

# Your child can swim. But can she survive?

## *Let the experts help.*

Research has shown that swimming skills alone are not enough to save a life.

Sudden immersion, lack of floatation, onset of hypothermia and lack of basic self-rescue skills all contribute to drownings throughout Canada each year. Ninety-nine percent of drownings are preventable.



Newfoundland and Labrador has the highest drowning rate per capita of all Canadian provinces. Skills and values learned in the developmental years for safe behaviours in, on and around the water that continue into adult life.

The Lifesaving Society offers a variety of water rescue and self-rescue programs from Swim to Survive and Canadian Swim Patrol entry levels, up to advanced lifeguarding, CPR and leadership training.

Lifesaving programs are easy and affordable, being comparable in cost to current learn-to swim programs and are taught in similar module form, but offering real, practical lifesaving and rescue skills benefiting not only the individual, but the whole family.

- Lifesaving Society programs are offered in aquatic facilities across Newfoundland and Labrador by trained instructors.
- The Society is national in scope, so if you move to another province, the skills are easily transferable.
- The Lifesaving Society is a charitable organization with a mission to prevent drownings through practical training and public education.
- Program costs are equivalent or lower than current learn to swim programs and are taught in similar time blocks.

For further details on school programming for Lifesaving Society courses, contact your local aquatic facility or the Lifesaving Society. Visit us online at [www.lifesavingnl.ca](http://www.lifesavingnl.ca) , by email at [lifeguard@nl.rogers.com](mailto:lifeguard@nl.rogers.com) or telephone 709-576-1953.

