



National Drowning Prevention Week 2021

Toolkit

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The following activities have been developed to assist your aquatic staff/volunteers in delivering a successful Drowning Prevention Week from July 18th- 24th.

Use the activities as they are provided or revise them to meet your facility's needs. Also, feel free to add in your own creative activities.

It is encouraged to offer activities for various age groups as no one is immune to drowning. (i.e. Parents of small children, school-age children, boaters, aqua fitness classes, etc.)

Wet and dry activities, displays, demonstrations, puppet shows, etc. are all great delivery methods of drowning prevention education.

We also encourage you to take lots of pictures and send them to us so we can use them in Lifelines and in our Annual Report.

Please keep track of the number of people that go through your displays, participate, etc. We keep annual statistics of drowning prevention week and we would like to see at least 20,000 people reached this year as in the past several years.

SAFETY REMINDER: All water activities and those near water should be supervised and/or lifeguarded to ensure that participants have an enjoyable and safe experience.

Thanks and have fun!
Lifesaving Society Saskatchewan Branch Staff

DROWNING PREVENTION WEEK TOOLKIT

JULY 18-24

LIFESAVING SOCIETY SASK

JULY 20
TUGBOAT
TUESDAY!

Focus on the risk factors associated with boating.

Encourage earning a Pleasure Craft Operator Card (PCO)

Bring attention to Boat Safety –
 on all types of watercrafts!

JULY 18
SUPERHERO SUNDAY!

National focus on the drowning problem in a Canadian context

Bring attention to rescue techniques, self-rescues etc.



JULY 19
MERMAID/MERMAN MONDAY!

Target parents of children under the age of 5 years.

Bring attention to the importance of Within Arm's Reach



JULY 21
WATERSMART
WEDNESDAY!

Emphasize survival swimming skills and the importance of learning how to swim

Highlight the Swim to Survive Standard



JULY 22
TIME TRAVELER
THURSDAY!

Focus on the importance of staying sober in, on, and around the water

Bring attention to water safety for any location



JULY 23
FLOATY
FRIDAY!

Open Water Safety

Focus on lifejacket use and knowing your limit

Add in education of use and misuse of other buoyant objects


JULY 24 - SUN SAFETY SATURDAY



Drowning prevention is a year-round effort

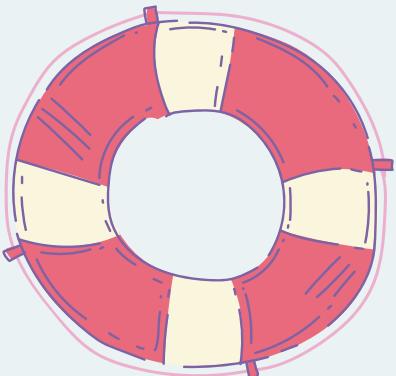
Always be safe in, on, and around water or ice!

Promote sun safety while outside, hanging out by the pool or beach.



JULY 18-24

ACTIVITIES



JULY 18 SUPERHERO SUNDAY!

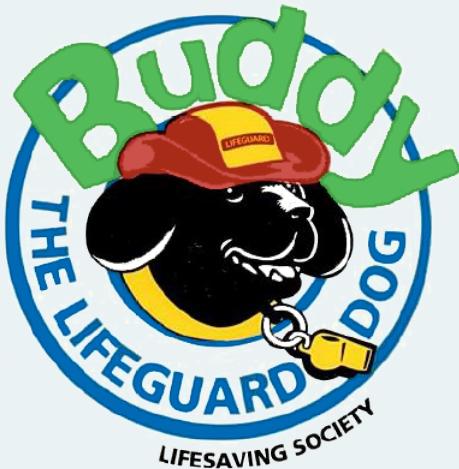
- Demonstrate various talk, throw, reach rescues throughout public swims
- Mock rescue
- Create a ladder using popsicle sticks, straws for ladder approach
- Make a treasure hunt to acquaint participants to your facility (pg. 10)
- Encourage participants to check for hazards using the Eye Spy Game (pg.10)
- Brighten your pool deck with a theme using different decorations.
- Make a poster on how to become a lifeguard and the courses offered in your area.
- Have a Junior Lifeguard Day

JULY 19 MERMAID/MERMAN MONDAY!

