



SWIM TO SURVIVE[®] PROGRAM

2016-2017 school year

 SOCIÉTÉ DE SAUVETAGE

**THE LIFESAVING
SOCIETY IS A NON-
PROFIT
ORGANIZATION
WHOSE PURPOSE IS
THE PREVENTION
OF DROWNING AND
WATER RELATED
TRAUMAS.**



SWIM TO SURVIVE PROGRAM

**BATHING IS ONE THING,
BEING ABLE TO SWIM IS QUITE ANOTHER.**

The children's aquatic skills are too often overestimated, and this can lead to potentially harmful situations.

HISTORICAL BACKGROUND IN CANADA

The *Swim to Survive* standard is a Canadian standard established by the International Life Saving Federation (ILS). Experts from Lifesaving Society Canada agreed on adapting the standard to Canada's cold waters: disoriented entry into water, maintaining the head above water for 60 seconds and swimming 50 meters.

2005: Ontario launched the *Swim to Survive* program

Today: The program is now offered in most provinces

ONTARIO: IT'S A SUCCESS!

An average of 80 000 students participate each year.

HISTORICAL BACKGROUND IN QUEBEC

- 2006** Jaylen Jess Teja, an 8 years old child, drowned in the Yamaska National Park. This tragedy had a major impact on the population. Implementing the Swim to Survive program in Quebec became more and more important.
- 2008** Coroner Jacques Ramsay presented a report to the Ministry of Education, Recreation and Sport, that highly recommended the implementation of the Swim to Survive program in the elementary schools' second cycle (grade 3 and 4).
- 2010** Several meetings were held with representatives from the Ministry of Education, Recreation and Sport, which resulted in two pilot projects, organized in the cities of Quebec and Trois-Rivières.

HISTORICAL BACKGROUND IN QUEBEC

(CONTINUED)

2011-2013 Several other pilot projects are implemented throughout the province. Over the past few years, coroners Dr. Louise Nolet (chief coroner at the time), M^e Frédéric Boily, M^e Catherine Rudel-Tessier, Dr. Hélène Lord, M^e Andrée Kronström and M^e Jean-Luc Malouin have all recommended the implementation of the *Swim to Survive* program in Quebec.

July 4th 2012 Ms. Michelle Courchesne, Deputy Prime Minister, ministre de l'Éducation, du Loisir et du Sport, Minister responsible for Government Administration and Chair of the Conseil du trésor, announces that the government will encourage elementary school principals to implement the *Swim to Survive* program.

Fall 2013 Official launch of the program. Research for grants.

PROGRAM GOALS

1. EVALUATE AQUATIC SKILLS
2. TEACH THE BASIC FUNDAMENTAL SKILLS REQUIRED TO SURVIVE AN UNEXPECTED FALL INTO DEEP WATER

ATTENTION: this program is not a swimming course.

WHAT IS THE PROGRAM?

3 IN-WATER LESSONS that follow the *Swim to Survive* standard

- with the aquatic facility instructors, 60 minutes each

3 WATER SAFETY LESSONS

- with the teacher, physical education teacher or aquatic facility instructors, 15-30 minutes each

Intended for **grade 3 elementary school students** (8-9 years old)

SWIM TO SURVIVE VIDEO

VIDEO AVAILABLE ON YOUTUBE :

<http://www.youtube.com/watch?v=HBiS0os4m9Y>



IN-WATER LESSONS

SWIM TO SURVIVE CANADIAN STANDARD

1. Roll into deep water
2. Tread water for 1 minute
3. Swim 50 metres



ROLL INTO DEEP WATER

ESSENTIAL SKILL

Orientate yourself at the surface

A fall into water is disorienting and a threat to normal respiration.

SKILL EVALUATION

Enter water (simulated fall) without assistance. Feet must not enter water first. Rolling or tumbling entry such as side or forward roll into deep water. Must be able to get head above the surface and avoid breathing water.



