



LIFESAVING SOCIETY®

The Lifeguarding Experts

Dear Parent/Guardian,

Ontario

Your child has recently completed the Lifesaving Society's *Swim to Survive*® Program at school.

Swim to Survive provides training in three essential skills needed to survive an unexpected fall into deep water.

Swim to Survive is an important **first** step to being safe around water. It is not meant to replace traditional swimming lessons.

Your child will have received a *Swim to Survive* certificate detailing his/her level of ability.

- *Can roll into deep water*
- *Can tread water for 1 minute*
- *Can swim ____ metres*
- *Has achieved the Swim to Survive Standard (3 skills in a continuous sequence)*
- *Has not met the Swim to Survive Standard*

Regardless of the level indicated on the certificate, the Lifesaving Society encourages **all** children to learn to swim beyond this minimum standard. *Please look at the back of your child's certificate for information about how and where to register for swim lessons in your area.*

Many pools offer financial aid to families in need. Contact your local pool for more information.

A program evaluation is available online and your feedback would be greatly appreciated. To access this evaluation, please visit www.lifesavingsociety.com/swim-to-survive/swim-to-survive/parent-resources.aspx.

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.

Sincerely,

Sindy Parsons
Public Education Manager

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