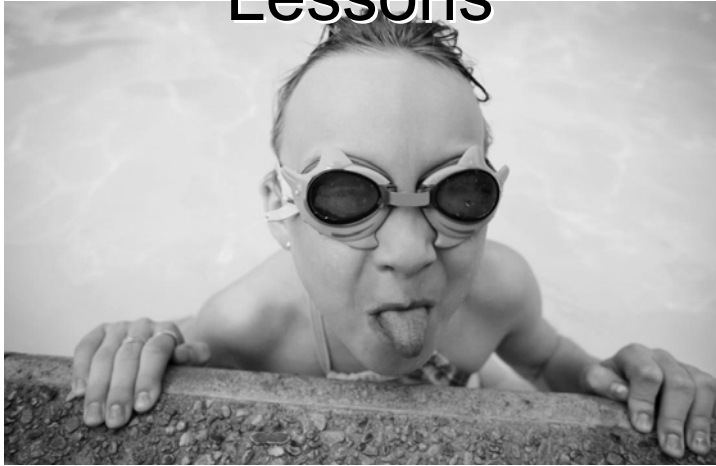


Community Swim Lessons



By: Keith Benzer, Sarah Van Der Volgen and Emre Celik RTM 300 T/TH 12:30-1:45

Building Strong Youth

- The need for swimming lessons among inner city children is a topic rarely addressed.
- Children from low income families are four times more likely to drown and according to the Centers for Disease Control “black children drown 2.3 times more often than their white peers.”
- With that in mind starting a Backyard Swimming program and/or Learn to Swim Free program “will remove barriers that inhibit growth of diversity in aquatics” while also trying to reduce the amount of drowning among children growing up poverty.

Facts and Research

- In 2000, there were 3,482 unintentional drowning in the United States, an average of nine people per day.

U.S. Centers for Disease Control and Prevention

- It is estimated that for each drowning death, there are 1 to 4 nonfatal submersions serious enough to result in hospitalization. Children who still require cardiopulmonary resuscitation (CPR) at the time they arrive at the emergency department have a poor prognosis, with at least half of survivors suffering significant neurological impairment.

American Academy of Pediatrics

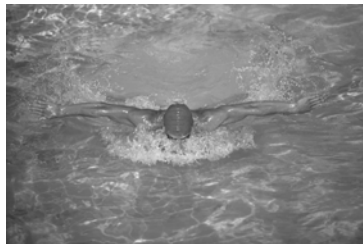
Facts Continued...

Drowning is the second-leading cause of injury-related death among children under the age of 15.

U.S. Centers for Disease Control and Prevention

Children under five and adolescents between the ages of 15-24 have the highest drowning rates.

U.S. Centers for Disease Control and Prevention



Facts Continued...

- 19% of drowning deaths involving children occur in public pools with certified lifeguards present.

Drowning Prevention Foundation

- A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under.

Orange County California Fire Authority



More Facts

- An estimated 5,000 children ages 14 and under are hospitalized due to unintentional drowning-related incidents each year; 15 percent die in the hospital and as many as 20 percent suffer severe, permanent neurological disability.

National Safety Council

- Of all preschoolers who drown, 70 percent are in the care of one or both parents at the time of the drowning and 75 percent are missing from sight for five minutes or less.

Orange County, CA, Fire Authority

- The majority of children who survive (92 percent) are discovered within two minutes following submersion, and most children who die (86 percent) are found after 10 minutes. Nearly all who require cardiopulmonary resuscitation (CPR) die or are left with severe brain injury.

National Safe Kids Campaign

Groups at Risk

- **Males:** In 2003, males accounted for 80% of fatal drownings in the United States (CDC 2005).
- **Children:** In 2003, 782 children ages 0 to 14 years died from drowning (CDC 2005). Although drowning rates have slowly declined (Branche 1999), drowning remains the second-leading cause of injury-related death for children ages 1 to 14 years (CDC 2005).

- **African Americans:** Factors such as the environment (e.g., access to swimming pools) may contribute to the racial differences in drowning rates between African Americans and white Americans (Branche et al. 2004). During 2002–2003, the overall age-adjusted fatal drowning rate for African Americans was 1.25 times higher than for whites (CDC 2005). However, these rates vary by age.

Groups at Risk Continued

- During this time, African-American infants under one year had a fatal drowning rate slightly higher than the drowning rate of white infants (CDC 2005). Most infants drown in bathtubs, toilets, or household buckets. Among children 1 to 4 years of age, African Americans had a lower fatal drowning rate than whites. Drownings in this age group typically happen in residential swimming pools.

Groups at Risk Continued



- African-American children ages 5 to 19 years fatally drowned at 2.3 times the rate of white children in this age group during 2002–2003 (CDC 2005). As children get older, drownings often occur in open water areas such as ponds, lakes, and rivers. If African Americans participate less in water-related activities than whites, their drowning rates (per exposure) may be higher than currently reported (Branche et al. 2004).

Overview

- In 2003, there were 3,306 unintentional fatal drownings in the United States, averaging nine people per day. This figure does not include drownings in boating-related incidents (CDC 2005).
- For every child 14 years and younger who dies from drowning, five receive emergency department care for nonfatal submersion injuries. More than half of these children require hospitalization (CDC 2005). Nonfatal drownings can cause brain damage that result in long-term disabilities ranging from memory problems and learning disabilities to the permanent loss of basic functioning (i.e., permanent vegetative state).

