

**Informed Consent to Swim in Open Water Monsignor McCoy High School  
Panterra Eco-Expeditions Trip -Sea of Cortez - Form C**

\_\_\_\_\_ to \_\_\_\_\_  
(Month/Day/Year) (Month/Day/Year)

**Dear Parents/Guardians,**

Monsignor McCoy High School has arranged a Panterra Eco-Expeditions Trip to the Sea of Cortez

from \_\_\_\_\_ to \_\_\_\_\_.  
(date) (date)

While on the trip your child will be involved in open water swimming. Your child will be supervised. This signed form is required for all students who wish to participate.

**Inherent Risk**

On behalf of my child, \_\_\_\_\_ I/We, \_\_\_\_\_  
(Print Student's Name) (Print Parent/Guardian Name)

**Agree to and acknowledge the following:**

Swimming is a sport with physical demands and inherent risks which are beyond the control of Medicine Hat Catholic Board of Education ("MHCBE"). I completely understand and appreciate the inherent risks involved in open water swimming including but not limited to the possibility of serious injury or death, and other water related risks such as stings, bites, heat stroke, sunburn, etc. Swimmers and their parents/guardians must assume these risks.

***Swimming Ability Test or "Swim to Survive" Test***

In order to enter deep water, or as part of an orientation for activities that will occur around water for prolonged periods of time (canoe trips, sailing trips, camping trips near water, etc.), a swim test must be administered to all participants. The minimum performance level required is completion of the Canadian Swim to Survive Standard which sets out the minimum skill requirement to include: roll into deep water, tread water for one (1) minute, swim a fifty (50) metre distance non-stop using any stroke or combination of strokes. In the case where this standard differs from that required by the venue of the activity, the higher of the two standards shall apply.

**Requirement- Canadian Swim to Survive Standard**

Any student participating in the Monsignor McCoy School Panterra Eco-Expeditions Trip, Sea of Cortez from \_\_\_\_\_ to \_\_\_\_\_ is required to pass the Canadian Swim to Survive Standard as  
(date) (date)

described above. A swim test will be administered by a certified lifeguard prior to departing for the trip. Only those who pass the Canadian Swim to Survive Standard will be allowed to participate in the trip.

**PERMISSION to SWIM IN OPEN WATER**

I freely and voluntarily, on behalf of my child or myself, assume the risks outlined above related to my child's participation in open water swimming while participating in the **Monsignor McCoy School Panterra Eco-Expeditions Trip, Sea of Cortez** as described above. I confirm that my child has passed the Swim to Survive® Standard.

**Dated:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

Please note:

## Swim to Survive® Standard:

The Swim to Survive® Standard is a simple, straightforward and focused national standard that defines the minimum swimming skills needed to survive an unexpected fall into deep water. The Swim to Survive® Standard is a sequence of three skills:

Swim to Survive® Standard = **ROLL into deep water + TREAD water (1 min.) + SWIM 50m**

**ROLL into deep water** - Orient oneself at the surface after an unexpected entry. A fall into water is distorting and a threat to normal respiration.

**Tread water for 1 minute** - Support oneself at the surface. Canadian waters are generally cold enough year-round to trigger a gasping reflex on unexpected immersion. The ability to tread water allows you to protect your airway while regaining control of your breathing.

**Swim 50 metres** - Swim to safety. Lifesaving Society research shows most drowning's occur within 3 to 15 meters of safety (dock, shoreline, pool edge). Because your ability may be impaired by cold water, clothing, etc, we use a 50 m distance as a reasonable standard.

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## Swim to Survive® Standard

Name of student \_\_\_\_\_ Date \_\_\_\_\_

Location of swim test \_\_\_\_\_

Administered by \_\_\_\_\_ Certification \_\_\_\_\_

### Swim to Survive® Standard

A student must pass all three skills to enter deep water, chest height or higher.

ROLL into deep water –	Pass_____	Fail_____
TREAD water (1 min.)	Pass_____	Fail_____
SWIM 50m	Pass_____	Fail_____

Signature \_\_\_\_\_

Dated: \_\_\_\_\_