

# 水難事故防止に関わる 水泳授業内容の工夫

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# スポーツ庁委託事業について

令和4年度令和の日本型学校体育構築支援事業

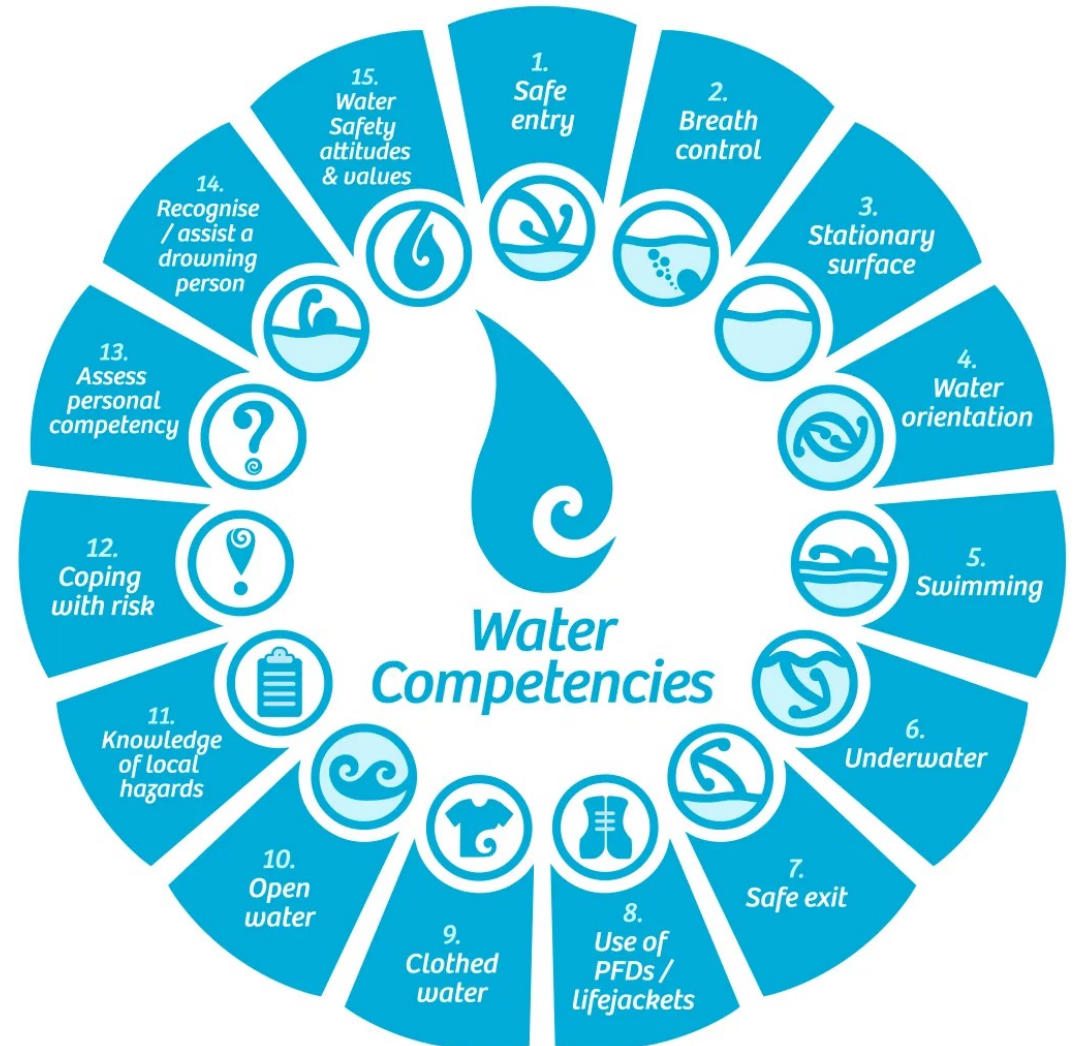
事業内容：学校における水難事故防止対策の強化

学校の水泳の授業等において、児童生徒の命に直結する水難事故防止対策を強化するために、自己保全のための学習の指導内容や指導方法等の工夫について実践研究を行う。

実践研究校：慶應義塾幼稚舎

# 水難事故防止としてのwater competence

- 2007年：  
国際ライフセービング連盟が  
「水泳と水の安全教育」の  
意見表明報告書を発行する
- 2017年：  
国際共同研究により  
15の「water competence」  
(水の安全に関する知識，  
態度，技術)が公表される



