



LIFESAVING SOCIETY

The Lifeguarding Experts

Dear Parent/Guardian,

Your child's class will be participating in the Lifesaving Society's **Swim to Survive®** School Grant Program. This program introduces water safety skills and teaches participants what to do to survive an unexpected fall into deep water.

There are two parts to the **Swim to Survive®** School Grant Program.

1. Three classroom-based lessons about water safety, linked to the Ontario curriculum, taught by your child's classroom teacher.
2. Three in-water swimming lessons at the pool taught by certified swimming instructors.

Students and their schoolteacher will travel to a local pool for three one-hour in-water lessons. At the pool, your child will work toward being able to:

- **ROLL** into deep water
- **TREAD** water for 1 minute
- **SWIM** 50 metres

No previous swimming experience is necessary. The program is designed to accommodate all abilities with a focus on essential survival skills.

Swim to Survive® is an important step toward being safe around water. If every child in Canada could pass the Swim to Survive® Standard, the Lifesaving Society believes that the number of drownings could be reduced by half. The Ontario Ministry of Education supports the **Swim to Survive®** program and provides funding to deliver the Swim to Survive® School Grant Program to Grade 3 students.

More information about **Swim to Survive®** can be found online. Scan the QR code at the bottom of the page to access the Lifesaving Society website and watch our YouTube video about the **Swim to Survive®** Program.

Thank you for supporting this important program!

Sincerely,
Public Education Coordinator
Lifesaving Society Ontario



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Frequently Asked Questions

My child does not know how to swim. Can they still participate? Will they be safe?

Yes! The **Swim to Survive**® Program was created to support students of all swimming abilities. If your child does not know how to swim, this program will help them learn some basic skills to help keep them safe around the water. On the first day of in-water lessons, the swim instructors at the pool will evaluate the swimming abilities of each of the students. Students are then put into groups with others that have a similar skill level. This way, swimming instructors can help each student learn something new while keeping them safe. Many facilities also have a lifeguard on duty during the lessons for an added layer of protection. Please contact the pool for more information about how students are evaluated, placed in groups and supervised during in-water classes.

Ontario

What dates will my child be going to the pool?

Your child's classroom teacher will provide details about the dates that the class will be going to the pool, which pool they are going to and how they will get there. Please ask your child's teacher for more information.

Will the pool have lifejackets or other floatation devices for my child to use?

Pools usually use all the teaching aids that they have while delivering the **Swim to Survive**® Program. They may use lifejackets, noodles, flutter boards, flotation belts, and flotation mats to support the delivery of the program and keep students safe. Please contact the pool for more information about the equipment that they will use during the program.

What is the ratio of students to teachers in the water?

The Lifesaving Society recommends a maximum of 10 students to one certified swim instructor in the water for the **Swim to Survive**® Program. Smaller groups may be needed based on the swimming abilities of the students. Please contact the pool for more information about how they divide students into groups and how many instructors will be in the water.

My child will miss at least one of the pool sessions because we will be away. Are they still able to participate?

Yes! Even if your child misses one lesson, they are still welcome to participate in the remaining sessions. Please inform your child's schoolteacher they will miss a session so they may inform the pool staff. Note that if your child misses the final evaluation during the last pool session, their **Swim to Survive**® certificate may not reflect their true level of ability.

Have more questions about the **Swim to Survive**® Program? We're happy to help! Connect with our Public Education Coordinator.

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