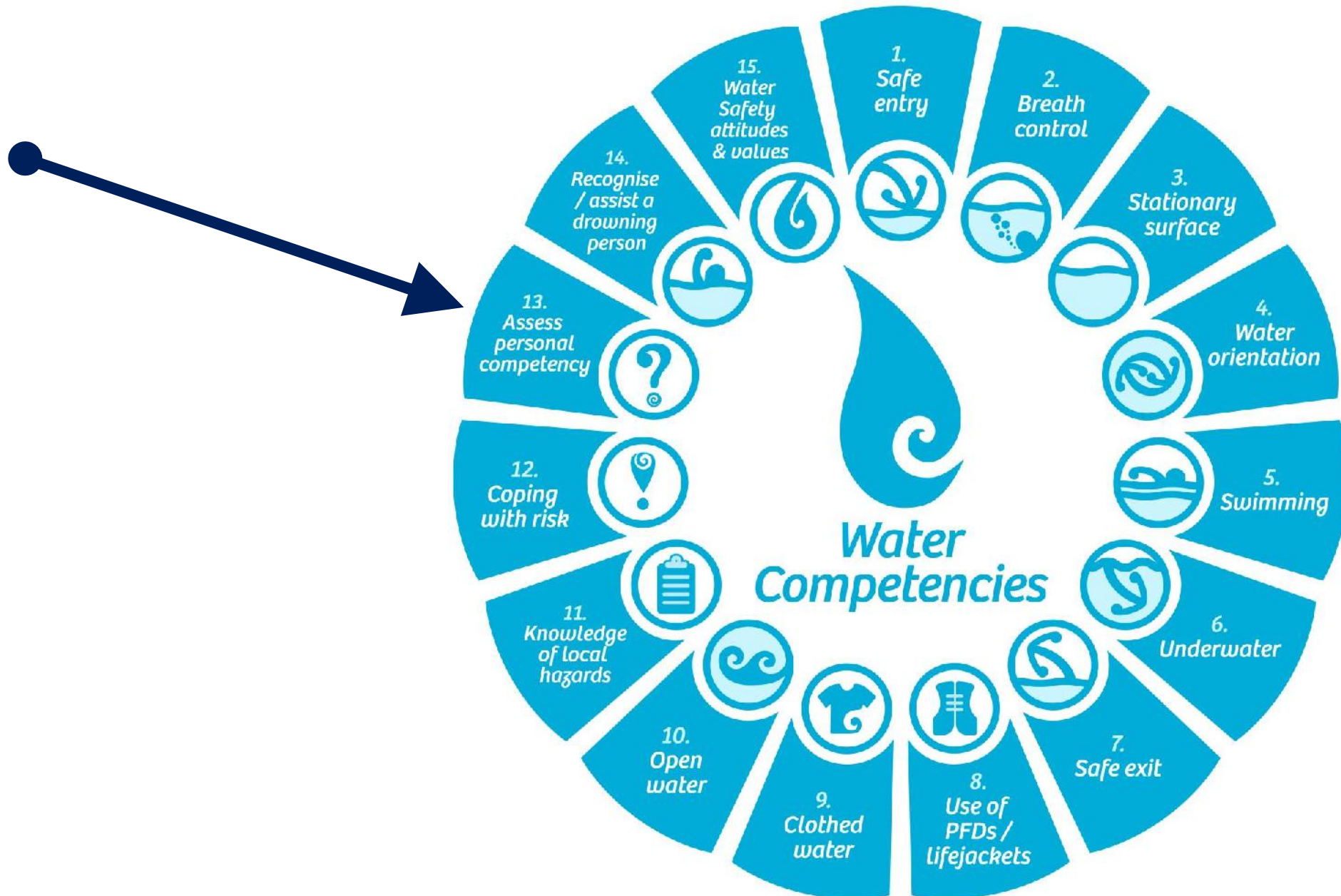
Dr Teresa Stanley

Adults are missing out

Drowning Fatalities Rise Across Older Age Groups as Prevention Investment Falls



Water Competencies for Drowning Prevention



Structure of Studies

1

Water Competency
Perceptions
Parents and their Children

2

Water Competency
Perceptions
Māori and Pasifika

3

Water Competency
Perceptions
Older People (65+)

4

Perceived vs Actual Water
Competency
Adults

4: Perceived and Actual Adult Water Competence in Open Water



Research Objectives:

- Perceived levels of water competencies
- Actual water competencies – closed pool and open water environment
- Drowning risk perceptions
- Relationships between perceptions of drowning risk and perceived and actual water competencies

