

**NYS TEMPORARY COMMISSION TO PREVENT CHILDHOOD DROWNING**  
**FRIDAY, October 20, 2023**  
**9:30-11:30 AM**

**Agenda:**

- Reminder to start the recording of the meeting
- Call to Order
- Reminder: Commissioners need to be on camera. The volume needs to be unmuted. Your complete name needs to be displayed.
- Guidelines: Public Participation:
- Introductions:
- Approval of Minutes from previous meeting
  
- Guest Speakers: Janet Fash, Michael Randazzo, Carl Quigley - NYC Aquatic Symposium

**Discussion: Where are we on each Goal?**

- Goal B: Feasibility & Effectiveness - Brian, Heidi. [tinyurl.com/NYSDrowningTownHall](https://tinyurl.com/NYSDrowningTownHall)
- Goal C: Partnerships - Gwen, Kate
- Goal D: Underserved - Mike, Kevin, Casper
- Goal E: Awareness - Kathryn, Heidi, Kate
- Goal A-1 & A-2: Age & Standards - Marrick; Goal Completed

**Define Terms:** Glossary of Terms to create a common state-wide vocabulary; other suggestions for words to be added to the list.

**11:20 For the Good of the Group**

Game Plan for next meeting - 11/3/2023.

**11:30 Adjourned**

**Upcoming Events: Guest Speakers**

11/2/2023: Robbie Palmieri III, recognition at American Legion Post 229, Utica @6 pm

11/3/2023: Tim Shay, Department of Health

11/17/2023:

## GUEST SPEAKER

**Janet Fash**, Chief Lifeguard, New York City Department of Parks and Recreation with over 35 years in a supervisory capacity training and supervising ocean lifeguards on some of the busiest stretches of Rockaway Beach. Fash has been a water safety instructor, Lifeguard Training Instructor, Chief Lifeguard and a lifelong swimmer who longs for all New Yorkers to have access to swim lessons and acquire water skills. She is an outspoken critic of the NYC Lifeguards' unions which have contributed to the NYC lifeguard shortages and a lack of a true ocean training program. Fash believes that this has hampered bringing the NYC lifeguard training program into the 21st Century—to the detriment of both the public and rank and file lifeguards.

**Carl Quigley**: Brooklyn-born Rockaway resident; Former NCAA D1 swimmer and water polo player at St. Francis College; NYC Dept of Parks ocean lifeguard; Recreation Specialist & Teacher of Developmentally Challenged individuals; Coach, Assistant Athletic & Aquatics Director at St Francis; Coach of water polo at Asphalt Green ; American Red Cross Instructor; Empire State Games Sport Director; Founder. Coach and Director of the Terrier Aquatic Club; Former Board member: Catholic Youth Association, Collegiate Water Polo Association and NCAA Water Polo Championship & Rules committees.

**Michael Randazzo** , Executive Director, ICW, is an educator & community organizer. For the past twelve years he has directed community projects for Long Island University, Brooklyn campus. Prior to that he oversaw continuing education programs for The New School. He's been published in *Swimming World Magazine*, *Brooklyn Paper*, *The New York Times*.

### Articles / Attached Links:

*Rockaways Roundtable: New York City Aquatic Culture?*

<https://www.communitywellness.nyc/initiatives/rockaway-roundtable-nyc-aquatic-culture>

*'You Are the Difference Between Life and Death in the Ocean'*

<https://hellgatenyc.com/you-are-the-difference-between-life-and-death-in-the-ocean>

*Opinion: Despite Obstacles, New York City On Cusp of Aquatics Renaissance*

<https://www.swimmingworldmagazine.com/news/opinion-despite-obstacles-new-york-city-on-cusp-of-aquatics-renaissance/>

*Too Many New Yorkers Can't Swim. It's Time to Change That.*

<https://www.nytimes.com/2022/07/24/opinion/new-york-city-swimming-pools.html>

*Why American Stopped Building Pools*

<https://www.cnn.com/2023/07/22/business/public-pools-extreme-heat/index.html>

*Impact of drowning nationally*

<https://www.nytimes.com/2023/07/08/health/children-drowning-deaths.html>

*NYC Council takes up bills to expand pool access citywide*

<https://gothamist.com/news/council-takes-up-bills-to-expand-pool-access>

<https://mailchi.mp/730e0ee2f70e/swim-lessons-better-times-for-nyc-aquatics?e=b92ec0eb61>

## GOAL B

### TOWN HALL QUESTIONS:

Would you be interested in providing more water safety/swim instruction? If so, what are the major obstacles that prevent you from doing so?

Are there facilities in your community that have the potential to be used more for water safety/swim instruction? What are the perceived obstacles for them?

What is the condition of your facility - age, upkeep? Anticipated need for infrastructure work?

What are the challenges to finding and/or training qualified staff to be lifeguards, and/or swim instructors?

Are there other challenges we have not discussed?

Do you provide water safety instruction on land (not in the water at all)? What topics do you cover?

Do you currently offer any incentives to parents/guardians to enroll their children in swim lessons?

What else should the commissioners know to help decrease the risk of drowning in your community?

### Dates of Town Hall meetings:

REGION	DAY OF WEEK	MONTH	DATE	TIME
CAPITAL REGION	Thursday	November	16	7 - 8:30 PM
CENTRAL NY REGION	Thursday	November	2	7 - 8:30 PM
FINGER LAKES REGION	Thursday	October	26	7 - 8:30 PM
LONG ISLAND REGION	Thursday	November	9	7 - 8:30 PM
MID-HUDSON REGION	Tuesday	November	14	7 - 8:30 PM
MOHAWK VALLEY REGION	Tuesday	November	28	7 - 8:30 PM
NEW YORK CITY REGION	Monday	November	6	7 - 8:30 PM
NORTH COUNTRY REGION	Wednesday	November	1	7 - 8:30 PM
SOUTHERN TIER REGION	Wednesday	November	29	7 - 8:30 PM
WESTERN NY REGION	Tuesday	October	24	7 - 8:30 PM

**STATE WIDE REGIONS:**

- Westchester

**CAPITAL REGION:**

- Albany
- Columbia
- Greene
- Rensselaer
- Saratoga
- Schenectady
- Warren
- Washington

