



LIFESAVING SOCIETY
The Lifeguarding Experts

SWIM TO SURVIVE DAY COMMUNITY GRANTS

ABOUT THE GRANT

The Lifesaving Society's Swim to Survive campaign is all about drowning prevention and aims to reduce drownings by 50 per cent within 10 years.

Thanks to a generous donation from the YVR for Kids Foundation, 12 kits are available to provide 12 communities with supplies and information to hold a Swim to Survive Day. Each kit is valued at \$1000 and consists of all of the materials needed to deliver Swim to Survive training to 200 participants including:

- 1 Swim to Survive pop-up banner and stand
- 1 vinyl Swim to Survive sign (13 ft x 3 ft)
- 200 Swim to Survive Day Participation Certificates
- 200 Swim to Survive promotional rack cards
- 10 Swim to Survive t-shirts (additional T-Shirts can be purchased at \$15)
- 200 Swim to Survive mood pencils
- 200 Swim to Survive stickers
- 200 Swim to Survive tattoos
- 1 Swim to Survive Activity Guide
- Digital Assets to assist in running and promoting your event, including a Swim to Survive in the Community Guide

ABOUT SWIM TO SURVIVE DAY

Swim to Survive Day is a flexible and simple way to deliver Swim to Survive in your community, challenging the public to attempt the Swim to Survive Standard. Swim to Survive Days can be delivered as an all-day survival swimming event, or as a series of smaller sessions, teaching the skills necessary to survive an unexpected fall into deep water.

Swim to Survive Days are designed to be delivered at no cost to youth ages 7-18 with age appropriate water safety sessions or to families. Family Swim to Survive Days allow family members to participate together in a comfortable guided learning environment. This may be particularly effective for families who may be new to Canada or for those who may have no experience with survival swimming and water safety.

BC & Yukon Branch

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Swim to Survive Day Community Grants

THE CANADIAN SWIM TO SURVIVE STANDARD

The Swim to Survive standard is simple, straightforward, and focused. It defines the essential minimum skills required to survive an unexpected fall into deep water. It is recognized that there is a wide range of aquatic training well beyond this minimum.

- **Roll into Deep Water:** Orientate oneself at the surface after an unexpected entry into deep water
- **Tread Water for 1 Minute:** Support oneself at the surface to locate the nearest point of safety
- **Swim 50 Metres:** Swim to nearest point of safety

GRANT REQUIREMENTS

1. Grant Application must be submitted by June 7, 2019
2. Grant Recipients agree to organize and run a free, Swim to Survive day, or multiple Swim to Survive events, training a minimum of 200 participants by August 15, 2019.
3. Selected applicants agree to collect the names and ages of participants, and submit information to the Lifesaving Society BC & Yukon Branch (test sheets available online)
4. All participants, instructors and volunteers must sign a participation and photo release form (sample available in Swim to Survive in the Community Guide).
5. Grant Recipients agree to collect and submit event photos and an Activity Report by August 16, 2019, and are encouraged to promote their event(s) and drowning prevention messaging in their community.

See the updated 2019 Guidelines for running your Swim to Survive day! (Includes the photo/participation release form.)

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