

Can your child survive an unexpected fall into deep water?



Roll



Tread



Swim



Swim to Survive is an important first step to being safe around water.
Learn survival basics and take swimming lessons.

Swim to Survive training helps prepare your children for an unexpected fall into deep water.



Children practice three in-water skills that teach them how to:

- **Roll into deep water** – and orient themselves at the surface.
- **Tread water for 1 minute** – supporting themselves while protecting the airway and deciding what to do next.
- **Swim 50 metres** – to safety.

Swim to Survive is an important first step. Contact your local pool to enroll in Swim to Survive and in swimming lessons.

Visit www.lifesavingsociety.com or our YouTube channel to watch Swim to Survive videos in multiple languages.

