

Safety When It Matters

2018-19 Annual Review



Volunteer SWIM Cambodia trainers

Introduction

Safety When It Matters (SWIM Cambodia) is a UK charity working to reduce child drowning and drowning injury in Cambodia. SWIM Cambodia develops partnerships with non-governmental organisations (NGO) to train Cambodian teachers and volunteers to deliver drowning prevention interventions in the classroom, teaching water safety awareness, safe rescue and resuscitation skills.

Contents

Page 1	Introduction
Page 3	Achievement Summary 2018-19
Page 4	Drowning in Cambodia
Page 5	Drowning Prevention Work Water Safety Education Teaching Resuscitation
Page 7-9	Partnership Development Feedback
Page 10-11	Monitoring & Evaluation Water Safety Survey
Page 12	Volunteers Trustees
Page 13	Financial Activities 2018/19
Page 14	Future Plans
Page 14-15	Acknowledgements and thanks
Page 16	References and photograph information



Achievement Summary 2018-19

SWIM Cambodia achieved the following:

- **2413** children educated in water safety awareness, safe rescue and resuscitation skills
- **395** adult caregivers taught water safety awareness, safe rescue and resuscitation
- **30** teachers and volunteers trained and mobilised by SWIM Cambodia
- A total of **2838** beneficiaries understanding drowning risk and water safety awareness as well as developing bystander skills in lifesaving interventions.



SWIM Cambodia teaching safe rescue skills and the importance of teamwork

Drowning in Cambodia

- 2094 Cambodian children die from drowning each year.
- On average 6 children die from drowning every day, in Cambodia that is one child every 4 hours
- 95% of children over the age 4 who died from drowning could not swim.
- Children who drown often receive ineffective resuscitation methods
- Lack of quality and timely CPR often result in death or long-term brain injury
- Official numbers of drowning mortality in Cambodia under-estimate the real burden of drowning as relying on hospital data and police records. However, the majority of those who drown in Cambodia are not sent to hospital.¹



SWIM Cambodia teaching water safety awareness

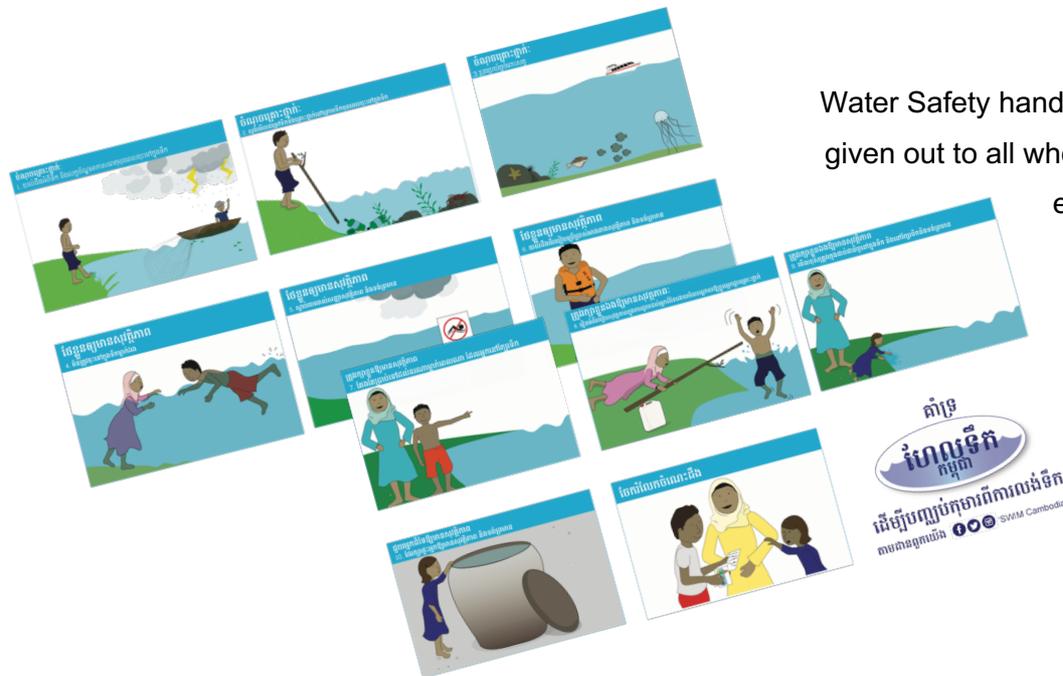
Drowning Prevention Work

Safety When It Matters (SWIM Cambodia) is a UK charity working to reduce child drowning and drowning injury in Cambodia. SWIM Cambodia registered as a UK charity (charitable incorporated organisation) in April 2015 aims to achieve this by the following objectives: 1. The advancement of health and the saving of lives by the provision of teaching and training in water safety, swimming instruction and rescue and response skills including Cardiopulmonary Resuscitation (CPR). 2. The advancement of physical education through the medium of swimming and life-saving interventions.

