



LIFESAVING SOCIETY®

The Lifeguarding Experts

Dear Parent/Guardian,

Ontario

Your child has recently completed the Lifesaving Society's *Swim to Survive® Plus* program at school.

Swim to Survive+ teaches the skills needed to survive real-life aquatic situations and to safely assist a friend. *Swim to Survive+* is important to being safe around water. It is not meant to replace traditional swimming lessons.

Your child will have received a *Swim to Survive+* card detailing his/her level of ability.

- *Can roll into deep water wearing clothes*
- *Can tread water for 1 minute wearing clothes*
- *Can swim 50 metres wearing clothes*
- *Has achieved the Swim to Survive+ Standard with clothes*
- *Completed the assists (to help a friend in trouble)*
- *Completed the fitness swim*

Regardless of the level indicated on the card, the Lifesaving Society encourages *all* children to learn to swim beyond this minimum standard. I encourage you to register your child for swimming lessons at your local pool to enhance your child's safety in and around water. Please look at the back of your child's card for the recommended next level of instruction.

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

A program evaluation is available on-line and your feedback would be greatly appreciated. To access this evaluation, please visit "Resources" on the **Swim to Survive Plus** webpage of the Lifesaving Society website at www.lifesavingsociety.com.

If you require more information or have any questions about this survival training program please do not hesitate to contact me directly at 416-490-8844 or email at lorig@lifeguarding.com.

Sincerely,

Lori Groves

Swim to Survive Programs Manager

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