Conclusions



Pre



Post



- Increased risk awareness
- Increased levels of perceived water competence
- Increase in 'unsafe' attitudes

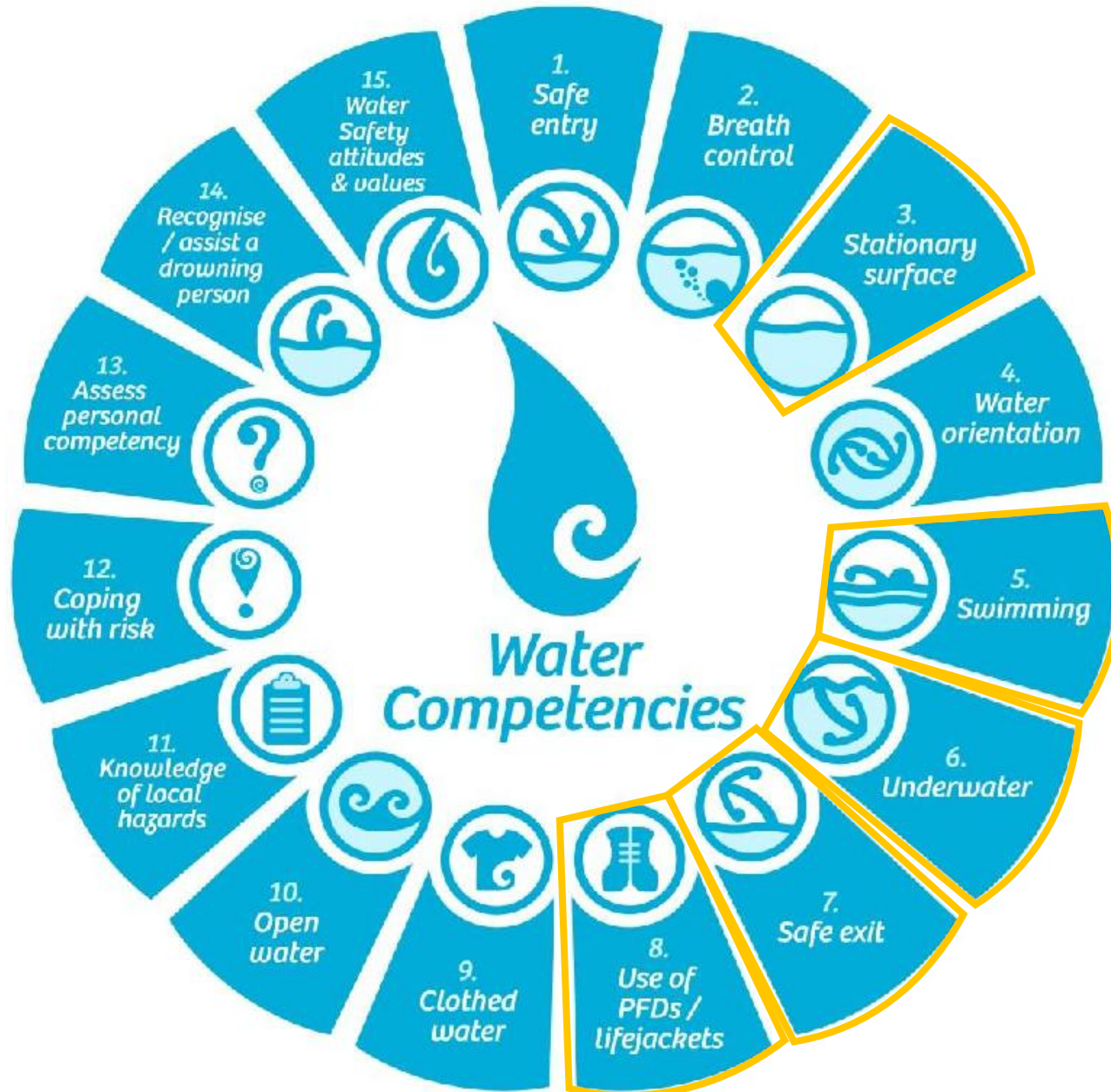
Pool competencies $\neq$ open water competencies



“The problem is not so much that people are unable to swim or float, but they are unable to swim or float as well as they thought they could.”