# 15のWater Competency (水の安全に関する知識, 態度, 技術)

| No. | Water competency         | 対応和訳   | No. | Water competency                    | 対応和訳    |
|-----|--------------------------|--------|-----|-------------------------------------|---------|
| 1   | Safe entry               | 安全な入水  | 9   | Clothed water                       | 着衣泳     |
| 2   | Breath control           | 呼吸の管理  | 10  | Open water                          | 自然水域    |
| 3   | Stationary surface       | 水面での静止 | 11  | Knowledge of local hazards          | 危険の知識   |
| 4   | Water orientation        | 方向転換   | 12  | Coping with risk                    | リスク管理   |
| 5   | Swimming                 | 水泳     | 13  | Assess personal competency          | 自己評価    |
| 6   | Underwater               | 潜行     | 14  | Recognize/ assist a drowning person | 溺者の認識救助 |
| 7   | Safe exit                | 安全な離水  | 15  | Water safety attitudes & values     | 水の安全への  |
| 8   | Use of PFDs/life jackets | 浮具の利用  |     |                                     | 取り組み    |

# 1. Safe entry (安全な入水)

- 様々な条件 (高さ・水深・姿勢) における入水体験

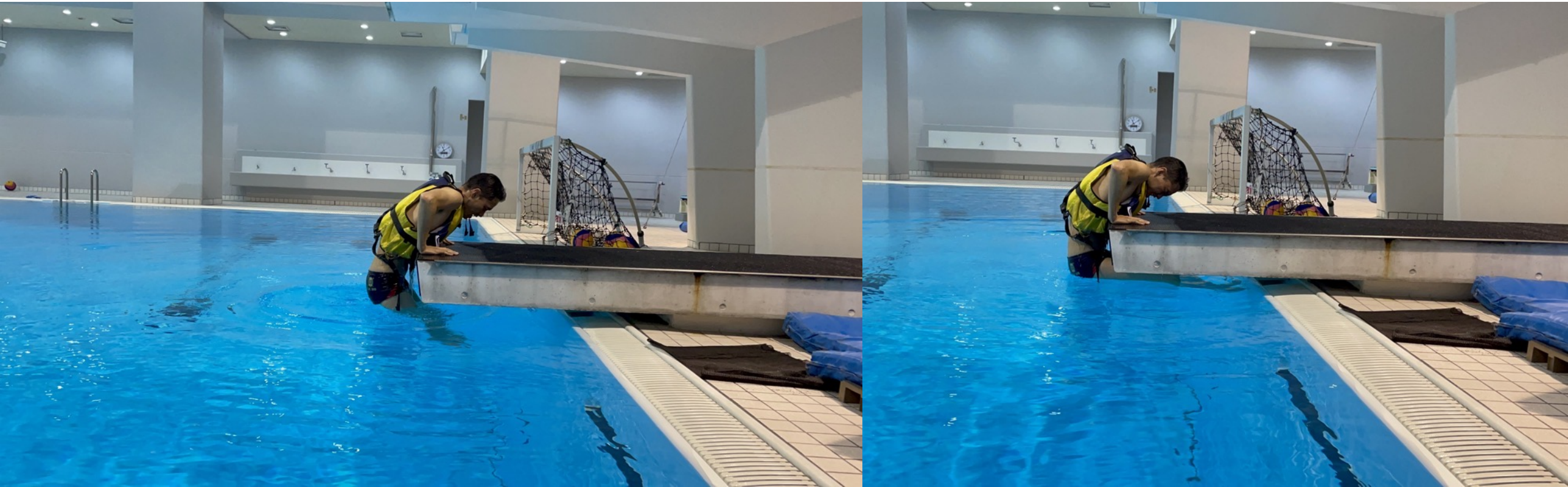
高さ5mの飛込台も利用

足から, 頭からの入水体験と危険性の学習

- Moran, K. (2013). Jumping to (fatal) conclusions: An analysis of video film on a social networking web site of recreational jumping from height into water. *International Journal of Injury Control and Safety Promotion*, 21(1), 47-53. Published online 21 January 2013.
- Moran, K. (2008). Taking the Plunge: Diving Risk Practices and Perceptions of New Zealand Youth. *Health Promotion Journal of Australia*, 19(1), 68-71.
- Moran K., Blitvich, J.D., Petrass, L.A., & McElroy, G.K. (2021). Can You Get in (Safely)? Practice and perceptions of safe water entry among young adults. *International Journal of Aquatic Research and Education: Vol. 13: No. 2, Article 4.*