- Keep your little mermaid's/merman's safe!
- Play the Twelve Second Rule Game to reinforce the necessity of "Within Arm's Reach" (pg.11)
- Educate parents, guardians, and children on the importance of swimming lessons and parental supervision (could make posters/brochures)
- Offer mini swim lessons during public swim
- Present facility rules in different languages and in different formats.
- Host mermaid/merman swim competitions. Can include fastest swimmer, swimmer with the most tricks, etc.
- Be cautious of using mermaid tails. Make sure swimmers are strong/confident swimmers before using these toys.

JULY 20 TUGBOAT TUESDAY!

- Learn the terminology used for basic parts of a boat by playing Captain's Ship (pg.11)
- To learn how to prepare for a safe boating trip play the Safe and Sorry: Pre-Trip Check Game (pg. 11)
- Play the Equipment Relay game to reinforce using safe boating equipment (pg. 12)
- Play the Boat Guide Game to emphasize boating rules, getting your PCO card and safety. (pg.14)
- Create activities like boat races using build your own boat stations.
- Make posters or print off brochures to promote boating sober, how to get certified as a Pleasure Craft Operator, and the importance of wearing a lifejacket at any age.



JULY 21 WATERSMART WEDNESDAY!

- Swim to Survive Challenge! (pg.15)
- Hand out Swim to Survive certifications
- Play the Look Alert game to teach how to recognize distressed, weak, tired, and unconscious victims. (pg. 12)
- Decorate your facility with fun water-related décor: fish, lifejackets, boats, surfboards, etc.
- Promote LSS programs and swimming lessons using brochures or posters.
- Play the Safe and Sorry: Pool game to reinforce common pool rules. (pg.12)

JULY 22 TIME TRAVELER THURSDAY!

- Make different stations around the facility that include the following...
- Travel to the ice age: Discuss ice safety using the Ice Game or the Wind Chill game! (pg.13)
- Travel to the Dinosaur Age: Discuss staying with a (dino) buddy!
- Into the future: Discuss taking leadership and lifeguarding courses!
- Plan for the future: Discuss checking the weather before heading out onto open water using the Safe and Sorry Open Water game. (pg.14)
- Walk like an Egyptian: Discuss sun safety!
- Boat safe like the Vikings: Use the Safe and Sorry Pre-Trip Check game (pg.11) and discuss boat safety as well as PFD's
- Make sure that different locations are being focused on as well. (ex: oceanfront, pond, puddle, slough, bathtubs)

JULY 23 FLOATY FRIDAY!

- Play Find the Life Jacket game! (pg. 10)
- Hold PFD/Lifejacket fitting demonstrations and sizing.
- Promote the message "Lifejackets don't work if you don't use them"
- Make a fact sheet/poster with different boat safety facts on it.
- Emphasize that lifejackets do NOT replace supervision by an adult.
- Set up a PFD/Lifejacket loner station.



JULY 24 - SUN SAFETY SATURDAY

- Have patrons draw themselves being sun smart.
- Promote Sun Safety while outside, rove beach or local waterfront (pamphlets/sunscreen/hat giveaway).
- Play Slip, Slap, Slop to practice sun safety! (pg. 14) OR Sunny Stormy (pg. 15)
- Build an achievement thermometer and colour in the number of people reached with WaterSmart messages each day.
- Maybe keep a running DPW attendance tally throughout the week and display it on Sunday.
- Play games, colouring contests and swimming activities.
- Play "beach" games such as beach ball volleyball at your pool with participants being sun smart.