This year, 2018/19 sees the highest number of drowning prevention interventions achieved so far with 2838 educated in drowning prevention and lifesaving interventions. This is an increase of 140% on last year's total of 1180 beneficiaries. However, there is still much more to do towards teaching more cohorts of children who are at risk of drowning in Cambodia.

Water Safety Education

The Water Safety education is based on the Aquatic Survival Programme² for teaching classes of children and adult caregivers. Key water safety messages are depicted through large flash cards, separated into three themes; 1. Spot the dangers 2. Keep yourself safe and 3. Keep others safe. Real-life objects, such as rope, sticks, life jackets and water containers are used to demonstrate rescue methods which improve safety. In the classroom, students are encouraged to act out each method of rescue to prevent multiple drownings, which is commonplace in Cambodia. The education has been translated and contextualised for use in Cambodia. We are currently working with a Cambodian illustrator and the trainer team to ensure resources are as effective as possible.



Water Safety hand-outs are given out to all who receive education

Teaching Resuscitation

Cardio-Pulmonary Resuscitation (CPR) skills are taught using a RNLI First Aid manual designed for low- and middle-income countries following European Resuscitation Council guidelines for drowning. The majority of people in Cambodia do not follow evidenced-based resuscitation methods and attempt ineffective traditional methods. Traditional methods include hanging the person up by the legs, putting the non-responsive person over the shoulder and running around in a circle. Our trainers try to minimise the social barriers to evidence-based resuscitation by encouraging discussion around fears with set questions and prompts. The SWIM Cambodia trainers encourage each class to practice various drowning scenarios.



Partnership Development

SWIM Cambodia activities are achieved through developing new and existing partnerships. Cambodian professionals from iCAN British International School (iCAN) were trained up in 2016/17 to deliver education and from SWIM Cambodia developed a train the trainer team to instruct new teams of educators. Since 2016/17 two Youth Star volunteer cohorts have been trained to deliver education, with each cohort delivering for one year. In August 2018 SWIM Cambodia trainers from iCAN School delivered teacher training to a new Youth Star cohort (G26 a & b) of 15 volunteers who went on to deliver education in Kampong Trabaek district in Prey Veng province.



SWIM Cambodia delivering teacher training to Youth Star volunteers

During this year, SWIM Cambodia formed an agreement with Helpcode an Italian International NGO for drowning prevention education delivery. Helpcode who have been working on child protection and education since 2006 in the coastal provinces of Sihanoukville, Koh Kong, Kep, Kampot and Kandal, working with 22 schools supporting education including teaching water, sanitation and hygiene (WASH).

Drowning Prevention and WASH education interventions complement each other, as the drowning risk is greater in areas where there is less access to clean water and sanitation.

In July 2018, three SWIM Cambodia trainers instructed a new team of four Helpcode teachers to deliver education in 4 schools where they work. Helpcode teachers received training over 2 days and trustee, observed practice and teaching to take place at Starfish Indochine and Cambodian Children's Fund's (CCF) Neeson Cripps Academy.



SWIM Cambodia trainers with Helpcode teachers

Following a successful year of Helpcode teaching, we are working on a proposal for a survival swimming project. The proposal is for a coastal survival swimming project. It is planned to teach children from local schools where Helpcode already teach.

The training of new teams during 2018/19 were carried out by four Cambodian SWIM Cambodia trainers from iCAN British International School. These trainers were selected for new teacher training work, following observed practice and feedback given to the team based from iCAN.

Of the 2766 educated, 918 were educated by Youth Star, 970 by trainers from iCAN School and 849 educated through Helpcode. The SWIM Cambodia trustees decided to explore new partnerships to enable water safety education to greater numbers of children and adult caregivers. Conrad Foote met with a large international NGO in Cambodia to discuss a project proposal; this was halted by the NGO with a National emergency. Work will continue to explore SWIM Cambodia in a co-design water safety programme. The trustee also met with the leadership team of the Scouts movement at the Ministry of Education, Youth & Sport, where they are based. An agreement could not be reached for a number of reasons. The SWIM Cambodia trustees continue to contact NGO's to explore partnerships for education delivery.

