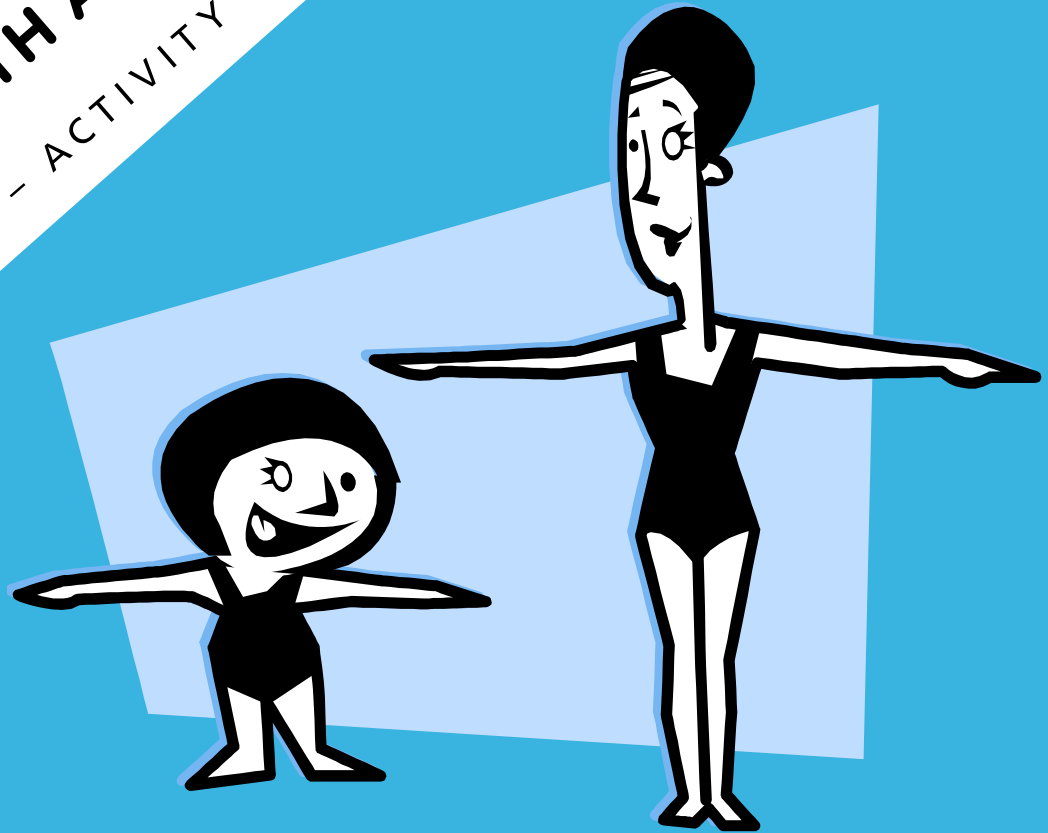


**ALWAYS SWIM WITH A BUDDY**  
SWIM TO SURVIVE™ – ACTIVITY 1.1



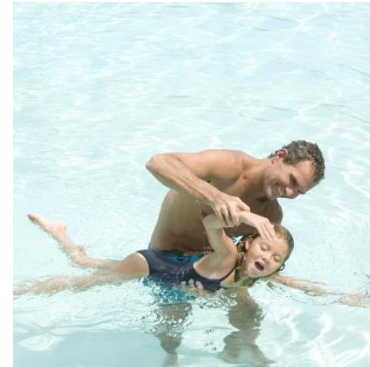
2016-2017

# WHO SHOULD SWIM WITH A BUDDY?

Whether you are  
young or old...



Whether you are a good  
or a not-so-good  
swimmer...



...always swim with a buddy!

# WHERE CAN YOU SWIM?

SOMEWHERE SUPERVISED  
BY AN ADULT



SOMEWHERE SUPERVISED  
BY A LIFEGUARD



# WHY SHOULD YOU SWIM WITH A BUDDY?

A buddy can call for help.



A buddy can help you if you need help.



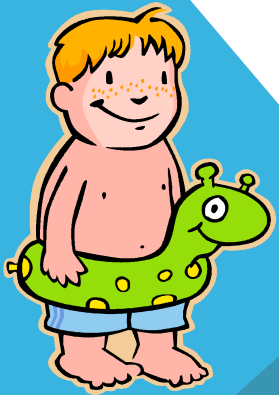
# DID YOU KNOW THAT...



Most drowning victims did  
know how to swim.

# DID YOU KNOW THAT...

In Canada, 500 drowning incidents happen each year.



160 of these victims were alone when the incident occurred.

# DID YOU KNOW THAT...



Even if you know how to swim, it does not mean you can rescue yourself in a difficult situation.

# DID YOU KNOW THAT...



You need to learn lifesaving  
and self-rescue techniques  
to be able to save yourself or  
another person.



SWIM WITH A BUDDY!



# HAVE YOU EVER BEEN IN A SITUATION WHERE:

- YOU HELPED SOMEONE WHO WAS IN A DIFFICULT SITUATION?
- SOMEONE HELPED YOU?

IF SO, WHAT HAPPENED?

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