OTHER REMINDERS

- Don't forget to take pictures (and sign photo release forms)
- Post a picture of your facility and lifeguards demonstrating resources
- Tag the Lifesaving Society Saskatchewan Branch in your social media posts so that we can see the cool activities you have planned
- Like us on Facebook!
- Follow us on Twitter and Instagram!
- Spread the message on water safety on water safety and help reduce Canada's drownings to zero!
- Get these hashtags trending:

#NDPW2020

#SNPN2020 #WaterSmart #LSS #drowningprevention #preventionnoyade
#drowningispreventable #eviterlanoyade #drowningstats #statsnoyade #watersafety
#preventionnoyade #savinglives #gettrained #mermaidmonday #mermanmonday
#swimtosurvivechallenge #drowningpreventionweek #lifejackets #giletssauvetage
#superherosunday #savealife #nomoredrownings #getcarded #boatsafety #icesafety
#sunsafety #fishermanfriday #mannymonday #watersmartwednesday #funfactfriday
#swim4life #swim2survive #withinarmsreach #swimwithabuddy



OTHER THEME DAYS

Feel free to make up your own days and themes! Use these as options, but we encourage you to promote the National Lifesaving Society's major themes – underlined sections in the DPW calendar, for 2020.

We also encourage you to add in and play as many games and activities as you can, make up your own or introduce some of ours below.



WaterSmart Day

- Focus on how to be safe in the water by playing WaterSmart games (check out the games included in the toolkit)
- Can be used to educate adults, adolescence, and children

Boat Safe Day

- Info on safety equipment
- Boat safe rules
- Info on boat exams
- Build a boat contest and race them (cardboard)

Swim 2 Survive Day

- A day dedicated to swim 2 survive
- Swim 2 survive challenge (Roll, Tread, Swim)
- Educational sessions on the importance of Swim 2 Survive. (See page 7)

Pirate Day

- Go on a treasure hunt under the water (paint some rocks gold)
- Make a pirate ship that follows the boat safety guidelines
- Make a safety scavenger hunt with a list of pool safety equipment (place a number or picture of the item on the item and send the kids around to find/identify safety equipment around the pool)

Junior Lifeguard Day

- Talk to potential "junior lifeguards" about some of the skills needed to be an observant lifeguard
- Have a signup sheet so the "junior lifeguards" can shadow your facility's lifeguards
- Scanning game, have kids in the pool hold up shapes of colors and have the "junior lifeguards" point them out



PFD Day

- Why do we need them?
- When do we need them?
- How do we pick them?
- How do we know they fit properly?
- Design your own PFD
- Lifejacket fashion show during public swim/in pool lobby

Beach Day

- Sun safety (hat, clothes, sunscreen, etc.)
- Beach ball volleyball
- Design your own surfboard coloring page/contest

Decoration Ideas for your pools National Drowning Prevention Week

National Drowning Prevention Week Water Smart Banner - Decorate your pool space by putting up a blank banner and get everyone to add a water-smart message with fun coloured markers (Adults, Children, Lifeguards, etc.), have it up for the remainder of Drowning Prevention Week.

National Drowning Prevention Week Garland- Use the photos posted below to make a fun and decorative DIY Drowning Prevention Week garland- Here's How: Copy and Paste these images to make larger (or preferred size), print out, cut out and hole punch the top of the image, string them together with rope/yarn/string.

National Drowning Prevention Week Posters- Use the images below copy and paste them to make your desired poster size, print them off and hang them around your aquatic facility for a fun look.

National Drowning Prevention Week Promotional Items-Use promotional items/prizes such as swim to survive temporary tattoos, rubber bracelets, posters, brochures, etc. available at lifeguarddepot.com.

Information bristle boards, and tri-folds- Decorate your aquatic space with facts/informational games pasted on bristle boards and tri-folds.

Coloring Contest

WaterSmartcoloring pages are included in your drowning prevention week toolkit. Do a coloring contest that can be publicly displayed and judged by a volunteer patron. Other ideas such as having patrons design their own WaterSmart® picture, or how they can be safe in and around the water would work as well.

