



LIFESAVING SOCIETY®

The Lifeguarding Experts

Dear Parent/Guardian,

Your child has recently completed the Lifesaving Society's ***Swim to Survive***® Program at school. *Swim to Survive* provides training in three essential skills needed to survive an unexpected fall into deep water.

Swim to Survive is an important step to being safe around water. It is not meant to replace traditional swimming lessons.

Your child will have received a *Swim to Survive* certificate detailing their level of ability in the following skills:

- ***Can roll into deep water***
- ***Can tread water for 1 minute***
- ***Can swim ____ metres***
- ***Has achieved the Swim to Survive Standard (3 skills in a continuous sequence)***
- ***Has not met the Swim to Survive Standard***

Regardless of the level indicated on the certificate, the Lifesaving Society encourages ***all*** children to learn to swim beyond this minimum standard. *Please look at the back of your child's certificate for information about how and where to register for swim lessons in your area.*

Many pools offer financial aid to help eligible families get greater access to swimming programs. Contact your local pool for more information.

A program evaluation is available online and your feedback would be greatly appreciated. To access this evaluation, please visit "Parent Resources" on the Swim to Survive webpage of the Lifesaving Society website at www.lifesavingsociety.com.

If you require more information or have any questions about this survival-training program, please do not hesitate to contact me directly at 416-490-8844 or email at swimtosurvive@lifeguarding.com.

Sincerely,

Public Education Coordinator

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