Positive Feedback

Since I have been involved with SWIM Cambodia, I have been leading the Water Safety and CPR training to the children, youth and parents in our local community. I believe that it is really interesting and important. Not only are the volunteer trainers inspired to deliver the training but also the participants are really happy to join-in and learn these important life skills and knowledge. I can see their smiles, they love the teaching conducted by our volunteers' trainers, you can see through the photos we share. I found many cases [after children have drowned] in social media where Cambodian people helped children with drowning in the wrong way, and those children could not be saved by that wrong [traditional] method. However, I hope the people when they are more aware will know how to keep themselves safe and also be able to help others keep safe as well.

Thang Makara, Program Officer for Youth Star

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On behalf of Indochina Starfish Foundation (ISF), I would like to express sincerely thanks to you and your team for your amazing training on water safety and first aid skills provided to our students yesterday. My team and all the students who attended the training yesterday, really enjoyed learning with you all and they have well understood the important knowledge. Once again, thank you very much for your hard work and commitment in providing this training to students at ISF.

Best regards,

Seiha Kong, Operations Manager | Indochina Starfish Foundation

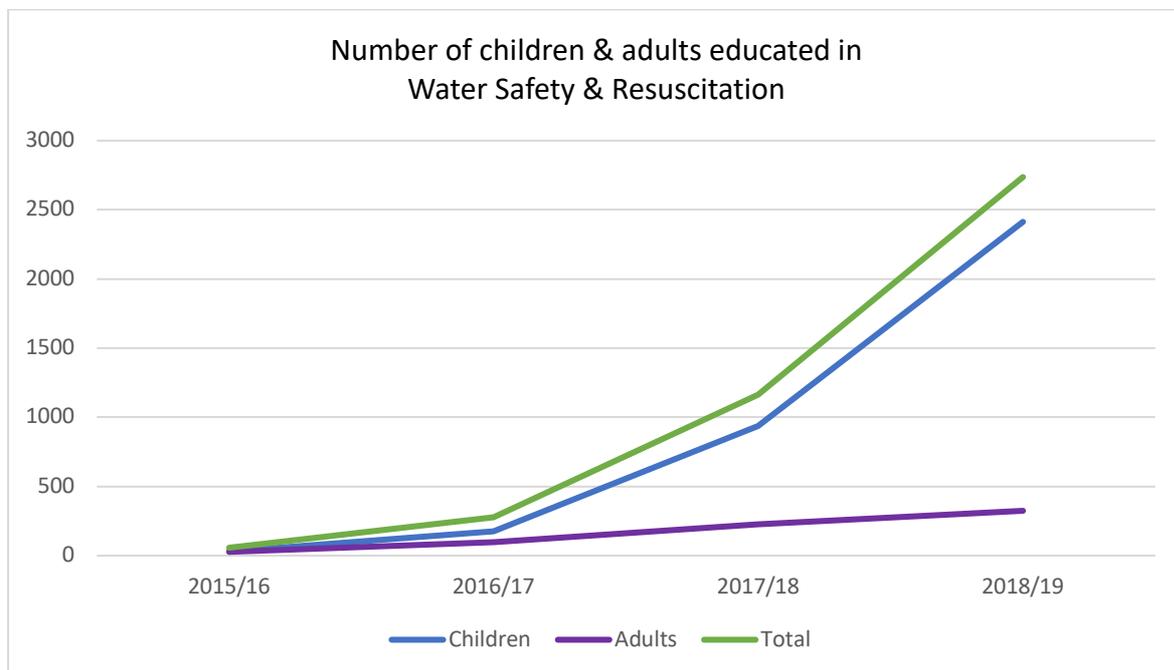
Monitoring & Evaluation

Education numbers 2016- April 2019

- 30 teachers & volunteers mobilised as SWIM Cambodia trainers
- 4234 people educated in water safety, safe rescue & resuscitation skills
- 3559 children & 675 adults equipped to keep children safe from drowning

Year Totals

	2016/17	2017/18	2018/19
Trainers	6	16	30
Children	177	939	2413
Adults	99	225	395
Total	282	1180	2838



Water Safety Survey

SWIM Cambodia works with various drowning prevention organisations in the design and delivery of the Aquatic Survival Programme (ASP)². The ASP steering group meets to compare findings and share best practice which informs water safety education adapted for various low-and middle-income countries (LMIC). Cambodian SWIM Cambodia trainers are taught basic monitoring and evaluation, measuring the effectiveness of education towards evidencing behaviour change and decreasing drowning risk. Before commencing education is delivered, SWIM Cambodia educators and trainers use randomised sampling to select five children from each class to complete a questionnaire on demographics and water safety education. Demographic questions are asked to explore behaviours, activities and drowning risk of the children in and around water. The children are also asked set questions to determine their knowledge around Water Safety. Khmer volunteer SWIM Cambodia trainers conduct each interview out of earshot of the other children to minimise bias.