Lifesaving Society National Drowning Prevention Week Logos and Hashtags

Never alter the logo in any way (e.g., change the font; delete the Lifesaving Society name; add additional elements; change the dates; use any other colours or switch the colours around; try to incorporate the Society's corporate logo or any other logos).

National Drowning Prevent Week Hashtag:

#NDPW2021 (English) #SNPN2021 (French)





LIFESAVING SOCIETY

National Drowning Prevention Week – July 18-24, 2021

Social Media Hashtags

Hashtags are commonly used across social media platforms to identify keywords. Because hashtags are also links, the topics they cover are searchable on platforms like Twitter, Instagram, and Facebook. Hashtags are composed by using the number or pound sign, followed by a word or phrase with no spaces. For example: #drowningprevention.

Searching for a specific hashtag on Twitter, Instagram or Facebook would list all public tweets or posts that include this hashtag. If a user's profile is private, only his or her followers or subscribers would be able to see content that includes a hashtag.

Hashtags for Instagram can be incorporated in a number of ways:

- include in the first comment of your own post,
- as a single paragraph at the bottom of your post separated by either a space or a bullet (•), or
- embed the hashtag directly into the post (e.g 'July 18-24 is #NDPW2021').

Many Lifesaving Society Branches have used hashtags for National Drowning Prevention Week (NDPW) for years. In keeping with practice, this year's NDPW primary hashtags are:

#NDPW2021 (English)

#SNPN2021 (French)

Branches and Affiliate Members are encouraged to use these hashtags on all social media posts about events and initiatives during NDPW. Whenever possible, both the English and French hashtag should be used to encourage the sharing of NDPW events and messages among all provinces and territories.

Other hashtags that could be used during NDPW include, but are not limited to:

- | | |
|--------------------------|----------------------|
| • #drowningprevention | • #preventionnouyade |
| • #drowningispreventable | • #EviterLaNoyade |
| • #drowning | • #noyade |
| • #drowningstats | • #statsnoyade |

Finally, Branches and Affiliate Members are encouraged to mention specific Lifesaving Society Branches that have social media accounts in their tweets or posts. Mentioning a Lifesaving Society Branch will ensure that someone at the Lifesaving Society will see the post, enabling that person to retweet, like, or share the content.

Activities

**THESE ACTIVITIES HAVE BEEN MODIFIED TO ACCOMODATE
FOR COVID**

Treasure Hunt

- Objective: To acquaint participants to the site.
- Materials: Laminated cards (or cards in Ziploc bags)
- Method of Play: The activity leader has posted cards to different places or pieces of equipment around the facility. Make sure the cards are posted on walls or pieces of equipment so that the participants do not have to touch them. Each card gives a clue to the location of the next hidden card. You can have a reward at the last station. Make sure the participants are doing this individually or in groups of two. If groups of two, the people must be in each other's bubble already. Note: a card could read, "you will find the next clue at the piece of equipment that is used for injured backs" AKA posted on the spine board.
- Variations: The participants could also be timed and the fastest person to complete the treasure hunt could receive a prize.



Eye Spy :

- Objective: To encourage participants to check for hazards in supervised and unsupervised areas.
- Materials: Digital or printed pictures of different pools with hazards to present to the participants
- Method of play: As a group try and spot as many hazards as you can find. Discuss each hazard they find, why it is dangerous and how to prevent it (use spot the hazards colour and find as reference).
- Variations: You can use pictures of different locations like a beach, waterfront, dugout and have them spot hazards
- References: Canadian Lifesaving Manual, p. 2-4 to 2-7

Find the Lifejacket!

- Materials: Old Lifejackets
- Method of Play: Hide lifejackets around your town or park and let people try to discover them throughout the day. Leave a note on the lifejacket saying, "Bring this lifejacket back to (your facility's name) and win a prize!"

