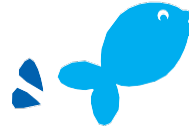




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA SAFETY AROUND WATER FAQs

What is Safety Around Water (SAW)?

- SAW is a FREE session including 4 hours of swimming lessons that is supported by the fundraising efforts of Y donors and grants in your community with the goal of saving lives through water safety education and swimming instruction.
- Through a partnership with your child's school, the Y arranges the program schedule, and the school provides transportation similarly to a school field trip.
- Your child will also receive a certification of achievement and valuable lifesaving knowledge and skills.

What will my child learn?

- SAW is designed to help teach children water safety skills like: asking permission to enter and exit the water, swim-float-swim, and jump-push-turn-grab and Reach-Throw-Don't Go. These important water safety skills are deeply embedded in the Y-USA's Safety Around Water curriculum.
- At the Y, we aim to build character, confidence and help participants achieve fundamental swimming and water safety skills while having fun in safe and friendly environment.

What about safety?

Safety is the top priority of the Y and:

- We will always have a certified lifeguard on duty.
- All our Swim Lesson Instructors are certified CPR/AED/First Aid and Administering Emergency Oxygen.
- We will administer a swim test to each child on the first day to evaluate their current swimming skills and place them into the appropriate stage level for instruction.
- Our ratio of instructors to students is a 1:6 ratio for all levels.
- Each day your child will learn about a safety topic like pool rules, always having adult permission and supervision while swimming, never swimming alone, lifeguards, boating and lifejacket safety, reaching and throwing assists and calling 911.

What do I need to do?

- Please fill out the program waiver and return it to school by the deadline.
- On SAW days, your child will need to wear their swimsuit underneath their clothing to school – this helps with transitional and instructional time both at school and at the pool.
- Please make sure that your child also has a towel and a plastic bag to bring home wet items.
- We recommend a hair-tie or swim cap for those with longer hair to keep hair out of their eyes as they swim.
- After SAW, the Y staff and school teachers will supervise the children in gender-specific locker room areas as children will change back in to their dry school clothes before boarding the bus to return to school. The Y also has individual changing stalls available in the locker room areas for students to change their clothes privately.

For more information on aquatic programs at the Y, visit ymcabr.org/saw

Other Facts and Information

- Drowning is the leading cause of accidental death for children 1–4 years old in the United States.
- 4,000 fatal unintentional drownings occur every year in the United States, that is an average of 11 drownings a day
- For every child under the age of 18 who dies from drowning, another seven children visit an emergency department for nonfatal drowning. Nonfatal drowning injuries can cause serious outcomes such as brain damage and long-term disability.
- We encourage every parent to become a "Water Watcher" and always maintain vigilant supervision of children when in and around the water.
 - Learning how to swim takes time. Most people will not learn how to swim in 1 session of swimming lessons alone and everyone progresses at their own rate when they are developmentally ready.
 - The Y offers swimming lessons for ages 6 months to adulthood!