## 7. Safe exit (安全な離水)

- 様々な条件 (服装・水深・岸壁高さ) における出水体験



- Moran, K. (2014). Getting out of the water – how hard can that be? *International Journal of Aquatic Research and Education*, 8(4), 321-333.
- Connolly, J. (2014). Drowning: The exit problem. *International Journal of Aquatic Research and Education*, 8(1), 73-97.

## 8. Use of PFDs/life jackets (浮具の利用)

- 浮具の利活用と浮力の体験

ライフジャケット

ペットボトル等の道具類

注意点 (移動や離水能力の低下)

- Moran, K. (2019). Can You Float? Part 2 – Perceptions and practice of lifejacket competency among young adults. *International Journal of Aquatic Research and Education*, 11(3), Article 4. DOI: 10.25035/ijare10.04.04 Published online 2 March 2019.

# 10. Open water (自然水域)

- 自然環境下における親水体験 (波・日差し・低温・水深変化)
  - 7月：東京都大島町での親水イベントの参加・視察
  - 9月：千葉県館山市での海浜実習の実施
- Kjendlie, P-L., Pedersen, T., Thoresen, T., Setlo, T., Moran, K., & Stallman, R. (2013). Can you swim in waves? Children's swimming, floating and entry skills in calm and simulated unsteady water conditions. *International Journal of Aquatic Research and Education*, 7(4), 301-313.
- Bird, F., House, J.R., & Tipton, M. (2015a). Adaptation of the cold shock response and cooling rates on swimming following repeated cold-water immersions in a group of children aged 10–12 years. *International Journal of Aquatic Research and Education*, 9(2), 149-161.
- Bird, F., House, J.R., & Tipton, M. (2015b). The physiological response of immersion in cold water and cooling rates during swimming in a group of children aged 10–11 years. *International Journal of Aquatic Research and Education*, 9(2), 162-174.