Twelve Second Rule:

- Objective: Reinforce the necessity of "Within Arms Reach"
- Materials: Timer/Stopwatch
- Method of Play: Starting from where they are in the pool or building, ask children or parents to get a piece of equipment that could be used as a lifesaving aid. Begin timing them as they get up to retrieve the piece of equipment. When they get back tell them how long they took and say that in 12 seconds the person could have drowned.
- Variations: Doing this activity with older children helps them understand that when they are caring for a younger child that they need to keep them "Within Arms Reach"
- References: Video – Within Arms Reach, Pamphlet – Within Arms Reach



Captain's Ship:

- Objective: Learn the terminology used for basic parts of a boat
- Materials: Posters – laminated (bow, stern, port, starboard), teacher's key
- Method of Play: The instructor will hold up a laminated paper and the children or parents will have to swim whether that is the front, left side, right side, or back of the pool. Each swimmer needs to be 6ft away from another swimmer.
- Variations: Instead of showing them the bow, stern, port, and starboard, it could be switched to show them pictures of the back, front, left, and right sides of the boat and they have to call out the correct name.
- Teacher's key: BOW = front of the boat, PORT = left side (when facing the bow), STARBOARD = right side (when facing the bow), STERN (back of the boat)
- References: BOAT Study Guide, p. 3

Safe and Sorry (Pre-Trip Check)

- Objective: To learn how to prepare for a safe boating trip
- Materials: Teacher's Key
- Method of Play: Say an item on the Teacher's Key. Items you would bring on a boating trip, the students will call out "safe!" and for every item you wouldn't bring, the students will call out "sorry!"
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): fridge (sorry), PFD's (safe), fishing gear (safe), local hazards (safe), bird cage (sorry), gas (safe), weather (safe), boat (safe), all safety gear (safe)
- References: BOAT Study Guide, p. 16; 40-47; Canadian Lifesaving Manual, p. 2-3 & 2-4

Equipment Relay

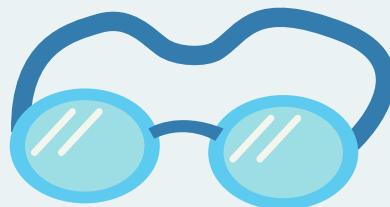
- Objective: Reinforce using safe boating equipment
- Materials: Flashcards with pictures of required equipment
- Method of Play: Set up a relay using any kind of movement to get from point A to point B. For the racer to tag the next person they need to point to a flashcard that is required by law for a motorized watercraft 6m or less. Make sure the swimmers are not actually tagging each other and the instructor just lets the other person know when it is their turn to go.
- Variations: Can be done in shallow water, deep water, or on land and use all the flashcards or just some of it, mix in random items to try and mess them up.
- Teacher's Key (FLASHCARDS): Bailing bucket, oars, whistle, flashlight, PFD (right size for everyone in the boat), buoyant heaving line, navigation lights
- References: BOAT Study Guide, p.16; Canadian Lifesaving Manual, p. 2-3

Look Alert

- Objective: Teach how to recognize a distressed, weak, tired, and unconscious victim.
- Materials: None.
- Method of play: While the person who is "it" hides their eyes, assign a victim type to the rest of the group by holding a card with that picture on it. All the students will do the same victim except for one. The goal is to figure out which is the person doing the "one that does not belong". Each swimmer needs to stay 6ft apart in the pool and when telling them their victim type, hold up a card instead of whispering it to them.
- Variations: This activity can also be done in a charades style with everyone simulating the same victim type and one person guessing what they are. You can split them into teams if there enough swimmers.
- References: Canadian Lifesaving Manual, p. 4-3 & 4-4

Safe and Sorry (Pool)

- Objective: Reinforce common pool rules
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!" Make sure each swimmer is 6ft apart from one another when they are jumping in.
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "Before I go swimming I have a shower" (safe), "I jump, swim and dive on other swimmers" (sorry), "I swim 1 length to go into the deep end" (safe), "I dive only in deep water" (safe), "I eat gum and candy in the pool" (sorry), "I run on deck" (sorry), "I always swim with a buddy" (safe), "Anyone under 7 years stays with an adult in the water" (safe), "I listen to the lifeguard" (safe), "I stay for a long time in the hot tub" (sorry), "I do whatever I want when I go swimming" (sorry), "I learn the safety rules for all equipment before playing on them" (safe).

