



Swim to Survive

A key part of your school program

Give each student a swimming experience that will last a lifetime!

A recent Lifesaving Society study found that almost all Canadians (98%) agree that swimming is a life skill that every child should learn. Yet another study revealed that a surprising 60% of Canadian children don't take swimming lessons.

Rising costs and difficulties getting children to a swimming pool pose considerable barriers to many families. As well, many immigrants from countries where water is scarce and where learning to swim isn't part of their culture, don't make swim lessons a priority.

Your school is in an excellent position to make a difference by adding Swim to Survive into your school program. Swim to Survive is an affordable and simple way for schools to give their kids access to essential swim survival skills and more. For some children participating in Swim to Survive may be their first step to being safe around water.

Swim to Survive meets the School's and Teacher's needs:

Swim to Survive keeps your students engaged, moving and having fun

- ✓ Swim to Survive's flexibility meets curriculum needs for skill development, safety awareness and fitness opportunities.
- ✓ Can be taught by the school teacher or by any swimming instructor at your local swimming pool.
- ✓ Realistically success can be achieved within three, thirty minute classes – longer class times allow us to do more.
- ✓ Swim to Survive meets parent expectations that their children will be taught:
 - Critical self rescue skills they need to be safe in, on and around water.
 - Swimming skills and strokes so they can become better swimmers.
 - To make safe choices when in, on or near water.

Swim to Survive meets the majority of students needs:

Swim to Survive keeps them busy, teaches them something new and gives them lots of practice time.

- ✓ Swim to Survive has the flexibility to meet a wide range of student skill and interest levels.
 - Weak and non-swimmers focus on developing Swim to Survive skills.
 - Core survival skills are presented in a manner that interests both swimmers and non-swimmers.
 - Stronger swimmers focus on participating in challenge items that engage their interest and teach them new skills.
- ✓ Students respond well to “swimming is not just about learning strokes”. They willingly working on basic skills (i.e. kicking, sculling) especially when presented in a style that promotes fun (friendly competition, cooperative games, fitness). The stronger their skill level, the more interested they are in challenge items (i.e. entries, synchro, water polo, underwater swims).
- ✓ The use of buoyant supports such as lifejackets and AquaJoggers succeed in putting students on an even playing field. Having the additional floatation support allow weaker swimmers to participate equally with their peers. No one misses out on group activities based on their limited skill levels.
- ✓ The standard for successful performance is within reach of all students. The certificate that they receive recognizes the three possible outcomes of Swim to Survive:
 - Has achieved the Swim to Survive Standard
 - Has achieved the swim to Survive Standard in a lifejacket
 - Has practiced the Swim to Survive skills



Swim to Survive is flexible and simple to provide, meeting the needs of many user groups

Learning the three self-rescue skills taught in Swim to Survive is an important first step in being safe around water. Swim to Survive could make the difference between life and death, when immersion in water is sudden and unexpected.

Canadian Swim to Survive Standard = ROLL into deep water + TREAD water (1 min.) + SWIM 50m

Essential skill & rationale	Task
Orient yourself at the surface after an unexpected entry A fall into water is disorienting and a threat to your breathing.	Roll into deep water Min. safe depth for teaching is 2.5m or 8ft.4in.
Support yourself at the surface Canadian waters are generally cold enough year-round to trigger a gasping reflex on unexpected immersion. The ability to tread water allows you to protect your airway while regaining control of your breathing.	Tread water for 1 minute
Swim to safety Lifesaving Society research shows that most drownings occur within 3-15m of safety. We use the 50m distance in the standard to ensure that your swim skills can overcome problems caused by clothing or cold water.	Swim 50 meters

Any method that allows the learner to achieve the standard is acceptable – there is no “right” solution.

Teach it in:

1 session format:

Have each student try the Swim to Survive Challenge and include an activity from the *Water Smart Activities Guide*.

2-3 session format:

Everyone starts with the focus on the core Swim to Survive skills using the activities found in the *Swim to Survive Activity Guide*. The stronger skilled swimmers will quickly move on to exploring the optional Challenge Items. Realistically everyone will be able to attempt the standard either while wearing a lifejacket or not.

4-8 session format:

The key to success is to keep the students busy having fun while teaching them something new. Everyone starts with the focus on the core Swim to Survive skills. The longer class format will give students lots of practice time, and give the Instructors the ability to explore more Challenge Items. Students respond well to “swimming is not just about learning strokes”. Instructors can explore activities that promote learning skills using cooperative games and friendly competition. Fitness development can be added as part of the Challenge Items.