



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 builds on the Swim to Survive® Standard, which outlines the skills needed to survive an unexpected fall into deep water:

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

Swim to Survive®+ focuses on staying safe in real-life situations, including how to help oneself and/or a friend who is struggling in the water while keeping oneself safe.

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 a local 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:

- Perform the Swim to Survive® Standard **WHILE WEARING CLOTHES**
- Safely help a friend who falls into deep water using **TALK, THROW or REACH** approaches
- Complete a **FITNESS SWIM**

Your child will be asked to bring clothing to the pool that can be worn over their swimwear. Please ensure that the clothing they bring can get wet. They should bring a long-sleeved top and a pair of pants (leggings, pajama pants, sweatpants, etc.) to wear in the water. They will need a different set of clothing to wear at school.

Survival swimming skills are an important first step to being safe around the water. 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 7 students.

More information about **Swim to Survive®+** is available online. Scan the QR code at the bottom of the page to access the Lifesaving Society website.

Thank you for supporting this important program!

Sincerely,
Public Education Coordinator
Lifesaving Society Ontario



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 designed 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 stay safe around the water. On the first day of in-water lessons, the swim instructors at the pool will assess each student's swimming ability. Students are grouped with others of with 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 added safety. Please contact the pool directly for more information and for specifics about how students are evaluated, placed in groups and supervised during in-water classes.

Ontario

My child did not participate in the Swim to Survive® program in Grade 3. Can they still participate in Swim to Survive®+?

Yes! Your child does not need to have completed the **Swim to Survive®** program to participate in **Swim to Survive®+**.

What kind of clothing will my child need to bring to the pool?

A. Your child should bring a long-sleeved shirt and long pants to wear over top of their swimwear for the **Swim to Survive®+** program. The goal of this program is to show students what it would feel like to fall into the water while they are dressed to prepare them for an unexpected fall into deep water in the real world. For practice, pyjama outfits work well. Since your child will have wet clothes to bring home, we recommend packing an extra plastic bag to carry the wet items.

What dates will my child be going to the pool?

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

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

The Lifesaving Society recommends a maximum ratio of 10 students to one certified swim instructor in the water for the **Swim to Survive®+** program. Smaller groups may be required based on the students' swimming abilities. Please contact the pool for more information about how students are grouped 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 if they will miss a session, they may inform pool staff. Please note, 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.

- Telephone: 416-490-8844
- Email: PublicEd@lifeguarding.com