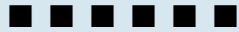


Roll, Tread & Swim



Many children in the province don't have the opportunity to take swimming lesson. Like fire safety, and bike safety, everyone deserves to have the access to the life skills that **Swim to Survive** provides. **Swim to Survive's** unique approach opens the door to to age groups

People are not born with having swimming skills — they need to be taught — all children deserve the chance to learn

Take the first step

Contact a facility in your area today for scheduling times and cost

In 7 days, your child could ride a bike because he learned

In 4 hours, your child could tie her shoes because she learned

In 20 minutes, your child could say his ABC's because he learned

In 30 seconds, your child could drown...

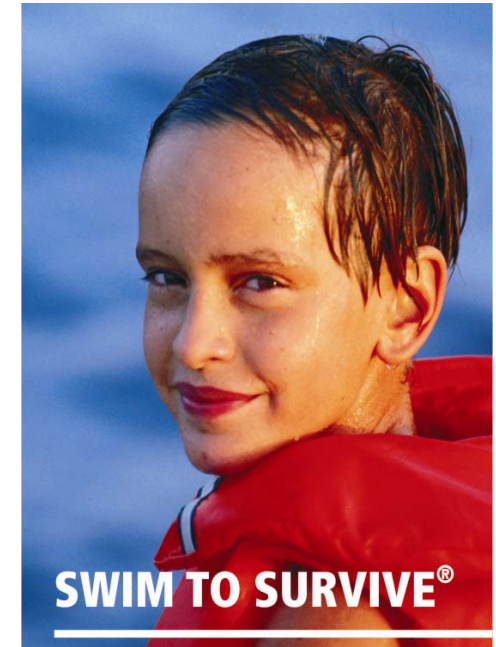
'Forward, Ken (The Works)'

All children should learn to swim. We can teach them.

LIFESAVING SOCIETY®
The Lifeguarding Experts

Swim for Life

Everyone deserves the chance to learn basic survival skills



LIFESAVING SOCIETY

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SWIM TO SURVIVE

Do you have the skills to survive an unexpected fall into the water?

The majority of people who drown had no intention of going into the water. For swimmers and non-swimmers alike, all Canadians need to have survival training and learn **Swim to Survive** skills. The Lifesaving Society gives Newfoundlanders and Labradorians the ability to protect themselves.

Swim to survive

The Lifesaving Society's Swim to survive standard is a simple straightforward and focused natural standard that defines the minimum swimming skills needed to survive an unexpected fall into deep water

Roll into deep water

Tread water (1min) = Swim (50 mtrs)

The program consists of:

- 3 in-water lessons of 1 hour each, focusing on a sequences of 3 skills “ Roll, Tread, & Swim.”
- 3 in-classroom water safety lessons

Swim to Survive is delivered through instructors in aquatic facilities throughout the province. Its ease of use and delivery makes it available to teachers, lifeguards and parents to administer without lengthy or expensive training sessions. It is ideal for any age, having the flexibility to meet the needs of early grade schools or to prepare high school students for outdoor education trips involving rivers or streams.

Essential Skill & Rationale Task

Orient yourself at the surface after an unexpected entry. A fall into water is disorienting and a treat to normal respiration

Task: Roll into deep water - minimum safe depth for teaching is 2.5 m or 8ft 4in

Support yourself at the surface. The province's waters are generally cold enough year-round to trigger a gasping reflex or unexpected immersion. The ability to tread water allows you to protect your airway while regaining control of your breathing

Task: Tread water for 1 minute

Swim to safety — Lifesaving Society research shows most drownings occur within 3 to 15 meters of safety (dock, shoreline, pool edge). Because your ability may be impaired by cold water, clothing, etc., we use **a 50m distance as a reasonable standard**

Task: Swim 50 meters

Can you pass the test

With only a few short sessions you gain the survival training and water safety skills that last a lifetime



**Expert in
lifeguarding
and water
safety**

The Lifesaving Society is an internationally recognized standard setter for drowning prevention and aquatic safety. As Canada's Lifeguarding Expert, the Society is a National. Volunteer-based charitable organization working to prevent drowning and water-related injury through its training programs, drowning research, Water Smart^(R) public education and aquatic safety management services.

The Society believes every Newfoundlander and Labradorian needs to know how to swim and has established the Canadian Swim to Survive Standard and a national swim program standard for Canadians of all ages and ability. The Lifesaving Society's programs and services address all three dimensions of drowning prevention education.

1. Personal self-rescue skills to survive an incident
2. Water Smart^(R) choices to reduce risks
3. Lifesaving skills to rescue others

Contact the Lifesaving Society– NL Branch and Let's Swim to Survive!