



LIFESAVING SOCIETY®

The Lifeguarding Experts

Three lifesaving skills that could save your child's life

Summer in Canada often means enjoying time in and around water – especially for families and young children. It's also the time of year when drowning deaths are most likely. Did you know that nearly 500 Canadians drown every year? It's the second leading cause of preventable death for children under 10, and children under five are most at risk.

This year marks the 10th anniversary of *Swim to Survive*, a school-based, water safety program that teaches children the skills needed to survive an unexpected fall into water. The program was developed by the Lifesaving Society and is available in schools and community centres across the country.

Swim to Survive focuses on achieving a single-skill sequence: Roll into deep water; tread water for one minute; and swim 50 metres.

- **Roll into deep water:** The deep-water roll teaches the learners to orient themselves at the surface after an unexpected fall.
- **Tread water for one minute:** Canadian waters are generally cold enough year-round to trigger a gasping reflex after an unexpected fall. Treading water teaches the child to support at the surface and protect the airway.
- **Swim 50 metres:** Lifesaving Society research shows that most drownings occur within 15 metres of safety.

Learning these basic life skills can help prevent tragedies this summer. If you would like to know more about the *Swim to Survive* program, or get additional tips for water safety, visit www.lifesavingsociety.com.