ROLL INTO DEEP WATER

POSSIBLE ENTRIES

- Front roll
- Side roll
- Log roll



COMMON PROBLEMS

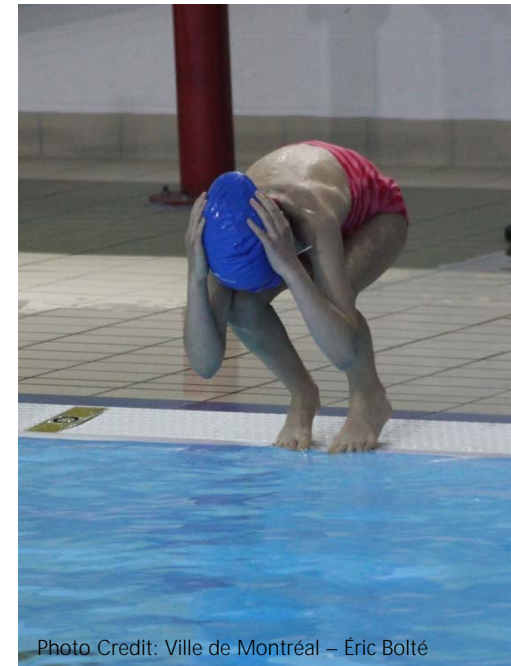
Lifting head: Keep chin tucked to chest.

Water up nose: Gently exhale through the nose during roll.

ROLL INTO DEEP WATER

SAFETY RULES

- Always make somersault roll entry in deep water
- Students should cover back of head with hands
- Encourage students to roll out and away from the poolside (do not jump during the roll)
- Plan safety routines that keep students from accidentally landing on someone



TREAD WATER FOR 1 MINUTE

ESSENTIAL SKILL

Maintain yourself at the surface

Canadian waters are generally year-round cold enough to trigger a gasping reflex in case of an unexpected immersion. The ability to tread water allows you to protect your airways while regaining control of your breath.

SKILL EVALUATION

Nose and mouth above surface for at least 1 minute.



TREAD WATER FOR 1 MINUTE

COMMON PROBLEMS

Sinking:

Check if swimmer is sculling (using a pushing and pulling actions of the hand); increase sculling speed; alter arm position (broader or narrower); use a more propulsive and harder kick.



TREAD WATER FOR 1 MINUTE

SAFETY RULES

- Have floating objects nearby
- Only allow a few students at a time
- Plan safety routines that keep students from bumping into each other

SWIM 50 METRES

ESSENTIAL SKILL

Swim to safety

Research from the Lifesaving Society shows most drownings occur within 3 to 15 metres of a safe location (dock, shoreline, pool edge). Since swimming abilities may be impaired by cold water, clothing, etc., we use a 50 m distance as a reasonable standard.

SKILL EVALUATION

Continuous swim (may include treading water). Distance completed. Swim should be completed without using aids, standing on the bottom floor or stopping to hold onto the wall.



SWIM 50 METRES

COMMON PROBLEMS

Body position:

Change head position (lift up or down).

Arm mechanics:

Proper arm recover and pull.

Kick mechanics:

Pointed toes, flutter kick, flexed foot, whip kick, etc.

SWIM 50 METRES

SAFETY RULES

- Plan safety routines that keep students from bumping into each other
- Use swimming corridors
- Stay near students who do not wear a PFD
- Have floating objects nearby

WATER SAFETY LESSONS

1. Always swim with a buddy
2. Check the ice
3. Wear a PFD
4. Look before diving

ALWAYS SWIM WITH A BUDDY

LEARNING OBJECTIVES

As a result of this lesson, learners will:

- Know which behaviours are safe and which are unsafe when swimming
- Explain why they should never swim alone



CHECK THE ICE

LEARNING OBJECTIVES

As a result of this lesson, learners will:

- Name the characteristics of a solid ice
- Know which behaviours are safe and which are unsafe near ice
- Explain how to get out of water if they fall through the ice



WEAR A PFD

LEARNING OBJECTIVES

As a result of this lesson, learners will:

- Show how to put on a PFD
- Explain why everyone should wear their lifejacket or PFD on a boat



LOOK BEFORE DIVING


LEARNING OBJECTIVES

Leaners will be able to:

- Identify locations that are safe for diving
- Name possible consequences of an unsafe dive




CERTIFICATE



Canadian Swim to Survive Standard:
Roll into deep water – Tread 1 minute – Swim 50 metres

- ☐ *has achieved the Swim to Survive Standard*
- ☐ *has achieved the Swim to Survive Standard in a lifejacket*
- ☐ *has attempted the Swim to Survive Standard*