The quality of some of the data was questioned where a number of children gave perfect answers to each of the set questions on water safety in a particular setting. Professional curiosity led the trustees to ask questions about how the interview was conducted. It was found that some educators had been either giving children the answers through various methods. All partners were contacted to restate the correct procedure for interviews and monitoring training was revised for new teams. A number of children had to be removed from the study where it was found that children had received this bias. Another challenge was contacting the same children for re-interview following six months. It was decided that we will design a new set of interview questions and methodology with the second survey. The findings of the Water Safety Survey will be reported later this year.

Volunteers

The SWIM Cambodia trainer team are unpaid volunteers based from iCAN British International School. SWIM Cambodia trainers have developed their knowledge and skills in drowning prevention, water safety and bystanders' skills, increasing in confidence as teachers. As a result, 12 trainers were passed as 'Lead trainers' in 2018, and five lead trainers went on to train other teams.

Capacity has been a challenge for volunteer co-ordinators with their professional workloads outside of SWIM Cambodia. Because of this, three co-ordinators are now in place to ensure sustainability. SWIM Cambodia will be working to recruit new volunteer coordinators who are experienced in partnership development to arrange educations with new schools and organisations. Trustees discussed a co-ordinator as a paid role, but this could only be viable following SWIM Cambodia's registration as a Cambodian or International NGO. The SWIM Cambodia trustees agreed to work towards registration of SWIM Cambodia as a National NGO in Cambodia. This will enable SWIM Cambodia to employ staff, build partnerships with larger NGO's and enter into education delivery agreements with government ministries. SWIM Cambodia worked to recruit unpaid trustees (called directors in Cambodia) in Cambodia for the formation of a national NGO in Cambodia. Various SWIM Cambodia trainers were encouraged to become directors, but none felt confident or that they had enough capacity to fulfil the role. Two SWIM Cambodia trustees met with an experienced Cambodian director to ask for advice around recruitment. Trustees will continue attempts to recruit unpaid directors.

Trustees

Safety When It Matters is currently led by four trustees, Conrad Foote, Adele Peers, Noel Matthews and Dan Graham. In order to progress further, SWIM Cambodia are looking to recruit suitable trustees with particular skills including monitoring, fundraising and marketing.

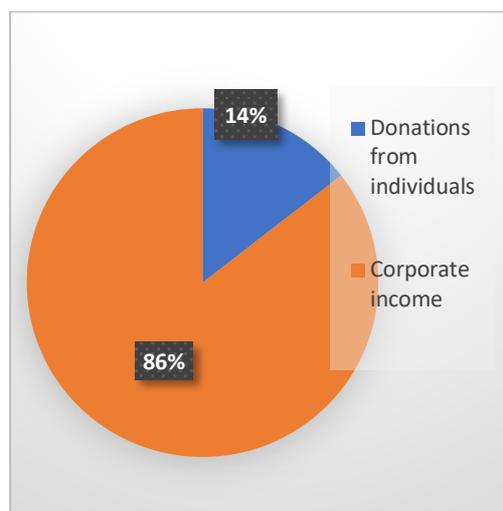
Financial Activities 2018/19

			2018/19	2017/18
Brought forward			14445.77	9208.00
Income from generated funds	Restricted	Unrestricted	£	£
Donations from individuals	0.00	1690.55	1690.55	8447.00
Corporate income		10000.00	10000.00	0.00
Donor Funds	0.00	0.00	0.00	0.00
Total	0.00	11690.55	11690.55	8447.00