**CENTRAL NY:**

- Cayuga
- Cortland
- Madison
- Onondaga
- Oswego

**FINGER LAKES:**

- Genesee
- Livingston
- Monroe
- Ontario
- Orleans
- Seneca
- Wayne
- Wyoming
- Yates

**LONG ISLAND:**

- Nassau
- Suffolk

**MID-HUDSON:**

- Dutchess
- Orange
- Putnam
- Rockland
- Sullivan
- Ulster

**MOHAWK VALLEY:**

- Fulton
- Herkimer
- Montgomery
- Oneida
- Otsego
- Schoharie

**NEW YORK CITY:**

- Bronx
- Kings
- New York
- Queens
- Richmond

**NORTH COUNTRY:**

- Clinton
- Essex
- Franklin
- Hamilton
- Jefferson
- Lewis
- St. Lawrence

**SOUTHERN TIER:**

- Broome
- Chemung
- Chenango
- Delaware
- Schuyler
- Steuben
- Tioga
- Tompkins

**WESTERN NEW YORK:**

- Allegany
- Cattaraugus
- Chautauqua
- Erie
- Niagara

## GOAL C

### DRAFT - Strategic Roadmap for the NYS DOH Water Safety Clearinghouse Page and Drowning and Near-Drowning Reporting System

**1. Vision Statement:** Empowering New York State communities with a comprehensive water safety ecosystem that combines accessible information and data-driven insights to prevent childhood drowning and enhance aquatic well-being and water competency<sup>[1]</sup>.

**2. Mission Statement:** The NYS DOH Water Safety Clearinghouse page and Drowning and Near Drowning Reporting System strive to unite stakeholders across the drowning spectrum, leveraging data integration, verified accounts, program evaluation, and community partnerships to create a proactive, data-informed approach to childhood drowning prevention.

**2.1 Stakeholders:** All people, groups, organizations, and entities that have a vested interest, involvement, or concern about water safety and drowning prevention.

**Government and Policymakers:** Policymakers and government agencies responsible for creating and enforcing water safety regulations and policies.

**Recreation and Facilities:** Parks and recreation departments and aquatic facility managers involved in ensuring safe swimming environments.

**Parents and Caregivers:** Individuals responsible for the safety and supervision of children and family members around water.

**Community Leaders:** Leaders within the local community who can influence and advocate for water safety initiatives.

**Non-Profit Organizations:** Non-profit groups dedicated to drowning prevention and water safety education.

**Faith-Based Organizations:** Religious and faith-based institutions that can promote water safety awareness within their congregations.

**Public Health Authorities:** Public health agencies that work to educate the public on the importance of water safety and injury prevention.

**Medical Professionals:** Hospitals and pediatricians who can provide guidance on water safety and respond to drowning incidents.

**Industry Representatives:** Businesses and industries related to aquatic activities, such as swim schools and lifeguard training programs.

**Maritime Groups:** Businesses, organizations and military sectors that are involved in maritime activities, shipping, seafaring, maritime safety, and other related areas.

**Schools and Educational Institutions:** Educational institutions that can incorporate water safety into their curricula and activities.

**Minority and Vulnerable Groups:** Organizations focused on addressing disparities in drowning rates among minority and underserved communities.

**Aquatics Community:** Lifeguards, swim instructors, and aquatic professionals responsible for water safety on-site.

**First Responders:** Emergency response teams, including police, fire, and paramedics, who play a critical role in drowning incidents.

### **3. Goals and Objectives:**

**3.1 Unified Drowning and Near-Drowning Data and Account System:** Enhance water safety through comprehensive data and account-driven information in two critical components

**3.1.1 Comprehensive Drowning Reporting System:** Develop and implement a state-wide drowning reporting system that links relevant data systems across the drowning spectrum, similar to the NVDRS (CDC's National Violent Death Reporting System and Child Death Review and Prevention). Facilitate data sharing among lifeguarding, law enforcement, emergency medical services, emergency departments, hospitals, and medical examiner offices to enable in-depth risk and protective factor analysis. DOH, New York State Office of Parks, Recreation, and Historic Preservation, and the Department of Environmental Conservation are to be included as each run or oversee aquatic facility or bather shoreline.

**3.1.2 Verified Drowning and Near Drowning Rescue Accounts:** Collect, verify, and disseminate drowning and rescue accounts to provide context to quantitative data, enabling more effective water safety education. These

accounts will help communities understand the circumstances surrounding incidents, and inform prevention strategies.

**3.3 Standardized Behavioral Questions: Objective:** Create a bank of standardized questions on water safety knowledge, attitudes, and behaviors for integration into program evaluation and existing behavioral surveillance systems like YRBS ( CDC's Youth Risk Behavior Surveillance System) and BRFSS (CDC's Behavioral Risk Factor Surveillance System). By having site visitors answer these standardized questions, we can better track trends, identify gaps, and refine prevention efforts. i.e., which body of water is closest to your home?

**3.4 Professional Resources and Information Hub: Objective:** Develop a professional resources hub for parents to find water safety education and for educators to enhance the quality, quantity, availability, and accessibility of information on existing water safety programs. It will become a central hub where organizations can share their initiatives, strategies, and outcomes, fostering collaboration and efficient utilization of resources. Utilizing the hub as a resource, we aim to foster collaboration, improve data sharing, and advance grassroots-level data-informed prevention initiatives. Additionally, it will empower a local partnership strategy that unites community organizations dedicated to both drowning prevention and incident response.

#### **4. Key Strategies:**

**4.1 Integrated Data Initiative:** Collaborate with data system stakeholders to create a seamless integration framework that connects lifeguarding, law enforcement, medical services, and other relevant entities to enhance data collection and analysis.

Establish protocols for collecting and verifying drowning and rescue accounts to ensure accuracy and reliability, enhancing the qualitative context of data-driven insights.

A range of local or national authorities may maintain records or have information on drowning or water hazards, including hospitals, the police, coast guard, water transport agencies and disaster risk reduction authorities. - Other, less formal sources can help guide understanding of drowning, including media reports (traditional, digital and social media tend to report information on the circumstances of drowning which may not otherwise be available), and local people. (iris.who.int)

The review of available data should provide answers to the following questions regardless of whether your intervention is implemented at local, regional or national level:

- What is the age, sex, race, ethnicity, occupation and income level of those most likely to drown
- Where and when do drownings occur?
- What are the water bodies in which people most frequently drown?
- Are data available about the activities taking place at the time of drowning (e.g. while working, or at leisure or play)? If so, what do they reveal?
- Is the at-risk population changing over time?
- Is the risk itself changing over time?

