



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

Dear Grade 7 Teacher,

Lifesaving Society's Swim to Survive®+ is a water safety program that teaches students basic swimming skills and how to make smart decisions while in, on, or around the water.

We are excited that you and your students will be participating in the Swim to Survive® School Grant program this school year!

### **Program Outline**

The Swim to Survive®+ program includes classroom lessons and swimming sessions at a local pool.

Students should participate in at least three 60-minute classroom lessons about water safety at school. These lessons focus on understanding drowning risks and safe behaviours, the impacts of cold water and how to treat shock, and ways to encourage others to be safe around the water. The Lifesaving Society Swim to Survive® School Grant program provides teachers with lesson plans for easy classroom implementation.

At the pool, students learn basic swimming skills from trained swim instructors across three 60-minute in-water sessions. Regardless of swimming ability, the Swim to Survive®+ program helps students to feel more comfortable in the water. Instructors will help students work toward meeting the Swim to Survive® Standard (roll into deep water, tread for 1 minute, and swim 50 metres) while wearing clothing to simulate a realistic, unexpected fall into water. Instructors will also show students how they can perform a safe, no-contact rescue of others using talk, throw, and reach approaches.

### **Roles and Responsibilities**

This program succeeds through collaboration between local pools and your school. Teachers and Swim Instructors work together to provide students with the best learning experiences possible. Here is a brief overview of the Swim to Survive® School Grant program responsibilities.

Teachers:

- Explain the program to students.
- Send Parent Letters home with students.
- Facilitate the delivery of classroom sessions.
- Coordinate travel to and from the pool.
- Coordinate parent volunteers in accordance with your Board policy.
- Complete the classroom teacher survey after participating in the program.
- Encourage parents and students to complete their respective surveys.

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#### Swim Instructors:

- Assess students' swimming ability on the first day of pool lessons and group students according to skill level.
- Provide safe, engaging Swim to Survive+® swimming lessons focusing on improving students' comfort in the water and completion of the Swim to Survive+® Standard.
- Evaluate students' ability to complete the Swim to Survive® Standard while wearing clothing.
- Complete Swim to Survive+® certificates for each student, outlining their ability and recommending appropriate swimming lessons.

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Ontario

#### Students:

- Ensure permission slips are signed.
- Participate in classroom-based and in-water lessons.
- Come prepared for pool days (bring a towel, swimwear, clothing to wear over swimwear, snacks, plastic bag for wet clothing).
- Complete the student survey after participating in the program.

#### The Classroom-Based Lessons

Teachers play a key role in facilitating the delivery of the classroom-based Swim to Survive® School Grant program lessons. The Lifesaving Society has prepared lesson plans and activities that align with the Ontario school curriculum for you to use.

For additional engagement, you may consider inviting a guest speaker to deliver these sessions instead! Lifeguards, firefighters, and paramedics are all excellent partners to teach your class about water safety.

You can access classroom lesson plans and activities by scanning the QR code below or by visiting the Swim to Survive® page on [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

If you have any questions about the program, the lesson plans, or how to incorporate water safety education in your classroom, please don't hesitate to reach out.

Sincerely,

Public Education Coordinator

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