

Instructor Information		Host Information	
Instructor Name		Facility/Pool Name	
Email		City/Town	
Telephone		Contact Name	
		Email	
Date (yyyy / mm / dd)		Telephone	



Candidate Name	Skills				Final Evaluation			Challenge Activities					
	Swim 50 metres	Tread Water 1 minute	Roll into Deep Water	Sequence (Roll, Tread 1 min. & Swim 50 metres)	Achieved the Swim to Survive Standard	Achieved the Swim to Survive Standard in a PFD	Practiced Swim to Survive skills	Entry from a height (optional)	Stride Entry (optional)	Shallow or Deep Dive (optional)	Treading Water - longer time (optional)	Swim - Longer distance (optional)	Swim to Survive Standard with clothes on (optional)
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													

**Total**

Goal: to develop the minimum skills required to survive an unexpected fall into deep water.

SWIM TO SURVIVE

<i>Swim - 50 metres</i>	<i>Tread Water - 1 minute</i>	<i>Roll Entry</i>	<i>Sequence: Roll Entry ⇌ Tread Water (1 minute) ⇌ Swim 50 metres</i>
<b>Purpose</b>	<b>Purpose</b>	<b>Purpose</b>	<b>Purpose</b>
To be able to swim to safety.	To be able to support oneself at the surface.	To be able to orient oneself at the surface after an unexpected entry.	To be able to complete a continuous sequence of self-rescue skills.
<b>Must See</b>	<b>Must See</b>	<b>Must See</b>	<b>Must See</b>
<input type="checkbox"/> Minimum distance completed - 50 metres. <input type="checkbox"/> Swim should be completed without the candidate needing to stand on the bottom or stopping to hold on to the wall. <input type="checkbox"/> Any method of swim movement is acceptable.	<input type="checkbox"/> Minimum time met - 1 minute. <input type="checkbox"/> Able to breathe while supporting self at surface. <input type="checkbox"/> Any method of self-support is acceptable.	<input type="checkbox"/> Rolling or tumbling entry such as side or forward roll into deep water. <input type="checkbox"/> Must be able to get head above the surface and avoid breathing in water.	<input type="checkbox"/> All 3 skills are completed as a continuous sequence in the following order: roll entry, tread water (1 minute), and swim 50 metres.
<b>Notes</b>	<b>Notes</b>	<b>Notes</b>	<b>Notes</b>
<ul style="list-style-type: none"> <li>• Instructors should have the learners swim a short distance first to determine skill levels and safety considerations.</li> <li>• 50 metres is the set distance to ensure that the learners' swim skills can overcome problems caused by clothing and cold water.</li> <li>• The goal is to teach learners to stay calm, relaxed and "go the distance" to safety.</li> </ul>	<ul style="list-style-type: none"> <li>• Canadian waters are generally cold enough year-round to trigger a gasping reflex on unexpected immersion.</li> <li>• The ability to tread water allows the person to protect their airway while regaining control of their breathing pattern and finding the nearest point of safety.</li> </ul>	<ul style="list-style-type: none"> <li>• When teaching and practicing skills with head-first entries from the deck/dock, diving boards or platforms, ensure the candidates have sufficient depth of water for a safe entry.</li> <li>• A log-roll is an acceptable entry for this item, and it is recommended if only shallow water is available.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim to Survive does not attempt to describe the ideal appearance of the skills in the sequence. Any method that achieves getting the head out of the water, supporting the head out while treading water and then some form of forward progress for the required distance is acceptable.</li> <li>• It is acceptable to pause and rest by treading water during the swim.</li> </ul>
<ul style="list-style-type: none"> <li>• PFDs can be used as a teaching tool and in progressions, allowing the candidates to focus on the skill rather than being in "survival mode" and struggling to breathe.</li> <li>• Learners can complete all Swim to Survive components with a PFD/lifejacket. Completing the sequence with a PFD does not meet the "Must Sees".</li> <li>• Once swimmers achieve the minimum standard, encourage learners to increase time and distance.</li> <li>• When completing the Swim to Survive recognition certificate, use a ✓ to mark if the learner:             <ul style="list-style-type: none"> <li>○ has achieved the Swim to Survive Standard = met all "Must Sees"</li> <li>○ has achieved the Swim to Survive Standard in a lifejacket = met the "Must Sees" in a lifejacket</li> <li>○ has practiced the Swim to Survive Skills = has attempted the skill components</li> </ul> </li> <li>• Teaching activities for these skills are available on the Swim to Survive Activity Guide. They include progressions on screening, swimming, treading, entering and challenge activities.</li> <li>• Wristbands, certificates and stickers for candidate recognition are available through the Lifesaving Society.</li> </ul>			