**4.3 Standardized Behavioral Question Development:** Engage experts to create a set of standardized behavioral questions on water safety knowledge, attitudes, and behaviors. Integrate these questions into evaluation tools and existing surveillance systems.

**4.4 Information Hub Creation:** Build an accessible online platform where water safety organizations can share information about their programs, best practices, resources, and outcomes. Promote collaboration and resource optimization. Share data and create an online water safety ecosystem

4.4.1 - Public Awareness

4.4.2 –Connecting Individuals with available subsidized lessons and programs

4.4.3 -Professional Resources, including available grant options, research.

**4.5 Local Partnership Facilitation:** Formulate a strategy to engage community organizations, emergency responders, and public health agencies in local partnerships, fostering information exchange, collaborative action, and data-driven prevention initiatives.

**4.6 Create funding resources:** Have an earmarked expense line derived from xxx% of a tax to be determined to be utilized for drowning prevention. These can include education campaigns, program subsidization, grant programs, and facility update grants. Funds must be used in their entirety each budget cycle.



## **5. Timeline and Budget:**

Unified Drowning and Near-Drowning Data and Account System: Months 1-12

Implement Verified Account Collection: Months 6-12

Standardized Behavioral Question Integration: Months 9–12

Launch Information Hub: Months 12–15

Local Partnership Strategy Implementation: Months 12–18

Allocate budget for data system integration, technology development, partnership facilitation page, personnel, communication, and outreach efforts.

## **6. Conclusion:**

Through strategic alignment of public-private partnerships, leveraging existing state resources, and expanding access to free swimming instruction, this comprehensive plan pursues multiple objectives. It aims to bolster water safety, impart vital swimming skills, and promote physical activity among children. Conducting feasibility assessments and ongoing evaluations will ensure the program's sustainability and effectiveness, paving the way for a generation of confident and safe swimmers.

Furthermore, by seamlessly integrating a robust drowning reporting system, verified narratives, standardized questions, an information hub, and local partnerships, the NYS DOH Water Safety Clearinghouse page is poised to transform into a holistic ecosystem. This approach will equip communities with data-driven strategies for preventing childhood drowning incidents. This proactive initiative is well-positioned to significantly reduce such incidents and promote a culture of water safety throughout New York State thanks to collaboration and innovation.

## **DOH Drowning Prevention Clearinghouse (with examples of what can be included)**

### **1. Community Awareness**

- a. Behavioral survey on water safety knowledge, attitudes, and behaviors.**
- b. CDC Resources**
- c. Swim Safe Foundation**
- d. Whale Tales**
- e. Y-Splash**
- f. NDPA**
- g. WDA**
- h. IWSD**
- i. Podcasts**

- j.** StepinSwim.org
- k.** EndDrowningNow.org
- l.** Free online programs
- m.** Home swimming pool codes
- n.** United States Swim School Association

**2. Program Connections**

- a.** Option for organizations that subsidize swim lessons to post their information
- b.** YMCA
- c.** NYC
- d.** Boys and Girls Clubs
- e.** Swim Teams
- f.** Military Kids
- g.** Red Cross Swim App

**3. Professional Resources**

- a.** Partnership Toolkits
- b.** Situational Assessment Tool
- c.** Statewide community representation for summit meetings
- d.** Lifeguard Management
- e.** NRPA Professional resources
- f.** Red Cross Get Trained Website
- g.** NDPA.org/toolkit
- h.** Grant Resources to incentivize making swim lessons/water education affordable/ free/accessible
- i.** List organizations that provide grant resources

## GOAL D

### New York State Commission on Drowning Prevention

#### Implementation Plan for Swimming Safety Programs in Underserved Communities

Objective: To ensure that swimming safety programs are accessible and available to underserved communities.

##### *Identify Target Underserved Communities*

- Conduct a thorough assessment of the demographics and characteristics of the community to identify areas that are underserved in terms of swimming safety programs.
- Consider factors such as income levels, access to transportation, language barriers, cultural considerations, and any other relevant factors that may impact participation in swimming safety programs.
- Develop Partnerships
  - Identify local community organizations, schools, places of worship and other stakeholders that serve the identified target underserved communities.
  - Establish partnerships and collaborations with these organizations to leverage their resources and networks to reach out to the community and promote the swimming safety programs offered in their respective communities
  - Collaborate with local schools to integrate swimming safety education as part of their physical education curriculum or after-school programs.

##### *Outreach and Promotion*

- Develop a comprehensive outreach and promotion plan that utilizes multiple channels to reach the target communities, including community events, social media, flyers, posters, PSA and local media.
- Translate promotional materials into multiple languages spoken in the community, as needed, to overcome language barriers.
- Offer incentives, such as discounted or free classes, to encourage participation from underserved communities.
- Utilize local community leaders and influencers to promote the swimming safety programs and build trust within the community.

### *Financial Assistance*

- Establish a financial assistance program to provide scholarships or discounts to individuals or families from underserved communities who may face financial barriers to participating in the swimming safety programs. Scholarships should be based on enrollment in the following assistance programs:
  - Aid to Families with Dependent Children
  - Supplemental Security Income
  - Section 8 Public Housing
  - Social Security Disability Insurance
  - Women, Infant and Children's Program
  - Home Energy Assistance program
  - Food Stamps
  - Medicaid
  - Temporary Assistance to Needy Families
  - Children's Health Insurance plan
- Seek funding from grants, sponsorships, or donations to support the financial assistance program and make it sustainable.
- 
- Safety programs offered are culturally sensitive and inclusive to the diversity of the underserved populations in the state
- Train instructors and staff on cultural competency to better understand and respect the cultural differences of the participants.
- Create an inclusive environment that welcomes individuals of all backgrounds, abilities, and identities, and actively addresses any discriminatory behavior or attitudes.
- Establish a sense of trust with participants by being committed, consistent, competent and compassionate.
- Staff reflects the cultural diversity of the community.

