



Swim to Survive is often referred to as a program consisting of three classroom lessons, three lessons at the swimming pool and three skills for Grade 3's.

### **Three Class Room Lessons**

The Lifesaving Society has developed a teacher kit that contains among other things, three lessons that meet the Grade 3 curriculum outcomes that may be delivered by the teacher. The three lessons are: swim with a buddy, ice safety and wear your PFD.

In addition to the lesson plans teachers will receive age appropriate quizzes, book marks and temporary tattoos that assist in reinforcing the Swim to Survive messaging.

### **Three lessons at the Swimming Pool**

Lifesaving Society instructors at the swimming pool focus on three skills: rolling into deep water, treading water for one minute and swimming 50 meters. The focus is on survival not fancy strokes.

The skills have been specifically targeted based on Lifesaving Society drowning research. Most people who drown had no intention of going into the water. They drown after falling from their boats or other objects. Simply being able to recover from the sudden immersion is important.

Research also demonstrates that help is usually not far away. By providing children with the opportunity to learn to tread water we can often keep them safe until help arrives. Lastly, we know that most individuals who drown are not far from safety. This is why we focus on having the Grade 3 students swimming 50 meters.

The skills sound very basic but we know from surveying children that have taken the course that only 50% of the Grade 3 students can meet the Swim to Survive Standard prior to the course and not surprisingly only 50% of Grade 3 students have had any formal swimming lessons.

### **Targeted for Grade 3**

We focus on Grade 3 students for a number of reasons. They are keen to learn new skills, they are not conscious about body image while at the pool and their fellow students are keen to support them.

### **Instructors**

The Swim to Survive Instructors are comprised of National Lifeguards, Lifesaving Society Swim Instructors and Lifesaving Instructors. The Society covers the cost of the instructors and works with the local swimming pool to provide orientation to the program and other support as necessary.

We strive for a ratio of one instructor for approximately every 8-10 students.

### **The Swimming Pool**

The Lifesaving Society will work with your schools to connect them with the swimming pool in their area. While most of the courses are taught in facilities like the YMCA we can (and have) delivered the program in hotel pools and outdoor pools.

The Lifesaving Society covers the cost of the swimming pool.

### **Bussing**

In most cases the school looks after the cost of bussing. We realize that it is often an obstacle and we will look at helping where we can.

### **Project Financing**

The Lifesaving Society contributes funds generated by our programs to support the Swim to Survive Grade 3 project and we have been awarded several project grants over the last several years from the Department of Health and Wellness. The Stephanie Gaetz Keep Safe Foundation and several private funders have also contributed.