



Appendix 1A

Swim to Survive®



Be Water Smart®

About drowning...

- Almost 500 people drown each year in Canada.
- Drowning can happen in as little as 10 seconds. Victims rarely call, wave, or signal for help because they can't keep their heads above water.
- Drownings often happen suddenly and unexpectedly and many victims are alone.
- 2 out of every 3 people who drown do so within 15 m of safety.

Are you Water Smart?

What can you do to stay safe?

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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