

SWIM TO SURVIVE

Type of program:

- School Camp swim Other
 Water Smart event Recreational swim

Instructor:

School / Group:

Date of program:

Facility name:



Roll into deep water

Tread 1 minute

Swim 50 m

Achieved the Swim to Survive Standard

Roll into deep water

Tread 1 minute

Swim 50 m

Achieved the Swim to Survive Standard

1	Age										13	Age									
2	Age										14	Age									
3	Age										15	Age									
4	Age										16	Age									
5	Age										17	Age									
6	Age										18	Age									
7	Age										19	Age									
8	Age										20	Age									
9	Age										21	Age									
10	Age										22	Age									
11	Age										23	Age									
12	Age										24	Age									
	Total:											Total:									

Swim to Survive®

The three Swim to Survive skills are learned and practiced separately. However, to meet the Canadian Swim to Survive Standard, candidates must perform them as a continuous sequence in the following order: Roll into deep water:

Roll into deep water – Tread water for 1 minute – Swim 50 m to safety.

Roll Must Sees

Roll into deep water.

- Disorienting entry into deep water without assistance
- Ability to get head above surface

Tread Must Sees

Tread water for 1 minute.

- Time achieved – 1 minute
- Ability to breath while supporting self at surface

Swim Must Sees

Swim 50 m to safety.

- Continuous swim using any method(s) of propulsion
- Distance completed – 50 m