### *Accessibility within a Neighborhood*

- Within walking distance
- Accessible by public transportation

### *Evaluation and Monitoring*

- Implement a system to regularly evaluate and monitor the effectiveness and impact of the swimming safety programs in the underserved communities.
- Collect data on program participation, outcomes, and feedback from participants and stakeholders to measure the success of the implementation plan.
- Use the evaluation results to make necessary adjustments and improvements to the program and implementation plan as needed.

### *Long-term Sustainability*

- Develop a plan to ensure the long-term sustainability of the swimming safety programs in underserved communities.
- Explore opportunities for ongoing funding, partnerships, and collaborations with local organizations, businesses, and government agencies.
- Continuously monitor and evaluate the program's impact and effectiveness and make necessary adjustments to ensure its sustainability.

Overall, we want to ensure that programming in these communities will either

- Benefits everyone with the same supports (Equality).
- Ensure they get the support and resources need to succeed (Equity)
- Address the cause of the inequities to remove any systematic barriers (Justice)

*Commission Members: Casper Lassiter, Mike Switalski, Kevin Clark updated: 9/7/2023*

# **WATER SAFETY GLOSSARY**

## **To Create a Standardized Vocabulary**

### **Ableism**

Ableism is the intentional or unintentional discrimination or oppression of individuals with disabilities based on the belief that typical abilities are superior - Dr. Miriam Lynch 8/11/2023

### **Adaptive Aquatics:**

Architectural, equipment, instructional, and programmatic modifications to aquatic programs to serve individuals with disabilities. - US National Water Safety Action Plan, 2023 8/11/2023

### **Age**

Age is defined as the length of time that a person has lived. A person's experience socially, culturally, economically, etc. can often be impacted by how young or old they are. - Dr. Miriam Lynch 8/11/2023

### **Aquatic environments:**

Any space where water is present, such as, but not limited to... These are areas with bodies of water where aquatic activities can take place. They can be natural such as lakes, rivers, oceans, ponds, or man-made like swimming pools, splash pads, and water parks.

List Examples - Natural Bodies of Water: Bay, Canal, Channel, Creek, Delta, Glacier, Ground Water, Harbor, Lagoon, Lake, Marsh, Ocean, Pond, Puddle, Reservoir, River, Sea, Spring, Strait, Stream

List Examples - Man-Made Bodies of Water: toilets, fish tanks, pet bowls, washing machines, hot tubs, bath tubs

**Aquatic Literacy:** synonym to water competency

### **Aquatic Programming:**

The Four Pillars of aquatic programming are:

- Swim Team (Competitive Community)
- Therapy (Rehabilitation)
- Learn-to-Swim
- Fitness

Source: Total Aquatic Programming; 4 Pillar Of The Sustainable Aquatic Facility, Chapter 3: Sustaining Business: The Four Aquatic Pillars

**Association of Health, Physical Education, Recreation, and Dance (AHPERD):** This is a national organization of over 20,000 professionals that provides support and assistance to professionals involved in physical education, recreation, fitness, sports and coaching, health education, and dance. National Level: SHAPE America (Society of Health And Physical Educators)

**Barrier:**

A fence, wall, structure, or combination thereof, completely surrounding a pool, with a self-closing, self-latching gate or door to prevent unsupervised pool access. - US National Water Safety Action Plan, 2023 8/11/2023

**Blue Economy:**

An economy that comprises a range of economic sectors and related policies that together determine whether the use of water resources is sustainable from cradle to grave (Learn To Swim, job opportunities, recreation)- United Nations 8/11/2023

SOURCE: <https://wasserdreinull.de/en/knowledge/water-and-wastewater/blue-economy/>

**Designated Water Watcher:**

A DESIGNATED WATER WATCHER is a person that takes on the role of ensuring that all children and adolescents swimming or playing in, on, or around water are continually supervised, even if they know how to swim, to prevent unintentional drownings. <https://www.nps.gov/articles/waterwatcher.htm>

Water Safety USA recommends that an appropriate designated water watcher is someone who:

- is 16 years old or older (adults preferred), who is actively scanning/watching/supervising the water
- is alert and not under the influence of alcohol or drugs
- has the skills, knowledge, and ability to recognize and rescue someone in distress  
OR **notify someone who can assist** ~~can immediately alert a capable adult nearby~~  
**others for assistance**
- knows CPR or can alert someone nearby who knows CPR
- has a working phone to dial 9-1-1
- has a floating and/or reaching object that can be used in a rescue <https://www.nps.gov/articles/waterwatcher.htm> adapted by Commission
- **Always be prepared to get wet**

**Do we want to include strategies of HOW to be a Designated Water Watcher?**

Active supervision in aquatic environments should have the 3 C's:

- Close: implying staying within arm's reach of those at risk
- Constant: which requires undivided, alert attention without distractions
- Capable: emphasizing the need for supervisors to be competent in swimming, emergency rescue, and CPR.

- National Drowning Prevention Alliance 8/11/2023

**Do we want to include strategies for HOW to transition children in and out of the water safely?**

- Child exits the pool prior to the caregiver.
- Caregiver enters the pool prior to the child.
- Demonstrating how to/what to do

- Removing US Coast Guard approved flotation devices after exiting the pool facility
  - Having a safety sitting spot - where the child is to go once exit the pool
  - Conditioning the caregiver to treat the pool like they are on the street or road
- 8/25/2023

Designated Water Watcher Card:

[https://www.redcross.org/content/dam/redcross/get-help/water-safety/American\\_Red\\_Cross\\_Designate\\_a\\_Water\\_Watcher.pdf](https://www.redcross.org/content/dam/redcross/get-help/water-safety/American_Red_Cross_Designate_a_Water_Watcher.pdf) 7/14/2023

**Disability**

A disability can be described as any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them. There are many types of disabilities, such as those that affect a person’s: vision, movement, thinking, remembering, learning, communicating, hearing, and/or mental health. It is recommended that when referring to disability, language remains human-first, eg: a person with a disability rather than a disabled person. - Dr. Miriam Lynch 8/11/2023

**Diversity**

The practice or quality of including or involving people from different genders, sexual orientations, etc. - Dr Miriam Lynch 8/11/2023

