

NYS TEMPORARY COMMISSION TO PREVENT CHILDHOOD DROWNING
FRIDAY, August 11, 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 Speaker: Rich Alden, Director of Water Safety, NY State Parks
- Approve 2024 Meeting Dates

Discussion: - Where are we on each Goal?

- Goal D: Underserved - Mike, Kevin, Casper

- Goal E: Awareness - Kathryn, Heidi, Kate

- Goal A-1 & A-2: Age & Standards - Marrick; Goal Completed

- Goal B: Feasibility & Effectiveness - Brian, Heidi

- Goal C: Partnerships - Gwen, Kate - Reporting 8/25/2023

Discussion: Residential Codes for Backyard pools

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

- Words taken directly from US National Water Safety Action Plan : adaptive aquatics, natural water, barrier, isolation fencing, PFD, Residential Pool

- Words taken directly from Dr. Lynch: Ableism, Age, Disability, Diversity, Equality, Ethnicity, Gender, Historically Excluded, Inclusion, Marginalization, Race, Religion, Sexual Orientation

11:20 For the Good of the Group

Game Plan for next meeting - 8/25/2023.

11:30 Adjourned

Upcoming Events: Guest Speakers

8/25/2023:

9/8/2023: Bill Kent - organized by Bobby Hazen

GUEST SPEAKER BIO

Rich Alden -

He is currently the Director of Water Safety for the New York State Office of Parks, Recreation & Historic Preservation. He has served in this role since 2008 and has oversight of approximately 1100 Agency lifeguards throughout the Agency Parks.

Rich has been a Red Cross certified lifeguard since the mid 1980's. He became an ARC Lifeguarding and Water Safety Instructor in 1987, maintaining all his certifications continuously in the interim.

Over the years he worked seasonally as a lifeguard for various organizations including the NYS Office of Parks, the Department of Environmental Conservation, the City of Kingston, and others at facilities which included both pools and waterfronts. He also served as the Waterfront Director for two summers at the Kingston/Ulster YMCA day camp.

He spent 19 "winters" from 1987-2008 working at the Kingston/Ulster YMCA as an assistant to the Aquatic Director where he taught both swimming lessons and Lifeguarding.

Rich and his wife Sarah continue to be involved in the swimming community through their two boys, serving as officials for local swimming competitions.

WATER SAFETY GLOSSARY

To Create a Standardized Vocabulary

NOTE: Writing in Green was added by Marrick after the 6/30/2023 meeting.

Writing in Navy was added by Marrick after the 7/14/2023 meeting.

Words defined by Dr. Miriam Lynch 7/28/2023

Words added by Marrick after 7/28/2023

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

Adaptive Aquatics:

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

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

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

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

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

Blue Economy:

- The sustainable use of ocean resources for economic growth, improved livelihoods, and jobs while preserving the health of ocean ecosystem - World Bank

- An economy that comprises a range of economic sectors and related policies that together determine whether the use of ocean resources is sustainable - United Nations

- An emerging concept which encourages better stewardship of our ocean or blue resources - The Commonwealth of Nations

- All economic activities related to oceans, seas and coasts. It covers a wide range of interlinked established and emerging sectors. - European Commission

- It is now a widely used term around the world with three related but distinct meanings - the overall contribution of the oceans to economies, the need to address the environmental and ecological sustainability of the oceans, and the

ocean economy as a growth opportunity for both developed and developing countries.

- blue economy also includes economic benefits that may not be marketed, such as carbon storage, coastal protection, cultural values and biodiversity.

SOURCE: https://wasserdreinull.de/en/knowledge/water/blue-economy/?gclid=CjoKCQjwoK2mBhDzARIsADGbjepT-_wOuQuZ8yZQYvObMfHnxkHKzDcoc-DWxeVGFoTi2POZwM2284IaAjbEEALw_wcB

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>

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

Designated Water Watcher Card:

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

Diversity

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

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

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

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

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

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

INSTRUCTIONAL FLOATATION AID: SWIM AID, Swim Education Tools

Used specifically for instructional purposes, like bubbles, barbells, pull buoy, kick boards, fins, pool noodles, **does not guarantee floatation**

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*

Marginalization

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

PERSONAL FLOATATIONS 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*

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) 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/what-to-look-for-in-a-learn-to-swim-program.html>

[Link to American Red Cross article](#)

[Categories in the WSI revised 2014 manual – for swim instruction -](#)

- Water Adjustment, Entry and Exit
- Breath Control and Submerging
- Buoyancy
- Changing Direction, Position, and Treading
- Swim on Front
- Swim on Back
- Swim on Side
- Water Safety

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

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

Rescue Skills Swimming: not the original word to be defined; the original word to be defined was Rescue Skills

This is a set of skills taught in high-quality swim programs that enable an individual to safely navigate and potentially exit a body of water in case of an emergency. These skills include self-rescue, turning around in the water and reaching for a wall, proper breath control, and opening eyes underwater for orientation.

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

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

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 Coach:

Transitioning a learn to swim swimmer into a proficient swimmer (competitive athlete) ??

A person who teaches and trains the members of a sports team and makes decisions about how the team plays during games. Baritannica.com

A person who instructs or trains a performer or team. Merriam Webster dictionary

An athletic coach is a person coaching in sport, involved in the direction, instruction, and training of a sports team or athlete.

Recreation leagues

USA Swim Club

AAU: Amateur Athletic Union

College

High school - Varsity & Modified

Swim Instructor: A fully trained OR certified professional (as recognized by NYS) who provides swimming lessons to individuals or groups, teaching a range

of skills from basic water comfort to advanced swimming techniques and safety practices.

What does fully trained mean?

What are the recognized certifications?

Who determines what certifications are recognized?

Do the certifications need to be from a nationally recognized organization?

Do they still maintain the knowledge of teaching aquatics after their certification expires?

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 and front swimming look like?

Supine = Back: what does their back floating and back swimming look like?

- 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.

- 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:

- Standard 1

Oxford dictionary - competent or skilled in doing or using something

- advancement in knowledge or skill - Merriam Webster

Proficient typically describes people, and it often is followed by the preposition *at*. If you are proficient at something, you are very good at it. You are, in fact, so good at doing it that you are unusually efficient when you do it. One can also be proficient *in* something, such as a language. - Merriam Webster

PROFICIENT implies a thorough competence derived from training and practice. - Merriam Webster

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		

Water Competency - variable: developmental & situational		
Water Smart	Rescue Skills	Water Skills
10: Open (natural) water competency	8: PFD Competency	1: Safe Entry Competency
11: Knowledge of local hazards competency	9: Clothed water competency	7: Safe Exit Competency
12: Coping with risk competency	14: Rescue Competency	2: Breath Control Competency
13: Assess personal competency		3: Stationary surface competency
15: Water Safety Competency		4: Water Orientation Competency
		5: Propulsion Competency
		6: Underwater Competency

- Organized by Marrick

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.~~

BRIANSTORMING - : 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

NYS TEMPORARY COMMISSION TO PREVENT CHILDHOOD DROWNING RECOMMENDATIONS

- If it inflates, then it deflates.

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

August 25
September 8
September 22
October 6
October 20
November 3
November 17
December 1
December 15
~~December 29~~ - cancelled due to holiday season
Approved: 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

New York State Commission on Drowning Prevention

Goal D

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 dry land program for communities without swimming pools. (Discuss on Friday)**
- 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.

Cultural Sensitivity and Inclusivity (for discussion with group)

- Ensure that the swimming 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 7/28/2023

Water Safety Recommendations

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

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.