Parents, YOU are your child’s lifeguard

• Enroll your children in swimming lessons. At a minimum, they should be able to achieve the Lifesaving Society’s Swim to Survive standard – roll into deep water, tread for 1 minute and swim 50 m.

• Swim in areas supervised by lifeguards.

• Always have an adult watching children in areas without lifeguards. In the backyard pool, designate an adult to be “on guard”.

• Insist your children always swim with a buddy, never alone.

• Make weak or non-swimmers wear lifejackets.

• Get the training. Ensure that family members learn lifesaving skills.

ALL children should learn to swim. We can teach them.

For more information visit www.lifesavingsociety.com or contact your local pool

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