**Drowning:**

According to the World Health Organization, “Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. Drowning outcomes are classified as health, morbidity, and no morbidity.” - www.watersafetyusa.org

**Drowning Chain of Survival:**

1. Prevent drowning
2. Recognize distress
3. Provide flotation
4. Remove from water
5. Provide care as needed

**Circle of Drowning Prevention - 5 layers in:**

- Barriers & Alarms
- Supervision
- Water Competency: learn swimming & water safety survival skills
- Life Jackets: use US Coast Guard Approved
- Emergency Preparation (swim in a guarded area) - NDPA & ARC

**Environmental Stewardship:**

The responsible use and protection of the natural environment, including aquatic environments, through active participation in conservation efforts and sustainable practices by individuals, small groups, nonprofit organizations, federal agencies, and other collective networks. 7/14/2023



## **Equality**

Is the provision of personalized resources needed for all individuals to reach common goals. In other words, the goals and expectations are the same for all people, but the support needed to achieve those goals depends on the students' needs (Equity Education, 2019) - Dr. Miriam Lynch 8/11/2023

**Ethnicity** may be broadly defined as “large groups of people classed according to common racial, national, tribal, religious, linguistic, or cultural origin or background.” It is important to remember that race and ethnicity are not mutually exclusive categorizations and can overlap for certain communities. - Dr. Miriam Lynch. 8/11/2023

## **Freestyle:**

Freestyle is not a stroke, but a category in swimming competitions. Freestyle means any stroke can be chosen. However, since front crawl is the fastest, this is typically chosen by competitive swimmers; freestyle has become synonymous with front crawl. - Australian Front Crawl - Brian Tobin 8/25/2023

## **Foundational Swimming:**

The building blocks of swimming 8/25/2023

## **Front Crawl Swim Stroke:**

Front crawl was first observed in Australia, swimmers used alternating arms/legs and it appeared that they were "crawling" through the water. Characteristics of the stroke include alternate side breathing, alternating arm stroke reaching over head, using the flutter kick, and maintaining a horizontal position.

There is a population of swimmers who refer to this stroke as the freestyle. 8/25/2023

## **Functional Swimming:**

Swimming for a specific purpose (swim team, lifeguarding, water polo, Synchronized swimming) 8/25/2023

## **Gender**

Gender has been most widely understood as the characteristics, attitudes, feelings, roles, and behaviors typically associated with one's sex. In reality, gender is much more complex and nuanced. Here are three important lenses to view gender through: biological sex, which refers to the physical body created by chromosomes, genes, hormones; gender identity, which describes one's internal sense of their gender; and gender expression, which describes the external appearance of one's gender identity - Dr. Miriam Lynch 8/11/2023

## **Historically Excluded**

The practice or quality of including or involving people from different social and ethnic backgrounds and of different genders, sexual orientations, etc. - Dr. Miriam Lynch. 8/11/2023

**Household Water Risks:**

Pet bowl, Bathtub, Fish tank, Sink, Toilet, Hot tub, Backyard temporary pools, Landscape ponds, Fountains, Bird baths, Washing machine, streams

**Inclusion**

The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who have physical or mental disabilities and members of other minority groups. - Dr. Miriam Lynch 8/11/2023

**Isolation Fencing:**

Safety fencing with self-closing, self-latching gate that surrounds a pool completely. Contrasted with a barrier wherein a house wall with an opening that allows entry, such as a door, forms part of the barrier. - US National Water Safety Action Plan, 2023. 8/11/2023

**Lifeguard:**

A certified Lifeguard supervises people in and around any water for proper safe behavior, and is trained and able to recognize and perform rescue when necessary and start first aid or emergency lifesaving procedures until EMS or until first responders arrive.

A lifeguard is certified according to the Department of Health to support the safety of aquatic swimmers; certification and supervision level depends on water type, depth, and activity  
10/6/2023

Role of Supervision Level III person is not a certified - do we need to add to definition  
Add to various levels of supervision

**Marginalization**

To relegate to an unimportant or powerless position within a society or group - Dr. Miriam Lynch 8/11/2023

Model Aquatic Health Code: (MAHC)

The Model Aquatic Health Code (MAHC) is guidance based on the latest science and best practices to help ensure healthy and safe experiences in public pools, hot tubs, and splash pads (in places like apartment complexes, hotels, gyms, and waterparks). The MAHC is all-inclusive and addresses the cutting-edge design, construction, operation, and management needs of today's public aquatic facilities.

<https://www.cdc.gov/model-aquatic-health-code/php/about/index.html>

**Natural Water:**

Body of untreated water sourced through the hydrologic cycle (rainfall, snowmelt, runoff, springs, etc.) and bounded primarily by geologic features rather than manufactured structures. Includes natural springs, cenotes, streams, rivers, lakes, oceans, and flooded areas as well as engineered enclosures such as canals, ponds, reservoirs, and quarries. Does not include waters in manufactured containers such as

buckets, barrels, water troughs, swimming pools, spas, or bathtubs. US National Water Safety Action Plan, 2023. 8/11/2023

### **Open Water:**

Traditional descriptor used

NW more recently

Something other than a human made facility

Coming from Swim Team

Rip currents, have a surf

### **Personal Floatation Device: (PFD)**

Link to new PFD page

A U.S. Coast Guard-approved buoyant device designed for boater protection and categorized as commercial, recreational, or throwable. Includes wearable life jackets and throw-ables such as cushions and life ring buoys. Buoyancy levels of 50, 70, 100, or 150 Newtons have replaced previous designations of Types I through V. - US National Water Safety Action Plan, 2023. 8/11/2023

### **Physical Literacy:**

The physical competence, motivation, self-efficacy, confidence, and the knowledge and understanding that individuals develop in order to remain physically active throughout their lives. (Dr. Clancy Seymour) -Whitehead, 2010 (Dr. Clancy Seymour)

### **Progressive Swim Instructor: (NYS DOH)**

This term is only used by the NY State Department of Health Approved Camps, under Sub-Part 7-2 of the Sanitary Code. PSI's are used to determine if campers are eligible for the deep end area of the aquatic facility.

