

Dear Teacher,

Thank you for assisting us with the Swim to Survive program for your class. The success of this program relies on a partnership involving the Lifesaving Society, recreation providers, schools, and parents/guardians. The program has been developed to help Grade 3 students in Ontario learn basic survival skills. Learning to swim is a fundamental skill that benefits each student, and this program is designed to accommodate all abilities while reinforcing the essential survival skills.

Through the financial assistance and support of the Ontario government, the Swim to Survive program is made up of three in-classroom water safety lessons linked to the Ontario curriculum and three in-water swimming lessons. Materials have been developed to inform parents/guardians about the program, and we would ask you to share these with your students. Please find below a suggested timeline of the actions and activities and the support materials that make up the Swim to Survive program.



Suggested Timeline	Actions and Activities	Guidelines and Support Materials (Hard copies included but also available for download or copying on the Swim to survive Webpage at www.lifesavingsociety.com)
Week 1	Parent/Guardian information and permission	<ul style="list-style-type: none"> • Copy and send home the “Dear parent/guardian” letter about the program (available in 9 additional languages online). • Send home your school board’s Field Trip Form to get parent/guardian permission.
	Program Information for Students	<ul style="list-style-type: none"> • Share with your students the three-minute Swim to Survive video on YouTube (available in 8 additional languages), at http://www.youtube.com/user/OntarioLifesaving
Week 2	In-class Lesson #1 “Be Water Smart”	<ul style="list-style-type: none"> • Appendix 1A – copy on 11” x 18” paper for posting. • Appendix 1B – copy on 11” x 18” paper for posting and/or on 8.5” x 11” paper for individuals / small groups.
Week 3	In-class Lesson #2 “Act Right On or Near Ice”	<ul style="list-style-type: none"> • Appendices 2A and 2B – copy on 11” x 18” paper for posting and class activity. • Display the poster “Recommended Minimum Ice Thickness for New Clear Hard Ice” (1 provided) and hand out cards for students to take home (35 provided). • Appendices 2C and 2D – copy on 11” x 18” paper for posting and/or 8.5” x 11” paper for individuals / small groups.
Weeks 4 – 6	Parent/Guardian communication	<ul style="list-style-type: none"> • Send home parent/guardian handouts “Can your child survive an unexpected fall into deep water?” (35 individual copies provided – available in 9 additional languages online – and 1 classroom poster).
	In-water Lessons #1 – 3	<ul style="list-style-type: none"> • Students learn the three essential skills needed to survive an unexpected fall into deep water (roll, tread, and swim 50 metres) from a certified instructor (approximately 1 hour per session).
Week 7	In-class Lesson #3 “Live Water Smart” and Summative Task	<ul style="list-style-type: none"> • Appendix 3A – copy on 11” x 18” paper for posting. • Appendix 3B – copy on 11” x 18” paper for posting and/or on 8.5” x 11” paper for individuals. • Appendix 3C – copy on 8.5” x 11” paper as a summative assessment tool.
	Parent/Guardian communication	<ul style="list-style-type: none"> • Copy and send home the “Dear parent/guardian – program completed” letter (available in 9 additional languages online).
	Teacher Evaluations of the Program	<ul style="list-style-type: none"> • Your feedback is important to us. Please access the program evaluation at http://www.lifesavingsociety.com.

Thanks again for your time and support for the Swim to Survive program.

If you have any further questions or comments, please contact

Sindy Parsons,

Public Education Manager,

at 416-490-8844 or email

sindyp@lifeguarding.com.