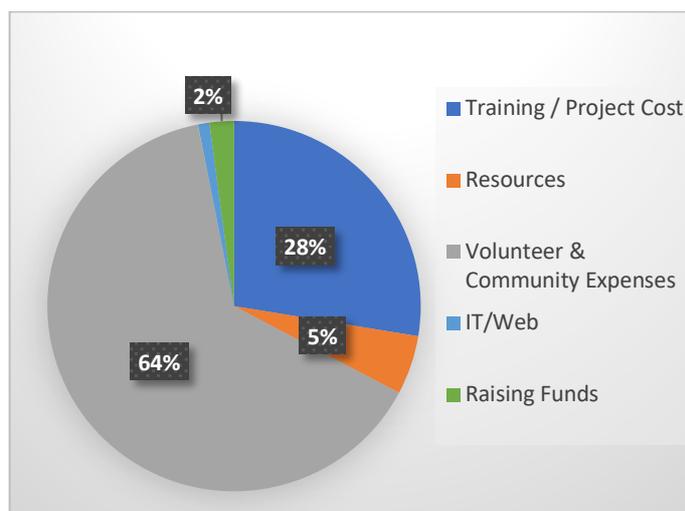
Expenditure	£	£
Training /Project Cost	953.00	1053.00
Resources	178.00	1178.00
Volunteer / Community Expenses	2214.00	511.00
Bank Charges	0.70	18.00
IT/Web	34.00	239.00
Raising Funds	73.00	141.00
Total	3452.70	3140.00

Income	11690.55	8447.00
Expenditure	3452.70	3140.00
Total	22682.83	14446.00

Income



Expenditure



Future Plans:

Trustees will review SWIM Cambodia's vision, mission and goals for the next five years. All work is delivered through volunteers and through training other organisations. We understand that we will be able to achieve teaching of larger numbers with NGO status in Cambodia. Therefore, trustees will continue to work towards becoming operational in Cambodia as an NGO by 2020 with particular efforts in enrolling new Cambodian volunteer coordinators and Cambodian trustees.

Acknowledgements and Thanks

SWIM Cambodia trustees, coordinators and trainers are very grateful to all those who have raised funds for SWIM Cambodia. In particular, we would like to thank:

- Speedo International for their continued support through [Swim Generation](#).
- iCAN British International School, who raised money and awareness through their musical production of 'Grease' for children and parents.
- International Water Safety Foundation, who organised the 2nd Tread-a-thon
- Cannock Chase Circuit Network and the Methodist Women of Britain who donated funds raised through various events.
- Paul Hemnell who ran the Liverpool half marathon for SWIM Cambodia
- All of our supporters who gave money to help our work continue and grow.

Thank you to iCAN British International School

Coordinator /Trainers: Ith Srey Neath, Chanleakena Soth and Sorn Ramo

Trainers: Sopheap Keo, Khong Sökkorn, Ouk Lakhena, Yan Dam, Run Kimthan, Meas Saapich, and Pol Sreynuch. Thank you to Lori Hastings (Principal), Sophak Chhim (School Coordinator) and David Hunt (Vice Principal) for making this work possible.

Thank you to Youth Star

Program Officer/trainer: Thang Makra. Volunteer teachers from G26 a & b: Mork Mork Somaly, Men Malen, Sok Makara, Peang Sopheany, Sar Rasmeay, Soum Sokchheangheng, Mr. Ho Samnang, Mr. Ouch Koemhok, Ms. Kloth Dara, Ms. Neat Soverthy, Mr. Am Vuthy, Ms. Phaekdey Srey Noch, Mr. Vun Choeurng, Ms. Lors, Chomreun and Mr. Am Lac. Thank you to Sharon Wilkinson (Director), Luy Tech Chheng (Program Director) and Thang Makra (Program Officer) for making this work possible.

Thank you to Helpcode

Teachers: Harry Lao, Kosal Chuon, Chanty Prak, Peou May
Thank you to Stefania Pirani (Country Director) for making this work possible.

The SWIM Cambodia trustees would like to thank all who give their time to the coordinate and deliver drowning prevention and interventions in Cambodia. We would also like to thank all who continue to support our work through generous donations. Thank you all!

Kind regards,

Conrad Foote, Dan Graham, Adele Peers and Noel Matthews

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References

- 1 Linnan, Reinten & Rui Wei, The Alliance for Safe Children. The technical report on Child Injury in Cambodia. A final report to UNICEF Cambodia on the 2007 Cambodian Accident and Injury Survey (CAIS), 2009
1. RNLI Aquatic Survival Programme, 2017
<https://rnli.org/what-we-do/international/international-resources>

Photos

Page number:

- 1, 2, 4 & 6 SWIM Cambodia trainers teaching children from Cambodia Children's Fund (CCCF) at the Neeson Cripps Academy (NCA)
3. SWIM Cambodia trainers teaching children supported by the USA Peace Corps
4. SWIM Cambodia delivering teacher training for new Youth Star volunteers
8. SWIM Cambodia trainers with newly trained teachers from Helpcode