

# Swim to Survive®

Lifesaving Society



For more information go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

Prepare your children for a lifetime around water. In addition to Swim to Survive+, contact your local pool and enroll them in swimming lessons. Swim to Survive+ is not a replacement for regular swimming lessons.

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## Swim to Survive Plus teaches the skills needed to survive real-life aquatic situations and to safely assist a friend.

Swim to Survive+ builds on the skills of Swim to Survive and fosters good judgment to help them stay safe around water. Participants learn to:

- Perform the Swim to Survive standard while clothed (ROLL into deep water – TREAD for 1 minute – SWIM 50 metres),
- Help a friend who falls into deep water without putting themselves in danger, and
- Complete a fitness swim.

Swim to Survive+ is appropriate for any level of swimmer – non-swimmers and strong swimmers alike will learn valuable swimming and water survival skills.

*Photos by René Johnston*



## Why clothes?

It's realistic – when people fall into water, they usually do not intend to go in and probably are not wearing a bathing suit.

It's harder than you think – swimming in clothes requires more strength and endurance than swimming in a bathing suit.

In addition to personal survival swimming skills, Swim to Survive+ participants learn how to assist a friend in trouble without putting themselves in danger.

Participants learn and practice how to:

- Stay safe (remain on deck or on land),
- Get help (call for adults or 911),
- Use good judgment to assist a friend to safety (talk, throw or reach).

Water incidents can happen anywhere. Swim to Survive+ will help safeguard your children around water now and for years to come.