



LIFESAVING SOCIETY

The Lifeguarding Experts

Dear Parent/Guardian,

Your child has recently completed the Lifesaving Society's **Swim to Survive®+ School Grant** Program. **Swim to Survive®+** teaches essential skills for staying safe in real-life situations, including how to help a friend who is struggling in the water while keeping yourself safe.

Ontario

Swim to Survive®+ is an introduction to water safety. The program does not replace traditional swimming lessons.

Your child should have received a **Swim to Survive®+** certificate. The certificate outlines the skills they completed during the program.

- Roll into deep water wearing clothes
- Tread water for 1 minute wearing clothes
- Swim 50 metres wearing clothes
- Achieve the Swim to Survive® Standard while wearing clothes
- Complete the assists (help a friend in trouble)
- Complete the fitness swim

The Lifesaving Society encourages all children to learn to swim beyond this minimum standard. Consider enrolling your child in swimming lessons at your local pool so they can continue learning how to be safe in, on, and around the water. Please refer to the back of your child's certificate for a recommendation on which swimming level they should be registered in.

Many pools offer financial assistance to families in need. Contact your local pool for more information.

We appreciate your participation in the **Swim to Survive®+ School Grant** Program! A program evaluation is available online. You can access both the Parent Survey and the Student Survey using the QR code at the bottom of the page. We look forward to receiving your feedback!

Sincerely,
Public Education Coordinator
Lifesaving Society Ontario



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