Definition from code:

The term is sort of defined in our [children's camp regulation](#) Section 7-2.5(f) 7-2.5(f) Progressive swimming instructor – As described in the camp's approved safety plan, a progressive swimming instructor must assess the swimming ability of each camper prior to allowing the child to participate in aquatic activities. A progressive swimming instructor must be either:

- (1) a Water Safety Instructor™ currently certified by the ARC; or
- (2) possess a current certificate issued by a certifying agency determined by the State Commissioner of Health to provide an adequate level of similar training.

The certificates determined by the State Commissioner of Health to provide an adequate level of similar training are posted here:

[Progressive Swimming Instructor Fact Sheet \(ny.gov\)](#)

### **Quality Learn-To-Swim Program:**

These are the characteristics of a Quality Learn-To-Swim Program:

<https://www.watersafetyusa.org/what-to-look-for-in-a-learn-to-swim-program.html> (is original source)

1. Is safety focused and insured
2. Is child focused
3. Is encouraging and nurturing
4. Is inclusive
5. Includes parents & caregivers
6. Demonstrates professionalism
7. Maintains quality
8. Taught by trained and/or certified instructors, who receive on-going staff development
9. Low student to instructor ratio
10. Developmentally appropriate: age appropriate & individually appropriate instructional approach. 7/14/2023

Curriculum may include some or all of the following areas:

-

[https://www.watersafetyusa.org/uploads/7/0/6/0/70608285/usnwsap\\_2023.pdf](https://www.watersafetyusa.org/uploads/7/0/6/0/70608285/usnwsap_2023.pdf)

<https://www.watersafetyusa.org/what-to-look-for-in-a-learn-to-swim-program.html>

Aligned with our Swim Instructor Definition

**Race** may be defined as “a category of humankind that shares certain distinctive physical traits”. There is no scientific basis for race, but it has become broadly accepted social categorization especially within the United States. It is important to remember that race and ethnicity are not mutually exclusive categorizations and can overlap for certain communities. - Dr. Miriam Lynch. 8/11/2023

### **Religion**

Religion can be explained as a set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs. There are several religions and religious denominations around the world with varying customs that may affect the way people dress, what they eat, and what activities they do, how they marry and raise children, and much more. - Dr. Miriam Lynch. 8/11/2023

### **Rescue Skills:**

Out of water (Reach, Throw, Row) and in-water rescue skills. - US National Water Safety Action Plan, 2023; component of Water Competency

How is the term rescue skills defined in the Water Competency article?

### **Residential Pool:**

A swimming pool located on private property under control of the owner or renter and intended to be used solely by members of the household and invited guests. May apply to shared condo or apartment pools. The legal definition varies among jurisdictions. - US National Water Safety Action Plan, 2023. 8/11/2023

## **Sexual Orientation**

Sexual Orientation refers to a person's inherent or immutable enduring emotional, romantic, or sexual attraction to other people. It is focused on a person's relationships and is separate from gender identity, so some parts of the LGBTQ+ acronym (lesbian, gay, bisexual, transgender, and queer or questioning, and more) may not apply. The L, G, B, and Q are used to describe a person's sexual orientation, while the T refers to gender identity. - Dr. Miriam Lynch 8/11/2023

## **Shallow Water or Shallow End (of water/pool):**

What does it mean to be shallow? Shallow depends on how tall you are. Just because the pool is labeled with a shallow end and a deep end, doesn't mean that the shallow end is shallow for everyone. Remember most people drown in less than three feet of water.

## **Swim Lesson:**

Swim Lessons are a process by which individuals may learn to swim well enough to save their own life. Goal of swim lessons is for people to learn to swim; it's not the only way that people to swim.

n. a class or unit of instruction on how to move in water by movements of the limbs. <https://dictionary.vocabclass.com/word/swimming-lesson>

## **Swim Coach:**

a person coaching swimming, involved in the direction, instruction, and training of a swim team or swimmer. Person should also complete agency specific course work and accreditation 8/25/2023

**Swim Instructor:** is an individual who is trained and qualified to teach individuals of various ages and skill levels how to swim and improve their swimming abilities. Swim instructors are responsible for designing and implementing swimming lessons and activities that are tailored to the needs and abilities of their students. They focus on teaching effective and efficient swimming techniques, water safety skills, water safety knowledge, and building confidence **in, on, and around** the water. 8/25/2023

**Dry side education? Does this definition address this instructional strategy?**

## **Water Safety Education:**

Make existing water safety information and resources easily available and accessible to people of all ages, cultures, and abilities through a wide variety of access points, sources, local languages, and affordability, including scholarships and low-cost options where possible. (WS WC 1?) Deliver water competency **proficiency** training that meets the needs and resources of specific communities. This includes, but is not limited to, training that considers language, culture, local bodies of water, socioeconomic factors, and disabilities, Instructional strategies can include dry land and in water activities

- National Water Safety Action Plan

**Swimmer:**

Is someone who is confident in deep water (over their head) as on land

- Bruce Wigo, International Swimming Hall of Fame Historian (From Dr. Bill Kent)

**Swimming Safety Program**

**Teaching Tools: = Swimming Aids**

Used specifically for instructional purposes, like bubbles, barbells, pull buoy, kick boards, fins, pool noodles; does not guarantee floatation 8/25/2023

**Water Comfort Level:**

This is the degree to which an individual feels at ease in the water. It can range from fear and discomfort to a high level of ease and ability to perform various aquatic activities.

**Direction:** does the swimmer have the ability to change direction

**Rhythmic breathing:** is the swimmer barely putting face in or swimming

**Over:** have the ability to roll over: back to front, front to back

**Prone = Front:** what does their front floating?

**Supine = Back:** what does their back floating?

- American Red Cross Adapted Aquatics book, (Marrick's mnemonic)

**Water Competency (Pool versus Natural Water):**

Water competency refers to the ability to independently move through the water from point A to point B while being able to take breaths as needed. This competency may vary based on the environment.

What is the source of this definition?

Being able to anticipate, avoid, and survive common drowning situations, as well as being able to recognize and provide assistance to those in need. Includes water safety awareness, basic swimming skills, and helping others (rescue skills).