# 11. Knowledge of local hazards (危険の知識)

- 水難事故発生現場の視察を通じた教材化

本年5月5日を含め4年連続水難事故発生 of 愛知県豊田市「矢作川」  
4年連続で水難事故が発生した千葉県千葉市美浜区「3号突堤」

- Moran, K., & Gilmore, A. (2018). Children's understanding of water safety and perceptions of risk at the beach. *New Zealand Journal of Educational Studies*, 53(2), 227-239. Published online 5 September.
- Pidgeon-Willcox, S. M. Kool, B., & Moran, K. (2018). Knowledge, Attitudes, and Behaviours of New Zealand Youth in Surf Beach Environments, *International Journal of Aquatic Research and Education*, 10(2), Article 6. DOI: 10.25035/ijare.10.02.06
- Moran, K. (2017). Rock-based fisher safety promotion: A decade on. *International Journal of Aquatic Research and Education*, 10(2), Article 1. Published online 13 June 2017.
- Moran, K., & Ferner, D. (2017). Water safety and aquatic recreation among international tourists in New Zealand, *International Journal of Aquatic Research and Education*, 10(1), Article 5. Published online 13 June 2017.
- Moran, K., & Willcox S. (2013). Water safety practices and perceptions of 'new' New Zealanders. *International Journal of Aquatic Research and Education*, 7(2), 136-146. DOI: 10.25035/ijare.07.02.05
- Moran, K. (2011). Rock-based fisher safety promotion: Five years on. *International Journal of Aquatic Research and Education*, 5(2), 164-173.
- Moran, K., & Willcox S. (2010). New settlers, old problems: Facilitating water safety education for new residents in aquatically oriented New Zealand. *Journal of the Pacific Circle Consortium of Education*, 22(2), 49-60.
- Moran, K. (2008). Will they sink or swim? New Zealand youth water safety knowledge and skills. *International Journal of Aquatic Research and Education*, 2(2), 114-127.
- Moran, K. (2008). Rock fishers' practice and perception of water safety. *International Journal of Aquatic Research and Education*, 2(2), 128-139.

# 12. Coping with risk (リスク管理)

- 水辺活動のリスク管理に関する教材化  
日本ライフセービング協会による研修会  
メンタルリハーサルを活用した映像資料の作成
- Moran, K., Webber, J., & Stanley, T. (2018). Protection Motivation Theory (PMT), risk of drowning, and water safety perceptions of adult caregivers/parents, *Open Sports Science Journal*, 11, 50-59. Published online 31 July 2018.
- Pigeon-Willcox, S., Kool, B., & Moran, K. (2018). Perceptions of the risk of drowning at surf beaches among New Zealand Youth, *Injury Control & Safety Promotion*. Published online 8 Feb 2018.
- Stanley, T., & Moran, K. (2018). Self-estimates of swimming and rescue competence, and the perceptions of the risk of drowning among minority groups in New Zealand – lifesaving or life threatening? *Journal of Education and Human Development*, 7(1), 82-91. Published online March 2018.
- Stanley, T., & Moran, K. (2017). Parental perceptions of water competence and drowning risk for themselves and their children in an open water environment, *International Journal of Aquatic Research and Education* 10(1), Article 4. Published online 9 February 2017.
- Moran, K. (2010). Risk of drowning: The iceberg phenomenon re-visited. *International Journal of Aquatic Research and Education*, 4(2), 115-126.
- Moran, K. (2009). Parent/caregiver perceptions and practice of water safety at the beach. *International Journal of Injury Control and Safety Promotion*, 16(4), 215-221.
- McCool, J.P., Ameratunga, S., Moran, K., & Robinson, E. (2009). Taking a risk perceptions approach to improving beach swimming safety. *International Journal of Behavioral Medicine*, 16(4), 360-66.

# 15. Water safety attitudes & values (水の安全への取り組み)

- 水の安全に関する初等教育の重要性  
水泳授業を通じての体験  
映像資料を通じての学習

- Moran, K., & Willcox S. (2013). Water safety practices and perceptions of 'new' New Zealanders. *International Journal of Aquatic Research and Education*, 7(2), 136-146.
- Moran, K. (2011). (Young) Men behaving badly: Dangerous masculinities and the risk of drowning in aquatic leisure activities, *Annals of Leisure Research*, 14(2-3), 260-272. McCool, J.P.,
- Moran, K., Ameratunga, S., & Robinson, E. (2008). New Zealand beachgoers' swimming behaviours, swimming abilities and perception of drowning risk. *International Journal of Aquatic Research and Education*, 2(1), 7-15.
- Moran, K. (2007). Water safety knowledge, attitudes and behaviours of young Pasifika New Zealanders. *New Zealand Journal of Educational Studies*, 42(1&2), 161-169.

# まとめ

- スポーツ庁「令和4年度令和の日本型学校体育構築支援事業」に採択，研究実践校として慶應義塾幼稚舎
- Water Competenceの概念を導入した安全水泳教育の実践
- 15のCompetenceのうち，安全な入水/離水，浮具，自然水域体験，危険の知識，リスク管理，水の安全への取り組みの7項目
- 2022年2月（予定）に研究報告会を実施