

ERASMUS + AquaSafe Kids

Period 2026 - 2028

The AquaSafe Kids (ASK) project aims to promote health-enhancing physical activity (HEPA) and increase participation in sports by integrating structured, high-quality swimming education into school curricula across Europe. The project directly addresses the Erasmus+ priority of encouraging healthy lifestyles by ensuring children engage in regular physical activity through swimming, fostering lifelong fitness habits and reducing sedentary behaviour.

ASK also promotes social inclusion, ensuring equal access for disadvantaged children and those with disabilities through adaptive teaching methods and accessible facilities.

ASK will be implemented through a structured work plan, including the development of an inclusive swimming curriculum, the creation of a digital platform, and pilot testing in multiple European regions to refine and adapt the program to diverse local contexts.

The project's Water Education Toolkit (WET) and Water Safety Organizational Toolkit (WOT) will provide educators and local authorities with the necessary resources to implement sustainable and effective aquatic education programs.

The project is aligned with key EU policies, including the EU Work Plan for Sport (2024–2027), the HealthyLifestyle4All initiative, and the European Week of Sport, contributing to grassroots sport development and HEPA promotion. Supported by European Aquatics and Special Olympics, ASK fosters cross-border cooperation and the exchange of best practices, ensuring a strong transnational dimension and the scalability of results beyond the project's duration. Through collaboration with schools, local authorities, and sports federations, ASK will provide structured swimming programs, innovative digital tools, and certified instructor training, ensuring long-term sustainability. By embedding swimming into physical education, the project will enhance children's health, confidence, and safety, making aquatic education an integral part of active and healthy lifestyles across EU.

2 - Participants

1 AQUATIC SPORTS ASSOCIATION OF MALTA Malta Coordinator

2 Croatian swimming federation Croatia Partner

3 Eesti Ujumisliit EE Partner

4 SVEUCILISTE U ZAGREBU Croatia Partner

5 Österreichischer Schwimmverband (Austrian Swimming F Austria Partner

6 SPORT MALTA MT Partner

7 Magyar Úszó Szövetség HU Partner

8 Georgian Aquatic Sports National Federation GE Partner

9 European Aquatics CH Associated

10 André Ricardo Almeida Rodrigues, Unipessoal, Lda PT Partner

11 BULGARSKA FEDERATSIYA PLUVNI SPORTOVE BG Partner

Work Package Overview

WP1: Project Management and Coordination

Objective: to ensure smooth coordination, monitoring, and risk management across the entire project.

- o Task 1.1: Project Coordination and Administration – overseeing the project's day-to-day operations, ensuring that activities are carried out within the scope, budget, and timeline.
- o Task 1.2: Risk Management – identification and mitigation of potential risks affecting project execution and impact.
- o Task 1.3: Monitoring and Evaluation (M&E) – regularly tracking progress against KPIs and adjusting the project as necessary to meet objectives.
- o Task 1.4: Financial Management – maintaining a transparent and efficient financial system, ensuring proper allocation and utilization of resources.

Deliverables:

- o D1.1: Bi-monthly M&E Reports, including financial updates and progress summaries
- o D1.2: Risk Assessment and Mitigation Plan
- o D1.3: Financial Reports and Budget Control Statements

WP2: Curriculum Development

Objective: to design and standardize the aquatic education toolkit for schools and instructors, including a certification program for swim educators.

- o Task 2.1: Development of the Water Education Toolkit (WET) – creating standardized instructional materials for instructors.
- o Task 2.2: Curriculum Design for Schools – tailoring the curriculum to various age groups and abilities, ensuring inclusivity, and promoting water safety.

- o Task 2.3: Certification Program Design – designing a comprehensive certification program for swim instructors to ensure quality teaching and consistency across Europe.

Deliverables:

- o D2.1: Finalized Water Education Toolkit (WET)
- o D2.2: Integrated School Curriculum and Educator Certification Program

WP3: Pilot Testing

Objective: to test the curriculum and toolkit across EU countries, gather feedback, and refine the project components.