- US National Water Safety Action Plan 2023

Water Competency is developmental and situational

Three Components of Water Competency: water smarts, water skills, rescue skills (Dr. Langendorfer)

**Water Proficiency:**

Mentioned in Aquatic Learning Standard 1; Water proficient is having the necessary skills, knowledge, and confidence to safely and effectively navigate and interact with aquatic environments. 8/25/2023

**Water Skills:**

Component of water competency

**Water Smarts:**

Component of water competency

**From Stallman, Moran, Quan, & Langendorfer (2017): Swimming Skills To Water Competency**

**Also consider Ice Competency, Boating Competency**

Table 1. Proposed water competencies related to drowning prevention

Water Competencies			
1	Safe entry competence a) Entry into water b) Surface and level off	9	Clothed water competence
2	Breath control competence Integrated and effective breathing	10	Open water competence
3	Stationary surface competence a) Buoyancy control: floating b) Treading water	11	Knowledge of local hazards competence
4	Water orientation competence a) Roll from front to back, back to front b) Turn, L & R, on front & back	12	Coping with risk competence - awareness, assessment, avoidance
5	Propulsion competence a) Swim on front b) Swim on back and/or side	13	Assess personal competence
6	Underwater competence a) Surface dive b) Underwater swimming	14	Rescue competence a) Recognize a drowning person b) Assist a drowning person safely
7	Safe exit competence	15	Water safety competence a) Attitudes b) Values
8	Personal flotation device (PFD/lifejacket) competence		

**COMMISSIONERS  
DEFINITIONS OF WORDS  
IN THE LAW**

**Incentivized:** In this context, incentivized refers to methods and strategies used to encourage or motivate individuals towards a particular behavior or activity. This can include encouragement in the form of positive reinforcement, feedback, or other non-tangible benefits.

Greg Slade (Assemblywoman Amato’s Chief of Staff) clarified that the word was intended to refer to encouraging rather than a tangible, physical benefit. - minutes 4/21/2023

~~**Underserved:** This term refers to communities or populations that have limited access to resources or services, including aquatic programs and swim instruction. This can be due to racial or socio-economic disparities, geographic location, or other factors.~~

**BRIAN STORMING - :** In NY, one way that has been used to quantify the socio-economic threshold is to look at households with no more than 200% of the Federal Poverty Guidelines. How would we recognize in populations and in individuals? Free & reduced lunch? Proof of financial assistance?

Public assistance budget letter, EBT card, SSI - Award letter, W-2 or paystub

"Underserved populations" shall mean those who have experienced injustices and disadvantages as a result of their race, ethnicity, sexual orientation, gender identity, gender expression, disability status, age, immigration status, and/or socioeconomic status, among others as determined by the commissioner of health. Public Health 240 (NY SENATE)

Lack of access, lack of resources

**Under Resourced:**

### **NYS TEMPORARY COMMISSION TO PREVENT CHILDHOOD DROWNING RECOMMENDATIONS**

- If it inflates, then it deflates.
- State Parks: there is a loophole with school groups; other groups are regulated by various agencies when they go to a state park. School groups are not; State Parks requires large groups to bring own lifeguards. 8/11/2023
- 

## **Department of Health**

### **Camp Safety Plan Template: Swimming pg 3-4**

Prior to allowing campers to enter water that is chest deep or greater, they must have his or her swimming ability assessed and be categorized as a "swimmer." Only someone who is certified as a Progressive Swimming Instructor, as specified in Subpart 7-2 of the SSC, may assess/classify a camper as a "swimmer." No swimming ability assessment is required to designate a camper as a "non-swimmer" and restrict the camper to water that is less than chest deep.



The Progressive Swimming Instructor should evaluate bather swimming ability using standards and criteria established by the provider that certified the [Progressive Swimming Instructor](#). **Consideration should be given to the aquatic environment (size, pool, open water, water temperature, currents, depth, water clarity, etc.) that the camp will be utilizing.**

2. How, when and by whom will the swimming ability of campers be assessed?

- No swimming ability assessment will be conducted. All campers are considered non-swimmers and restricted to water less than chest deep.
- Prior to participating in any swimming activity, a progressive swimming instructor will assess the swimming abilities of all campers and categorize him/her as either a non-swimmer or swimmer. A record of each camper's swimming evaluation including the camper's full name, date of test and their assessed ability will be maintained at the camp.

Campers will be assessed in shallow water to determine if he/she has basic swimming skills to qualify for the deep-water assessment. Assessment criteria for "swimmers" will minimally consist of the following in sequence with no breaks (Check one of the following):

<input type="checkbox"/>	<ol style="list-style-type: none"> <li>1. Feet first entry into water greater than chest deep and completely submerge</li> <li>2. Tread water for 1 minute</li> <li>3. Maintain position on back 1 minute</li> <li>4. Swim 40 yards continuously using any stroke or a combination of strokes.</li> </ol> <p><b>Dog paddling is not an acceptable stroke.</b></p> <ol style="list-style-type: none"> <li>5. Rotate 360 degrees and orient to the exit.</li> <li>6. Exit from the water.</li> </ol>

<input type="checkbox"/>	<p>Based on the Progressive Swimming Instructor's certification and standards from the certifying provider (e.g. American Red Cross (ARC), YMCA, Boy Scouts, etc.), and aquatic environment (size, pool, open water, currents, depth, etc.) specify the assessment criteria that will be utilized and the course provider they are based on below.</p> <p>Assessment Criteria:  <input style="width: 100%;" type="text" value="Enter text here."/></p> <p>Provider (e.g. ARC, YMCA, Boy Scouts, etc.):  <input style="width: 100%;" type="text" value="Enter text here."/></p>
--------------------------	--

- Additional assessment procedures for when the aquatic area is divided into more areas than swimmer and non-swimmer.