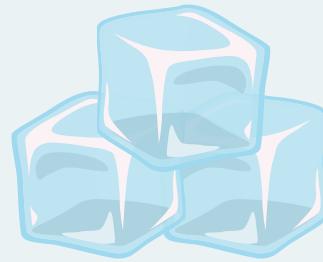


Wind Chill

- Objective: Reinforce the effects of wind chill
- Materials: Fan (an industrial fan works really well), bowl of water, paper towel
- Method of Play: The participants dip their hand into the pool water and put it in front of the fan. Notice the perceived change in temperature. Talk about wind chill and understand that wind can severely affect how cold it feels outside and increase the risk of frostbite and hypothermia. Making sure the entire time that everyone is socially distanced.
- Variations: Instead of just putting the hand into the water, you can have the participants go into the pool, then quickly come over to the fan to experience wind chill with the entire body. This may be more effective with older participants.

The Ice Game

- Objective: Reinforce the importance of checking the thickness of ice.
- Materials: Twister board game, or make your own, or use the one provided in the Printout Activities (Contact the Lifesaving Society Office)
- Method of Play: You will need 24 circles numbered 1-12 (you should have 2 sets of circles numbered 1-12). The numbers on the circles each represent a different ice type (teacher's key). Using the twister spinner, spin the hand and do as the spinner indicates. Player will place their hand on the designated circle that has a number on it, the "referee" that oversees the spinner is also in charge of informing the players of which type of ice they have fallen on. Depending on the number on the circle, the player could be safe or will fall through the ice-- if the player falls through the ice on that circle, they lose that hand or foot.
- Teacher's Key:
 1. Safe ice: 10cm thickness or more
 2. Unsafe ice: Less than 7cm thickness – you fall in!
 3. Unsafe ice: It is dark out and you cannot see the ice properly!
 4. Unsafe ice: Ice is cracked – find a new circle fast!
 5. Unsafe ice: Only measured in one place – you fall in!
 6. Safe ice: Ice is new and clear
 7. Safe ice: Measured in more than one place.
 8. Unsafe ice: Snow is covering the ice – find a new circle fast!
 9. Unsafe ice: There is a current below – you fall in!
 10. Safe ice: Ice is 12cm or more for you on your ATV/Snowmobile
 11. Unsafe ice: The weather is warm
 12. Safe ice: There is no snow covering the ice



The Boat Guide Game

- Objective: To understand the rules of the waterways and of the watercraft.
- Materials: Blindfold and role cards (see print off activities file).
- Method of Play: This game can be played on land or in the water. Select a navigator and an unlicensed boater (who will be blindfolded) as well as other players that will become obstacles for the unlicensed boater. Drawing from a hat, players will select a card which outlines which role they will play. A starting point and an ending point should be chosen, and a boundary area should be set. Students who are an obstacle will spread themselves out. The Obstacles are encouraged to act out their role. The unlicensed boater will be blindfolded and will begin at the starting point, the navigator will stand at the end and will verbally guide the boater around the obstacles the end without hitting anything.
- Teacher's Key (Card Types): Navigator, Unlicensed boater, Swimming buoy, Swimmers, Other boats, Shallow water, Channels, Inlet, Iceberg, Navigation buoy
- Variations: Everyone could be either navigator and unlicensed boaters and no one is the obstacles. Just use objects around the facility to be your obstacles.

