



LIFESAVING SOCIETY®

The Lifeguarding Experts

School District 68, City of Nanaimo and Town of Ladysmith to receive funds for Swim to Survive School Programs

British Columbia
& Yukon Branch

Swim to Survive®
Lifesaving Society



On Friday June 17, 2016 School District 68, City of Nanaimo and Town of Ladysmith will be the recipients of a \$41,564 grant from the Lifesaving Society to provide Swim to Survive for Grade 3 students and Swim to Survive+ for Grade 7 students. A cheque will be presented to Nanaimo Mayor Bill McKay and representatives from School District 68 and the Town of Ladysmith at Westwood Lake at 10am.

We know that as our children get older they are more likely to be independent, more likely to spend time with their friends and less likely to have adult supervision.

A recent Canadian poll tells us that while parents are confident about their youth being around water, less than half of those youth have ever had swimming lessons or had them more than 5 years ago and that is cause for concern.

The Lifesaving Society is interested in the growing body of research about the teenage brain which tells us that youth are more likely to engage in risk-taking and thrill-seeking behaviour and that puts them at greater risk for drowning.

With the Lifesaving Society's Swim to Survive+ Program, youth learn practical lifesaving skills as they prepare for their newfound freedom and independence.

Swim to Survive provides simple basic training in three essential skills needed to survive an unexpected fall into deep water. Swim to Survive+ is aimed at presenting more realistic situations for children in Grade 7 and builds on the skills learned in Swim to Survive at the Grade 3 level.

School District 68 is the first district in the province to deliver Swim to Survive+ program for Grade 7 students and the first to provide barrier-free drowning prevention lessons to every Grade 3 and Grade 7 student.

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Key Points

- In total, 1083 Grade 3 students and 960 Grade 7 students from School District 68 will receive Swim to Survive and Swim to Survive+ training
- This is the 3rd consecutive year Swim to Survive is being delivered to all Grade 3 students.
- This grant is administered by the Lifesaving Society, and made possible by funding partners, The Province of British Columbia, RBC, Telus and the Recreation Foundation of BC.
- The Lifesaving Society works to prevent drowning and water-related injury through its public education programs such as Swim to Survive and training programs such as Bronze Medallion and National Lifeguard.
- The Lifesaving Society strongly encourages parents to enrol their children in swimming and lifesaving lessons.
- The World Health Organization's Global Report on Drowning recommended 10 Actions to Prevent Drowning which includes the community based action, "Teach school-age children basic swimming, water safety and safe rescue skills."

Quotes

"It is important that Swim to Survive education be barrier-free and available to every child. The benefit is seen in all family members and is lifelong. Swim to Survive skills empower children to save themselves and others, from drowning and other injuries. This would be an effective public health initiative to immunize all children against drowning."

Dr. Steve Beerman
Past President
International Lifesaving Federation

"The Swim to Survive program will provide thousands of children and youth with some basic awareness and lifesaving skills that will someday save a life, their own or that of a loved one. The Lifesaving Society's objective is to prevent drowning and Nanaimo's leadership in providing Swim to Survive training to their students certainly help to decrease the number of water-related tragedies in BC."

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