



**General Committee
January 20, 2014**

About Swim To Survive

- The Swim to Survive program was launched in 2005.
- Swim to Survive teaches grade 3 children three basic skills in sequence: roll into deep water; tread water for one minute; and swim 50 metres
- Statistics show that most people who drown are less than 15 metres from shore or safety.
- It is not meant as a replacement for standard swimming lessons; however the program is an important first step to being safe around water

Swim To Survive - Markham

- The Lifesaving Society estimates that about half of Canadian children never take traditional swimming lessons.
- Over 500,000 children across the country have participated in the program to date.
- *Markham's success to date with Swim to Survive!*
September 2012 to June 2013 = **1506 students**
September 2011 to June 2012 = **1412 students**

Total participation: 2918



ARE TEENS AT GREATER RISK OF DROWNING?

Parents might not think so, but brain research suggests otherwise



Swim to Survive +

- Research on the teen brain is helping experts understand that the physiology of the teen brain actually leads them to participate in thrill-seeking activities and risky behaviour.
- As children get older they become more independent, spend more time with friends, and less likely to have adult supervision
- A recent Canadian Poll found that although parents were confident in their children's swimming ability 1/2 have not had swimming lessons or the lessons were more than 5 years ago.
- Consequently in 2012 the Lifesaving Society announced the development of the Swim to Survive + program, targeting children in Grade 7 to address the developing adolescent and reinforce the existing program

Swim To Survive +

- Swim to Survive + builds on the skills taught in the original Swim to Survive program.
- *The + (plus) means that students are taught to ROLL, TREAD and SWIM WITH CLOTHES ON.*
- In addition, Swim To Survive+ teaches kids how to **assist a friend who may have accidentally fallen into deep water.**
- Participants are trained to **swim four intervals of 10 to 15 metres** each on their front or back, with 15 to 30 second rests and a pulse check at each interval.

Swim To Survive +

- The Lifesaving Society asked Markham to be one of the pilot communities for the Swim to Survive + program.
- The Lifesaving Society has approved our Grant Application for \$2,120.58
- The Markham Swim to Survive + grant will reach 143 children in Grade 7 and begins January 2014
- This program is in Partnership with the Board of Education
- The Board identified three schools to participate in the pilot Swim To Survive +
 - German Mills Public School
 - Armadale Public School
 - Cedarwood Public School
- Markham has been asked in conjunction with the Lifesaving Society and the York Region District School Board to host a Press Conference for Swim to Survive + upon completion of the pilot program April 8, 2014 at Milliken Mills Community Centre



Swim To Survive+

This pilot program has been funded by:

Stephanie Gaetz Keepsafe Foundation

PPL Aquatic

Fitness & Spa Group

TransCanada Corporation

City of Markham

- Pool Space
- Administration



QUESTIONS