Safe and Sorry (Open Water)

- Objective: To learn how to prepare for warm weather activities.
- Materials: Teacher's Key
- Method of Play: Say a statement on the Teacher's Key and for every safe statement, the students will jump in the water and for every unsafe statement the students will call out "sorry!" Make sure each swimmer is 6ft apart from one another when they are jumping in.
- Variations: Different words could be used for safe and sorry to make it more fun!
- Teacher's Key (SAFE AND SORRY): "wear sunscreen" (safe), "when diving look and listen before surfacing" (safe), "wear a winter coat" (sorry), "wear a hat" (safe), "drink plenty of water" (safe), "drink a lot of pop" (sorry), "drink hot chocolate" (sorry), "limit time in the sun between 11 am and 4 pm" (safe), "check the weather" (safe), "know proper hand signals when water skiing" (safe), "swim wherever you want to" (sorry), "when snorkeling display a divers flag" (safe), "bring a wind breaker" (safe), "wear fur lined boots" (sorry), "have a water fight outside" (safe), "swim by yourself" (sorry), "wear sunglasses" (safe), "check the water for hazards" (safe)
- References: Canadian Lifesaving Manual, p. 8-21 to 8-23

Slip Slap Slop Game

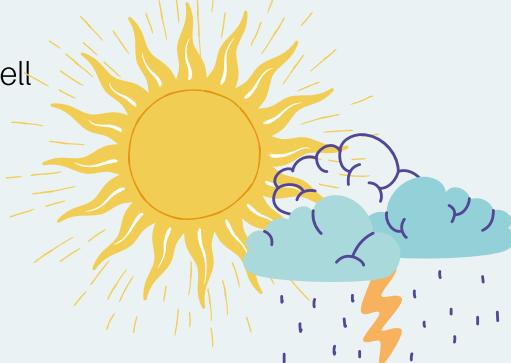
- Objective: Helps teach children and adults the importance of being Sun Smart and helping protect themselves from dangerous UV rays.
- Materials: A volunteer, stuffed animal or a rescue mannequin, hat, shirt (long sleeve rash shirt preferred), sunglasses, sunscreen
- Method of Play: Slip on some clothes, Slap on a hat, Slop on sunscreen, Seek shade and Slide on sunglasses. Go over all the steps of slip, slap, slop, seek and slide with the participants. After they know the steps, have them dress up the volunteer/stuffed animal/mannequin to help them be Sun Smart too! Having the kids actively participate in the steps help them remember what exactly they need to do to stay Sun Smart.



Sunny Stormy

- Objective: Sunny stormy is a fun interactive way to teach kids to think about the weather before they go into the water
- Materials: two cards one with a sun on it and another with stormy clouds large enough for everyone to see. You can either print out pictures and colour them in or you can draw and colour your own sun and cloud
- Method of Play: The game sunny stormy is a WaterSmart version of red light green light. First, teach the kids that swimming when it is not nice out is dangerous. Make sure that they understand not to swim in poor weather conditions. Once they know that it is not okay to swim when it is stormy, line them up side by side on the other side of the room or area that you are in. If you hold up the sun card it means that it is safe to swim and the kids can start to walk towards you but if you hold up the stormy card, then they have to stop and freeze because it is no longer safe to swim. If a kid is caught moving at all once you hold up the stormy card, they must go back to the start line! The first kid to make it all the way up to where you are standing wins.

- Variations: You could play this in the water as well



Swim to Survive Challenge

- Objective: To teach swimmers what to do in case of an unexpected entry into water
- Materials: Pool
- Method of Play: Line kids up on the side of the pool deck in the deep end. On the count of three, swimmers will roll into the water, tread water for one minute and swim 50 metres any stroke.

Essential Life Skills	Tasks
Orient oneself at the surface after an unexpected entry	Roll into water
Support oneself at the surface	Tread water for 1 minute
Swim to safety	Swim for 50 metres

- Variations: make sure swimmers are spread out on the pool deck at least 2m to maintain social distance guidelines.

**This could also be a good media event for the pool - have some local celebrities (example: The Mayor, etc.) take the challenge. Invite the local paper to cover the event!





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 practiced the Swim to Survive Skills

On behalf of the Lifesaving Society

Date