Overview



- A CDC study about self-reported swimming ability (Gilchrist et al. 2000) found that:
 - Younger respondents reported greater swimming ability than older respondents;
 - Self-reported ability increased with level of education;
 - Among racial groups, African Americans reported the most limited swimming ability; and
- Men of all ages, races, and educational levels consistently reported greater swimming ability than women.
- **National Safe Boating Week Healthy and Safe Swimming**

Our Solution

- We are going to start a low cost and/ or even no cost swimming lesson program offered to inner city children. We will base our lessons off of programs already in place such as the YMCA swim lesson program, Los Angeles City swim lesson program as well as the Los Angeles County swim lesson program.
- The want and need for a program such as ours is out there.

Philosophy

- Learning to swim is a valuable skill that can save a child's life. Our teaching methods vary depending on the individual needs of each child or adult. In addition, we believe that learning to swim is not only life saving but also a tool for building confidence and gaining independence in life. These lessons will benefit the student long they have learned to swim.

What They Thought



- We each talked to 5 families and asked the following three questions:
 - How important is it for you to make sure your children are water safe?
 - Is it easy for you to find a pool that teaches lessons at a reasonable price?
 - What do you think should be done to help get inner city children swim lessons?
- When we were all done we got back together to go over our answers. The findings were unanimous. Everyone stated that it was very important to them to make sure their kids were water safe. One woman even said “The thought of my child drowning is horrible.”

- For question 2 everyone said that the pools in their neighborhood are only open in the summer and usually the prices are too high or there aren't enough spaces for their children to get lessons. A man said “every summer I try to sign my child up for lessons at the park pool but I am always put on a waiting list, meaning once again another year will go by that my kid won't have the opportunity to learn to swim.”
- Question 3 was the most helpful and gave us a lot of insight. They all said that free swim lessons would be best and that having the teacher come to them would make things a lot easier

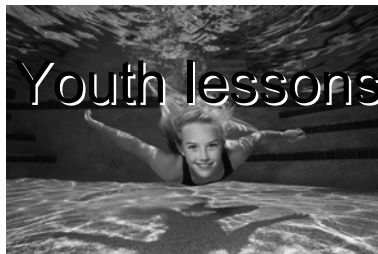
Community Opinion

- In response to the opinion of the community this program has been designed to meet the needs of you and your children at certain levels. You or your child will be placed in a certain level determined by the instructor which have been designed to create a difficulty that will meet the skill level of you and your child.
- Each instructor will be certified in CPR, First Aid, and Water Safety Instruction.
- These lessons will be one on one or can involve small groups of about three children.

How Our Program Works

- Our program is designed to work around your schedule. We will do our best to accommodate you with the day and time of your choice. Follow the 4 easy steps below to enroll your child today!
- 1. Choose a location.
We offer lessons at your pool or at one of our luxurious heated hotel pools. Learn the areas we serve and locations we offer.
- 2. Choose a schedule.
All of our lessons are offered in a series of six classes per session. For in home swim lessons call our office to create a personal swim lesson schedule. For our pool lessons there are 2 session types from which to choose:

- Three Weeks of Bi-Weekly **Tuesday / Thursday** or **Saturday / Sunday**
- Two Weeks of Tri-Weekly **Monday / Wednesday / Friday**
- 3. Choose a time. Lessons start on the hour or half-hour and can be arranged in 3 times of the day:
 - Morning (9am-12pm)
 - Afternoon (12pm-3pm)
 - Evening (3pm-6pm)
- 4. Choose a start date.
Our sessions begin every 2 or 3 weeks depending on the days of the week you request for your lessons.



- We give great attention to personal success of the student. Therefore we create each lesson to meet the individual needs and learning style of the child. We teach in a way enables a student to grow in the water and in life. We have three basic approaches that are applied to the growth of the students:

Youth Lessons Continued



- Traditional- Which applies to the beginner.
- Custom- Which applies to the intermediate swimmer.
- Expert- Which is designed for the advanced swimmer.
- The most effective method will be determined by the instructor for desired results.

Adults

- These lessons will exercise all the major muscles of the body, it helps your heart, circulation and lungs.
- This also focuses on firmer muscles, increasing flexibility, while causing minimal trauma to the muscles and bones as well as provide lifelong satisfaction to ones health.



Parent & Child

- These classes allow children to learn about the water in a fun and nurturing environment. Students will learn the basic building blocks they will need to continue their learning later.
- The class is designed to let the parent bond with the child while the child is exploring and experimenting with the water.

Partners

- Los Angeles County Junior Lifeguards
- YMCA of Van Nuys, Reseda and Porter Ranch
- Los Angeles City Department of Parks and Recreation

Program Basis



- Best Practices from the American Red Cross and The YMCA have been created and are two very well run programs in the world of Aquatics and swim lessons. They have very different ways of teaching swimming but are both successful.
- Their best practices are going to be our bases but we are going to take their ideas and make our program better. The lessons we teach will give better results in a shorter amount of time in an area that the Red Cross and YMCA have yet to touch which is the inner city community

Financing



- Seeing that we would like to do low cost and no cost swimming lessons both grants and donations would be the way to finance our program. We researched the Ronald McDonald foundation, and saw that they will donate to programs that help educate youth in a variety of ways.
- Swimming lessons fall into that category. You are given the opportunity to ask for any amount as long as each dollar is spent in the way you said it would be. There are also other grants available out there that we would apply for to fund the lessons, and to pay our employees/instructors.

References

- *American Academy of Pediatrics*
- *Drowning Prevention Foundation*
- **National Safe Boating Week Healthy and Safe Swimming**
- *National Safety Council*
- *National Safe Kids Campaign*

- *Orange County, CA, Fire Authority*
- *U.S. Centers for Disease Control and Prevention*

Thank
You!