- o Task 3.1: Selection of Pilot Locations – identifying diverse regions for pilot testing, in the partner countries, coordinated by the National Federations, ensuring varied demographics and contexts.

- o Task 3.2: Pilot Implementation – launching the curriculum, toolkit, and digital platform in selected schools and communities.

- o Task 3.3: Feedback Collection and Analysis – gathering feedback from educators, students, and parents to evaluate effectiveness and identify areas for improvement.

Deliverables:

- o D3.1: Pilot Implementation Report
- o D3.2: Finalized Curriculum and Toolkit

WP4: Digital Platform Development

Objective: to create a digital platform that includes a gamified app for learning, progress tracking, and engagement.

- o Task 4.1: Mobile Application Development – design and development of a userfriendly app that facilitates swimming lessons, tracks progress and provides engaging content.

- o Task 4.2: Integration of Gamification Features – including interactive games and challenges that enhance motivation and learning.

- o Task 4.3: Data Analytics Integration – enabling real-time tracking of progress and generating reports to evaluate outcomes and identify areas for improvement.

Deliverables:

- o D4.1: Fully Functional Mobile App with Gamification Features

- o D4.2: Data analytics and progress tracking functionalities

WP5: Dissemination and Impact

Objective: to promote the project, engage stakeholders, and ensure widespread awareness and adoption of the results.

- o Task 5.1: Dissemination Strategy and Planning – identifying and engaging with relevant stakeholders (schools, local authorities, sports federations, NGOs).
- o Task 5.2: Stakeholder Engagement and Public Events– organizing campaigns, webinars, and conferences to raise awareness about the project’s goals and outcomes.
- o Task 5.3: Communication Campaign and Online Presence – producing a final dissemination report and sharing the results through conferences, publications, and digital platforms.

Deliverables:

- o D5.1: Stakeholder Engagement Plan
- o D5.2: Public Awareness Campaign Materials (brochures, social media posts, etc.)
- o D5.3: Final Dissemination Report

Training, Teaching, and Learning Activities in the ASK Project

The ASK project includes structured training, teaching, and learning activities that are strategically designed to meet the project’s objectives, ensuring that participants gain the necessary skills, knowledge, and certification to promote aquatic education effectively. The project follows best practices in training delivery, ensuring accessibility, quality, and alignment with European transparency and recognition tools. Training activities in ASK are designed to directly support the project’s specific objectives and ensure the effective implementation of structured swimming education across Europe. The approach involves a multi-tiered training system, targeting teachers, swimming instructors, and local stakeholders, ensuring that all individuals involved in aquatic education are well-prepared and equipped with standardized methodologies.

Target Participants & Profiles:

- swimming instructors and educators (physical education teachers, sports coaches, aquatic trainers) who will implement the Water Education Toolkit (WET) in schools and swimming facilities;
- school administrators and policymakers who will oversee the integration of swimming into physical education programs;

- local authorities and pool managers responsible for managing facilities and ensuring compliance with water safety standards;
- grassroots sports organizations and community coaches who will work in underserved and disadvantaged communities.

Alignment with Objectives:

- supports SO1 & SO2 by ensuring educators are well-trained to deliver structured swimming lessons and promote physical activity through aquatic education;
- supports SO3 by including adaptive teaching methods for children with disabilities, ensuring inclusivity
- supports SO4 by piloting and refining the training program across multiple regions before full implementation;
- supports SO5 by leveraging digital tools for training delivery and monitoring learning outcomes.

To ensure the effective organization and implementation of training activities, ASK follows a structured and well-managed training framework with clearly defined responsibilities, quality assurance measures, and practical support systems:

Structured Training Delivery:

- training will be conducted through a combination of in-person workshops, online modules, and peer learning activities;
- a blended learning approach will be used, incorporating face-to-face instruction with digital learning tools, ensuring accessibility for participants from different regions;
- training will follow the European Qualifications Framework (EQF) principles, ensuring alignment with recognized competency standards in sports education.

