



LIFESAVING SOCIETY®

The Lifeguarding Experts

Dear Parent/Guardian,

Ontario

Your child's school is participating in the Lifesaving Society's *Swim to Survive*® *Plus* Program at school. *Swim to Survive*+ builds on the training provided in the Grade 3 *Swim to Survive*® program which focuses on three essential skills needed to survive an unexpected fall into deep water:

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

Swim to Survive+ teaches the skills needed to survive real-life aquatic situations and to safely assist a friend. It fosters good judgment to help them stay safe around water.

There are 3 parts to the program,

1. Perform the Swim to Survive standard while clothed
2. Help a friend who falls into deep water without putting themselves in danger
3. Complete a fitness swim

Swim to Survive+ has been developed in response to the reduction of swim instruction for elementary school children during school hours. The Lifesaving Society is aware that many children do not get the chance to learn how to swim and that survival swimming instruction is an important *first* step to being safe around water.

If you are unfamiliar with our programs I encourage you to watch our *Swim to Survive video on YouTube*. You can find it at <http://www.youtube.com/user/OntarioLifesaving>. This video shows a typical class of Grade 3 students learning the *Swim to Survive* skills. It is available in 8 different languages. *Swim to Survive*+ builds on this program.

Please sign the enclosed permission form. Your child will be asked to bring clothing to the pool. Please ensure the clothing they bring can get wet. They should bring a top (preferably long-sleeved) and a pair of pants (leggings, pajama pants, sweat pants, etc.).

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 lorig@lifeguarding.com.

Sincerely,

Lori Groves
Swim to Survive Programs Manager

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