For the Lifesaving Society (Instructor or Lifeguard) _____ Date & location _____

 **LIFESAVING SOCIETY**

3 ACHIEVEMENT LEVELS

Has achieved the standard

Has achieved the standard
in a PFD

Has attempted the standard

EVALUATION

With or without a PDF

The instructor must ensure that students:

- Demonstrate all three skills
 - As a **continuous sequence** (without stopping);
 - In the **following order**: entry, tread water and swim.
- **Do not hold** onto anything (e.g.: side of the pool, cable, floating object)
- **Never touch** the bottom of the pool

PROGRAM DOCUMENTATION

- Activity Guide
- *Swim to Survive* Program Slide Show
- Companion Guide(3)
 - For teacher, instructor and aquatic manager
- Instructor Worksheet
- Instructor Evaluation Sheet
- Additional information (4)
- Water Safety Activities (19)
- Certificate
- Parent's zone (www.sauvetage.qc.ca)

EQUIPMENT

PERSONAL FLOTATION DEVICES (PFD)

Quantity depends on number of students



FOAM RAFT

Helps learning how to roll into deep water

SWIM AIDS

Help learning how to swim and tread water



Most aquatic facilities already own this type of equipment.

SAFETY RULES

- Know your facility's emergency procedures.
- Escort your group from the changing room to the pool and from the pool to the changing room.
- Outline the safety rules before beginning the activity.
- Perform regular head counts.
- **Put a PFD on all participants at the beginning of the first lesson.**
- Keep all swimmers in front of you and supervise them at all times.
- Always keep the pool in view.
- Have a buoyant aid available at all times.
- Use the buddy system.
- Be within arm's reach of non-swimmers.

USEFUL INFORMATION

IN-WATER LESSONS

The following people can teach the in-water lessons :

- Any person holding on of the following awards:
 - National Lifeguard or Lifesaving Instructor from the Lifesaving Society
 - Water Safety Instructor from the Canadian Red Cross
- Physical Education and Health Teacher

RATIO

1 instructor per 8 students

SUPERVISION

We highly recommend to have at least one lifeguard during the whole program. Aquatic facilities must also abide to the regulation about the number of lifeguards required during swimming lessons (R.R.Q., B-1.1, r.11).

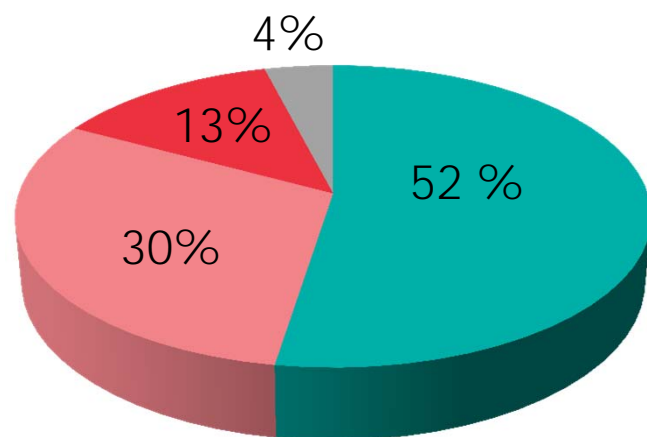
WEARING A PFD

All students must wear a PFD at the beginning of the program. Afterwards, if they are evaluated as able to try it, they can attempt the skills without a buoyant support.

STATISTICS FOR THE SWIM TO SURVIVE STANDARD 2010-2015

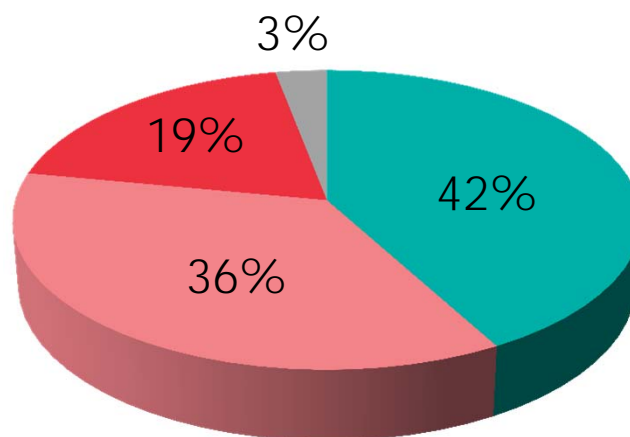
PROVINCE OF QUEBEC

N = 7 863 students



CITY OF MONTREAL

N = 2 085 students



- Achieved
- Achieved in a PFD
- Attempted
- No results

COMMENTS - TEACHERS

«Très beau programme et facile à réaliser.»