Resource Development & Accessibility:

- a standardized Water Education Toolkit (WET) will be developed, including training manuals, lesson plans, and practical teaching resources for instructors;
- a digital platform will provide online access to training materials, self-paced modules, and interactive learning content, enhancing flexibility for trainees;
- the training curriculum will be adapted for different proficiency levels, allowing scalability and wider adoption across varying institutional needs.

Support for Participants & Capacity Building:

- trainers and instructors will receive continuous mentorship and coaching, ensuring sustained knowledge transfer and skill development;
- a certification system will be established, providing official recognition of acquired skills, ensuring that trained professionals can apply their expertise within the European sports and education sectors;
- regional training hubs will be set up, where trainers will receive in-person guidance, enhancing knowledge exchange among instructors.

Monitoring & Quality Assurance:

- a Monitoring & Evaluation (M&E) dashboard will track training completion rates, instructor performance, and participant engagement levels;
- surveys and feedback mechanisms will be implemented to assess the effectiveness of training activities and refine methodologies based on real-time feedback;
- a Training Assessment Committee will oversee evaluation and continuous improvement of training content and delivery

4.1 Work plan

Provide a brief description of the overall structure of the work plan (list of work packages or graphical presentation (Pert chart or similar)). ASK follows a structured work plan consisting of five interdependent work packages (WPs), each addressing a crucial component of the project's implementation. While each WP is designed to operate autonomously, they are strategically aligned to ensure a cohesive, step-by-step progression that supports the overall project objectives.

WP1 - Project Management and Coordination: ensures the effective coordination, monitoring, and risk management of the project. It oversees all technical, administrative, and financial aspects, ensuring that activities are implemented on time, within budget, and at the highest quality standards. WP1 also includes internal communication, reporting mechanisms, and evaluation frameworks to track progress and ensure alignment with project milestones.

WP2 - Curriculum Development: focuses on developing a standardized, inclusive, and structured aquatic education framework. This includes the creation of the Water Education Toolkit (WET) for instructors and schools, ensuring that swimming and water safety education follow a coherent, pedagogically sound approach. Additionally, the work package will establish a certification program for swimming educators, equipping them with the necessary skills to

deliver effective lessons. Special emphasis will be placed on inclusivity, with tailored content for children with disabilities to ensure equal access to aquatic education.

WP3 - Pilot Testing: is dedicated to the real-world implementation and validation of the ASK curriculum. Pilot programs will be conducted in multiple European countries (at least 3), allowing for the testing of training materials, teaching methodologies, and program scalability. Feedback from educators, students, and stakeholders will be collected and analysed to refine the curriculum and ensure it is culturally adaptable and accessible across different regions. The results from the pilot testing will directly inform improvements in both curriculum design and digital learning tools.

WP4 - Digital Platform Development: focuses on the development of an interactive digital platform designed to enhance engagement, track progress, and facilitate learning. The platform will include gamified elements, allowing students to advance through structured modules in a motivational, user-friendly environment. It will also serve as a resource hub for instructors, providing training materials, assessment tools, and instructional videos. Insights from the pilot phase will be integrated into the final development phase to ensure the platform meets the needs of users effectively.

WP5 - Dissemination and Impact: is dedicated to maximizing the visibility, outreach, and sustainability of the project. Activities will include public awareness campaigns, stakeholder engagement events, and policy advocacy efforts aimed at integrating swimming and water safety education into national and European sports and education frameworks. The dissemination plan will leverage social media, conferences, publications, and direct engagement with policymakers to extend the project's impact beyond its initial implementation phase.

Each WP is structured around specific tasks and deliverables, ensuring a systematic, well-coordinated approach to implementation. Regular progress meetings, internal evaluations, and stakeholder consultations will support the efficient execution of all activities, fostering collaboration among project partners and ensuring long-term impact.