



## Swim to Survive

### Key Messages

- Swim to Survive is a method that can be taught where the minimum skills are learnt for an unexpected fall into deep water. Basic Swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society believes that swimming is a life skill that all children should learn.
- Swim to Survive! Can you swim at least 50 metres in the water?
- Swim to Survive! Can you tread water for at least 60 seconds?
- Swim to Survive! Can you orient yourself after an unexpected fall into water?

### Instructor Notes

- These skills are expressed in a sequence of rolling into the water, threading water for one minute, and then swimming for 50 meters.
- Aimed primarily at children, but can be taught to people of any age
- The Society estimates that half of Canadian children do not take traditional swimming lessons – even though “swimming” is the second most popular activity in Canada (after bicycling) for children aged 5-12.
- The aim of this activity is to show children the necessary basic skills to survive and to encourage them to continue taking lessons to better improve their skills

### Learning Activities

- Offer FREE Swim-to-survive lessons
  - A quick introduction to the basic skills that will help a child survive an unexpected fall into deep water Offer the lessons for approx. 15 minutes
  - Have registration forms printed ahead of time; a form that parents / caretakers give permission for their child(ren) to partake in the lesson
  - During the event, make an announcement about a specific time that you will be conducting the Swim-to-Survive lessons (i.e. 2PM-4PM)
  - When individuals sign up for the lesson, give them a meeting time and place and then group the children off with different instructors.