

OBJECT : **End of the *Swim to Survive™* program**

Dear parent,

Your child has recently completed the *Swim to Survive* program, which raises awareness amongst children and families about water-related incidents.

Students were taught three aquatic skills to survive an unexpected fall into deep water:

1. **Rolling into deep water;**
ability to orient oneself at the surface of water after a fall into deep water.
2. **Treading water for one minute;**
ability to stay at the surface in order to breathe and find a safe location to swim to.
3. **Swimming 50 metres;**
ability to swim to a safe location.

Your child also has been taught water-safety lessons on at least three of the following topics: *Always swim with a buddy, Check the ice, Wear a PFD and Look before diving.*

By completing the program, your child has received a *Swim to Survive* certificate that indicates the skill level he/she has achieved. The Lifesaving Society strongly encourages children to continue their water-safety training and take swimming lessons, regardless of the skill level they have achieved.

Numerous pools offer a wide variety of courses and aquatic activities that can help your child improve his/her skills in water. Contact your local pool for more information on this matter and to register your child to swimming lessons, which will make him/her more aware of potential dangers in and around water.

We encourage you to fill the online feedback form (www.sauvetage.qc.ca). Please do not hesitate to contact the Lifesaving Society for any question you might have.



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