- Christ-Roi School, Abitibi-Témiscamingue, 2014

«Le programme Nager pour survivre augmente l'estime de soi des élèves.»

- Saint-Fidèle School, Québec, 2014

«Je recommande ce projet et désire qu'il soit repris l'an prochain.»

- Saint-Jude School, Montérégie, 2013

«Les élèves ont adoré les cours de sauvetage et les défis qu'on leur a proposés. De retour en classe, ils étaient bien disposés à travailler.»

- Saint-Germain-d'Outremont School, Montréal, 2014

«J'ai vraiment pris conscience du nombre élevé de nos élèves qui ne sont pas en sécurité près de l'eau.»

- Jeunes-du-Monde School, Québec, 2014

*«J'ai même appris des trucs qui vont peut-être m'aider un jour» et
«Nous continuons ce programme l'année prochaine.»*

- Notre-Dame-de-Grâce School, Abitibi-Témiscamingue, 2013 and 2014

COMMENTS - PARENTS

«À part que nager sauve des vies, c'est très important pour la santé des enfants.»

- Louisbourg School, Montréal, 2014

«Mon fils nous a fièrement fait part de ses nouvelles connaissances en matière de survie aquatique.»

- Sainte-Odile School, Québec, 2014

«On devrait aller à tous les mois à la piscine.»

- Jean-XXIII School, Montérégie, 2014

«Excellente initiative. Beau programme. À poursuivre pour que tous les enfants puissent en profiter.»

- l'Envolée School, Laval, 2014

«Un beau programme qui a permis à Elia de nombreuses découvertes en plus de se dépenser physiquement. Merci!»

- Saint-Germain-d'Outremont School, Montréal, 2014

COMMENTS - STUDENTS

«Merci de nous avoir fait vivre une belle expérience.»

- Saint-Jude School, Montérégie, 2013

«Je retiens que c'est important d'apprendre à nager.»

- Grande-Hermine School, Québec, 2014

«Je retiens qu'il faut toujours être prudent dans l'eau même si tu es bon nageur.»

- Saint-Germain-d'Outremont School, Montréal, 2014

«J'ai beaucoup aimé nager. J'aimerais suivre des cours de natation.»

- Enfant-Soleil School, Montréal, 2014

«Je dois apprendre à nager sur place et nager 50 mètres sans spaghetti.»

- L'Envolée School, Laval, 2014

«Il faut apprendre à nager car si on tombe dans l'eau nous pouvons nager.»

- Louisbourg School, Montréal, 2014

COMMENTS - INSTRUCTORS

«C'est un excellent programme. Plus d'enfants devraient se familiariser avec l'eau.»

- YMCA Saint-Laurent Pool, Montréal, 2013

«Bon projet, bonne expérience pour les moniteurs et les enfants!»

- YMCA Cartierville Pool, Montréal, 2014

«C'est une expérience enrichissante autant pour les moniteurs/professeurs que les élèves. Et même nos sauveteurs!»

- Saint-Charles Pool, Montréal, 2013

«Merci pour cette belle expérience, j'ai bien l'intention d'enseigner le programme dans les écoles.»

- Physical Education Student, Université de Montréal, Montréal, 2014

SWIM TO SURVIVE PROGRAM

THE LIFESAVING SOCIETY WISHES that one day, all children will be able to achieve the Swim to Survive standard.

THE BEST WAY TO ACHIEVE THIS GOAL:

To include the program in every Quebec elementary school.

***SWIM TO SURVIVE* PROGRAM**

The Lifesaving Society believes that if each child was able to achieve the *Swim to Survive* standard, the number of drownings could be reduced by half.

IT IS AN IMPORTANT FIRST STEP TOWARDS SAFETY AROUND WATER!

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