### Active Adult Supervision: Designated Water Watcher

**Barriers:** 4-sided fencing with self-locking gate; if the one side of the house is the fourth wall of the fence, then add an additional layer of fencing around the pool

**Clothing:** Bright swim clothing (red, hot pink, lime green, orange, fluorescent yellow)

**Drains** (know how to turn off the pool pump in case something/someone gets sucked into the drain)

**Education:** CPR and Swim Lessons

**Floatation Aids:** PFD's, lifejackets

**Groups:** use the buddy system

**H2O (water) Environments:** understand the water environment you are swimming in

**Intoxication:** watch out for intoxication due to alcohol and medications

**Just because it's shallow for you, doesn't mean it's shallow for others.**

Synthesized from Karen Cohn's presentation, Reginald Chatman's research presented at the Columbia University Injury Prevention Symposium, and Marrick McDonald

## **LINKS FROM 8/11/2023 MEETING**

Pool Safely Water Watcher and portable pool resources  
<https://www.poolsafely.gov/educational-materials-catalog/>

Red Cross Whale Tales  
<https://www.redcross.org/take-a-class/teach-water-safety/whale-tales-resources>

Red Cross Water Safety  
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>

Swimming Activity Book

<https://www.statelineymca.org/Portals/0/Documents/aquatics/WaterSafetyactivitypages%2015.pdf>

MPF

<https://michaelphelpsfoundation.org/water-safety/>

ZAC Foundation Water Watcher page

<https://thezacfoundation.org/kids-water-safety/designate-water-watchers/>

Safe-T-Swim, and Rees Specht Foundation Splash message

<https://www.enddrowningnow.org/wp-content/uploads/2020/04/RSW-Splash-Acronym-scaled.jpg>

Drennen's Dream Water Watcher and resources

<https://drennensdreams.org/services/water-watcher-cards/>

Water Safety USA Swim Area Safety

[https://www.watersafetyusa.org/uploads/7/0/6/0/70608285/swim\\_area\\_safety\\_illustrated\\_v5.pdf](https://www.watersafetyusa.org/uploads/7/0/6/0/70608285/swim_area_safety_illustrated_v5.pdf)

Water Safety USA What to Look for in a Learn-to-swim Program

<https://www.watersafetyusa.org/what-to-look-for-in-a-learn-to-swim-program.html>

Safekids Links for Swimming and Boating Safety

<https://www.safekids.org/other-resource/useful-links-swimming-and-boating-safety>

Swim Strong Foundation

<https://www.swimstrongfoundation.org/know-before-you-go/>

Designated Water Watcher Card:

[https://www.redcross.org/content/dam/redcross/get-help/water-safety/American\\_Red\\_Cross\\_Designate\\_a\\_Water\\_Watcher.pdf](https://www.redcross.org/content/dam/redcross/get-help/water-safety/American_Red_Cross_Designate_a_Water_Watcher.pdf)

<https://yonigottesman.com/pool-video/>

Total Aquatic Programming

<https://totalaquatic.llc/>

<https://www.watersafetyusa.org/nwsap.html>

NYS Department of Health Camp Regulations

<https://www.health.ny.gov/environmental/outdoors/camps/>

NYS Department of Health Pool, Beach, Recreational Aquatic Spray Grounds Regulations

<https://www.health.ny.gov/environmental/outdoors/swimming/>

## **GOAL A:**

### **Goal A-1: Age to begin swimming lessons**

Recommendation to accept the American Academy of Pediatrics recommendation of 1 year old to begin swimming lessons and water safety instruction (approved 5/19/2023)

Water Orientation classes with caregiver and infant pairing can begin as early as 6 months.  
(Approved 7/14/2023)

## **Goal A-2: Learning Standards: (approved 5/19/2023)**

These are based off of the NYS Physical Education Standards, 2020. with input from NYS AHPERD Aquatic Section; Kathleen Young, Newburgh Free Academy; Dr. Steven Langendorfer; New York State Red Cross Instructors & Instructor Trainers Facebook Group (with 200 instructors throughout NY State).

**Standard 1:** (Psychomotor) - Demonstrates age and ability-appropriate water proficiency in a variety of aquatic motor skills and movement patterns in aquatic environments.

**Standard 2:** (Cognitive, Psychomotor) - Applies basic knowledge of hydrodynamic principles, strategies, and concepts related to swimming and water safety when in aquatic environments.

**Standard 3:** (Cognitive, Psychomotor) - Demonstrates the capacity to employ knowledge and skills to achieve and maintain a level of physical activity and fitness in all aquatic environments.

**Standard 4:** (Affective) - Exhibits responsible personal and social behavior that respects self and others in aquatic environments.

**Standard 5:** (Affective) - Recognizes the value and respect of aquatic-related physical activity for overall wellness, enjoyment, challenge, self-expression, and/or environmental stewardship.

**Standard 6:** (Cognitive, Affective) - Recognizes aquatic career opportunities and manages personal and community resources related to aquatics to achieve and maintain overall wellness.

**Standard 7:** (Cognitive, Affective, Psychomotor) - Recognizes and applies behaviors that promote safe experiences in all aquatic environments; identifies situations and conditions which pose safety hazards; and explains and demonstrates age, ability, and training appropriate rescue skills.

**NEW YORK STATE  
TEMPORARY COMMISSION TO PREVENT CHILDHOOD DROWNING**

**Goals of Commission:**

The commission shall:

(a) Determine an appropriate age and/or stage of childhood development when children can properly begin water safety and swimming instructions and develop statewide standards for such instruction;

(b) Investigate and evaluate the feasibility and effectiveness of programs which incentivize parents and guardians to enroll children in water safety and swimming instruction;

(c) Develop a comprehensive plan for public-private partnerships between the state and community centers, nonprofit organizations, recreational facilities, swimming instructors, and other relevant stakeholders and expanding existing state resources such as parks and pools to provide access to free swimming instruction, and determine the feasibility of such programs;

(d) Develop an implementation plan to ensure its swimming safety programs are available in underserved communities; and

(e) Develop a comprehensive plan for a public awareness campaign to ensure parents and guardians receive information on the importance of children receiving basic water safety and swimming instruction.

**NYS TEMPORARY COMMISSION TO PREVENT CHILDHOOD  
DROWNING  
9:30 AM TO 11:30 AM**

November 3  
November 17  
December 1  
December 15  
~~December 29~~ - cancelled due to holiday season  
Dates Approved by Commission:  
6/2/2023; Governor signed extension  
6/30/2023

**2024**

January 12  
January 26  
February 9  
February 23  
March 8  
March 22  
April 5  
April 19  
May 3  
May 17

May 31  
June 14  
June 28  
July 12  
July 26  
August 9  
August 23  
September 6  
September 20  
October 4  
October 18  
November 1  
November 15  
~~November 29~~ (The day after Thanksgiving)  
December 6  
December 20 - DUE DATE OF REPORT  
Dates approved by Commission:  
8/11/2023