



Dear Parent/Guardian,

Your child's class is participating in the Lifesaving Society's *Swim to Survive*<sup>®</sup> program at school. Swim to Survive provides training in three essential skills needed to survive an unexpected fall into deep water. Your child will learn how to:

- **ROLL** into deep water
- **TREAD** water for 1 minute
- **SWIM** 50 metres.

The Swim to Survive program is for Grade 3 students. There are three parts to the program:

1. 3 in-water swimming lessons, teaching the 3 skills (roll, tread, and swim in a continuous sequence)
2. 3 in-classroom water safety lessons linked to the Ontario curriculum
3. Parent information about the Swim to Survive program

The Swim to Survive program has been developed to ensure that Grade 3 children in Ontario learn basic survival skills and could survive an unexpected fall into deep water. Learning to swim is a fundamental skill that would benefit all students; however, many children may not have the opportunity for swimming lessons within or outside their instructional day at school. As a result, the program is designed to accommodate all abilities while reinforcing the essential survival skills.

The Lifesaving Society believes that Swim to Survive is an important step to being safe around water. If every child in Canada could achieve the Swim to Survive Standard, we believe that the number of drownings would be reduced by half. The Ontario government supports this initiative and has provided funding to the Lifesaving Society to deliver the program to Grade 3 students.

Your child's school was selected to be part of this program. The students and their teacher will travel to a local pool for three one-hour, in-water lessons.

I encourage you to watch our new *Swim to Survive video on YouTube*. You can find it at <http://www.youtube.com/user/OntarioLifesaving>. The video shows a typical class of students in Grade 3 learning the Swim to Survive skills. The video is available in 8 additional languages.

If you require more information or have any questions about this survival-training program please do not hesitate to contact me directly at 416-490-8844 or email at [sindyp@lifeguarding.com](mailto:sindyp@lifeguarding.com).

Sincerely,

Sindy Parsons  
Public Education Manager

Reg. Charity No. 10809 7270 RR0001  
400 Consumers Road  
Toronto, Ontario M2J 1P8 Canada  
Tel: 416-490-8844 Fax: 416-490-8766  
E-mail: [experts@lifeguarding.com](mailto:experts@lifeguarding.com)  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)