Stanley, 2021

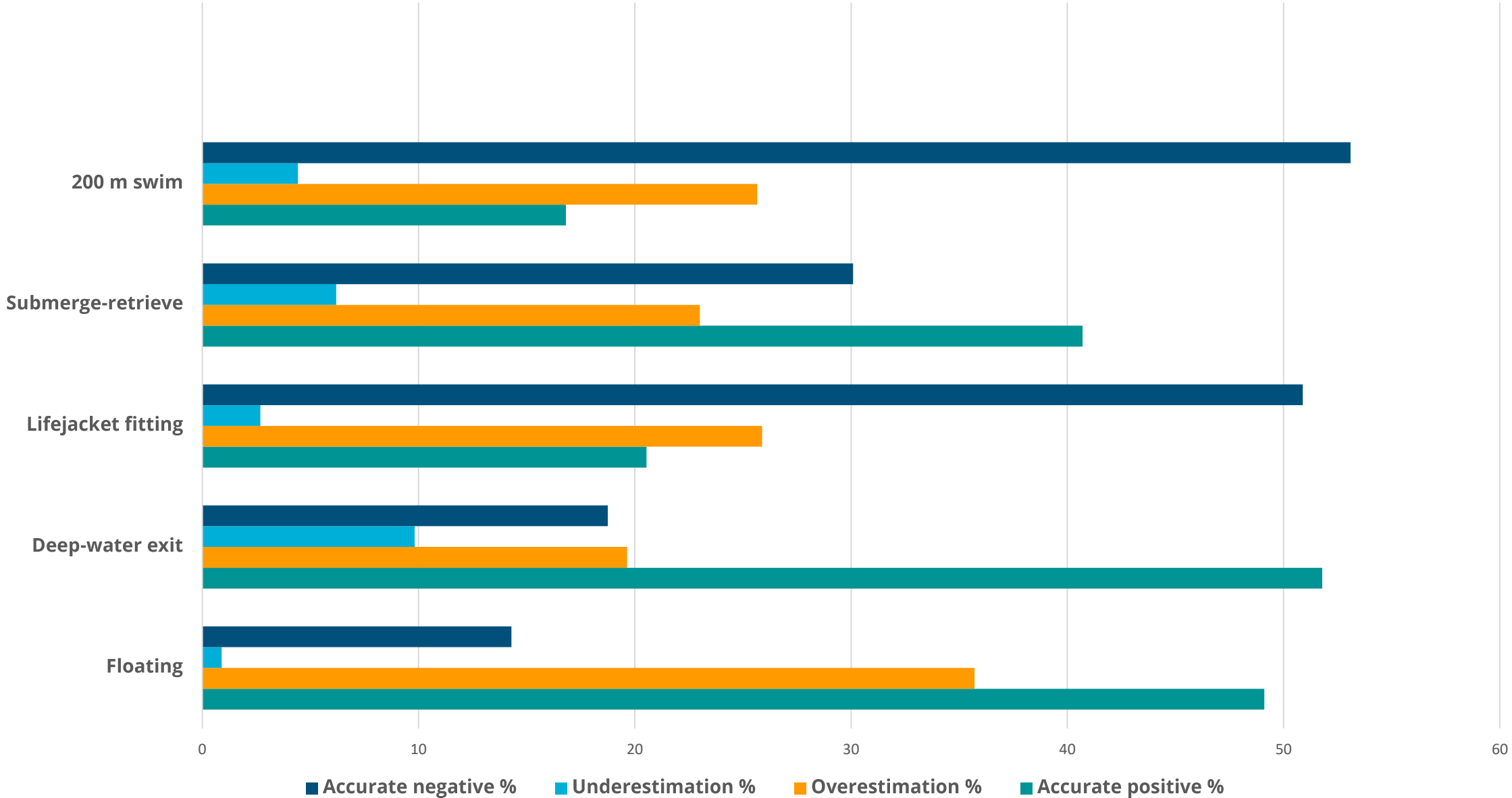
Aquatic WoF - How it works



→ Pre-instruction practical test
→ Individual feedback, tips and instruction
→ Post-survey
→ Post-instruction practical test

- 5 Water competencies:
- Floating
- Deep-water exit
- Fitting a lifejacket in deep water
- Five-minute continuous swim
- Submerging and retrieving an object

Perceived Versus Demonstrated Water Competence



Aquatic WoF Results: Practical Testing Revealed Gaps and Rapid Improvement

113

analysed participant records



1.70

largest mean practical score gain
Lifejacket fitting



36%

largest baseline overestimation
Floating



53%

largest No-to-Yes shift
Lifejacket fitting

“The programme did more than improve skills - it helped participants better understand what they could and could not safely do.”



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Ngā mihi

Final thought

dpanz.org.nz