

Frequently Asked Questions

What is Swim to Survive?

Swim to Survive is a Lifesaving Society survival training program. The Society defines the minimum skills needed by all Canadians to survive an expected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive Standard:

- **ROLL** into deep water – **TREAD** water (1 min.) – **SWIM** 50 m

Swim to Survive is aimed primarily at children, but people of all ages should be able to perform the Society's Swim to Survive Standard.

Why Swim to Survive?

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada.

- The Society believes swimming is a life skill that all children need to learn. It's no different than fire safety or street-proofing.
- Less than half of Canadian children ever take traditional swimming lessons – even though “swimming” is the second most popular activity (after bicycling) in Canada among school-age children between five and 12 years of age. The Lifesaving Society wants to ensure every child has the basic skills to survive.
- Swim skills are not innate – they need to be taught – and all children deserve the chance to learn.
- Our research shows that most drownings occur close to safety. If every child in Canada could pass our Swim to Survive standard, we would reduce the number of drownings by half.

Isn't it just swimming lessons?

No. Swim to Survive is different than swimming lessons – and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water – an important *first step* to being safe around water.

The Lifesaving Society strongly encourages parents to enrol their children in swimming lessons.

What's the Swim to Survive Schools Program?

The Lifesaving Society aims to have every Grade 3 student in Ontario achieve the Swim to Survive Standard. The Society invites expressions of interest from boards of education and pool owner/operators who are willing to partner with local pools to make Swim to Survive training a reality in their boards.

By the end of this school year, over 120,000 Ontario children will have received training in Swim to Survive

How does it work?

The board of education and pool owner/operators coordinate the timing and logistics of getting the students from the school to the pool. The pool facility arranges for the pool time and Swim to Survive instructors. The school board arranges student transportation and communication with parents. The Lifesaving Society supplies instructor materials, teacher and parent materials and Swim to Survive certificates.

Is the Lifesaving Society charging a fee?

No. We provide Swim to Survive resources free. We can do this because of funding from the Founding Sponsor of the Swim to Survive program – the Stephanie Gaetz KeepSafe Foundation; the Ontario Ministry of Education; the Ontario Ministry of Health Promotion; the Jays Care Foundation; the Lifesaving Society Foundation; and individual donors.

For more information about Swim to Survive, visit www.lifesavingsociety.com.

