



**ADDITIONAL INFORMATION**  
**TO THE SWIM TO SURVIVE™**  
**ACTIVITY GUIDE FOR TEACHERS**

2016-2017 SCHOOL YEAR

## BEFORE you start the *Swim to Survive* program

1. Read program documents for teachers.
2. Organize pool sessions (location, schedule).
3. Organize transportation means to go to the pool.
4. Add your school's information on the letter announcing the start of the program.
5. Send to parents the personalized letter announcing the start of the program, the registration form and the questionnaire;
6. Consult the physical education teacher to know if students can practice tumbling on the floor. This exercise will make learning the roll into deep water easier.
7. Collect forms and questionnaires. Cut sheets by following the dotted line.
8. **Keep the registration form** for at least the whole school year to avoid potential issues with parents. Pilot projects have shown that it is highly recommended to call parents who have refused to have their child participate in the program. We have noticed that discussing it with the teacher allows them to better understand it, and once misunderstandings are cleared up, they usually insist to have their child participate in the program.
9. **Send completed questionnaires and a list of the students' names to the pool's aquatic manager.** The questionnaires will help the manager and instructors divide students into small groups according to the students' aquatic skills. This will allow a better learning.

## DURING the *Swim to Survive* program

1. The day before each pool session, send a reminder to parents, so students do not forget their swimming equipment.
2. Before each pool session, confirm student transportation with the bus company.
3. Participate with students in the pool sessions.
4. If desired, have students complete the logbook.
5. Introduce students to the water-safety themes before, between or after the pool sessions.

## AFTER the *Swim to Survive* program

1. Hand students their certificates, completed by the instructors.
2. Send parents the letter informing them that the program is finished.
3. Have students fill the feedback forms online (contact the Lifesaving Society for the link to the form, if needed).
4. Complete the teacher feedback form online.

## MANAGING STUDENT DISCIPLINE

The swimming instructor has received a basic training to manage a classroom. However, training does not equal experience. If you see that the instructor has a hard time with some students, do not hesitate to intervene. Moreover, if you notice any issue, do not hesitate to share your observations with the instructor or aquatic manager. We must keep in mind that this program aims to evaluate the students' aquatic skills and to teach them the basic skills required to survive an unexpected fall into deep water.

## TEACHER PRESENCE IN WATER

After having conducted various pilot projects throughout Quebec, the Lifesaving Society has noticed that it is very helpful to have the teacher in the pool with the students; however, this is not mandatory.

Suggested progression:

### 1<sup>ST</sup> COURSE

Teacher in the pool: greatly encourages fearful students. (not mandatory)

### 2<sup>ND</sup> AND 3<sup>RD</sup> COURSE

Teacher outside the pool: makes managing students easier. Allows to move more easily between the various groups and to act faster, if needed.

## WATER SAFETY THEORY IN CLASS

In order to complete the *Swim to Survive* program, the Lifesaving Society asks teachers to teach water safety in class.

**Three of the following four subjects must be taught** as part of the *Swim to Survive* program. Teachers can choose the three subjects they feel are the most appropriate. For example, ice safety might be more important for students who live near water.

### WATER SAFETY TOPICS

1. Always swim with a buddy
2. Check the ice
3. Wear a lifejacket or a Personal Flotation Device (PFD)
4. Look before diving

To help teach these subjects, the Society has created educational activities that follow the Quebec Education Program. Lesson plans for each subject are included in the program's documents. These activities are suggested on an indicative basis only; teachers can create their own activities for each subject they wish to address. They can also use the instructor's lesson plan (Additional Information to the Swim to Survive™ Activity Guide for Instructors) and consult the information sheets as reference sources. These will provide them with relevant information on the various subjects.

**Tip:** it is recommended to discuss the *Wear a lifejacket or a PFD* topic before the pool sessions.

**If teachers do not wish to teach aquatic safety in class,** they can ask the aquatic manager to take care of it, if he/she has the necessary resources. The program's instructors can address the various subjects before or after pool sessions. If teachers do not teach aquatic safety in class, it is recommended that they make a short follow-up on what students have learned. This way, students will see that their teacher is also involved into this project. For example, teachers could ask them to name the key concepts they were taught. Key concepts are listed in the Activity Guide and in the Additional Information document for instructors.

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