



"SKILLS FOR LIFE"

Waterproofing San Diego 2013

Introduction

In 2013, San Diego Junior Lifeguards (SDJG) will continue its comprehensive four-phase aquatic outreach program. The goal continues to be "waterproofing" the youth of San Diego through aquatic education and drowning prevention. We have titled this effort the "**Waterproofing San Diego**" initiative. The program includes water safety presentations, swim lessons, an aquatic experience at the ocean or local pool, and the opportunity to enroll in the SDJG program if the youth passes the required swim test time.

In order to accomplish this goal, SDJG's will continue to cultivate relationships with our strategic partners. These partners include: the San Diego Junior Lifeguard Foundation, the San Diego Parks and Recreation Department (Aquatics Division), the San Diego City Unified School District, and the San Diego area YMCA's. In addition to these partners, additional assistance may be sought from other San Diego area community groups and organizations.

Plan

Phase 1 - Water Safety Presentations/Aquatic Education

During the year, lifeguards will conduct water safety presentations to specific grades at targeted schools. Presentations will include:

Elementary Schools [5th-6th Grade]

Showing of a short story video that will educate the students on how to prepare and remain safe around the ocean environment. After the video, the presenter will provide a short aquatic safety lecture, allow for a question and answer period, and then provide written material to reinforce the information presented. At the conclusion of the presentation, information on "Learn to Swim" (Phase 2) programs in the area and contact information will be disbursed.

High School [9th-10th Grade]

In collaboration with high school physical education departments, SDJG representatives will provide lectures and videos that focus on the aquatic activities described in the *Physical Education Standards for California Public Schools*.

Phase 2 – "Learn to Swim"

During the year students will attend swim lessons at a community partner pool. Upon finishing the swim lessons, students will complete the SDJG program swim test (tryout). Students that meet the swim test time requirement will be provided enrollment and scholarship information for the SDJG program. Funding for the swim lessons will be provided by various sources. Example of possible sources include: the participating school, a partner community organization (YMCA), the San Diego Junior Lifeguard Foundation, grants or other financing sources.

Phase 3 – “Bridge to the Beach/Pool”

Upon completion of swim lessons, students will experience a half day at a local San Diego City beach or a local community pool. During this time they will participate in a safety lecture, swimming, board surfing, body boarding, snorkeling and paddling. Funding sources for the “Bridge” activity would be the same as those listed above in Phase 2 – “Learn to Swim.”

Phase 4 – San Diego Junior Lifeguards

Students that pass the swim test will be offered enrollment in the SDJG program and be provided a scholarship (subject to meeting the financial requirements). Funding for the scholarships will be provided by the SDJG program.

Challenges

Provided below are the four phases of the plan. Each phase addresses a specific challenge to the successful implementation of this plan.



- **Program awareness** – **“Getting the message out.”** By increasing the number of partners and informing school officials, parents/guardians and students about the “Waterproofing San Diego” initiative; our 2013 goal is to increase presentations by 10%.
- **Adequate pool time** – providing sufficient pool time to **allow students to become more comfortable in the water.** Access to pools near the schools [reduce transportation costs] and funding for a minimum of ten 30 minute swim lessons would increase the students comfort level in the water.
- **Program excitement** – through swim lessons and the subsequent **bridge experience,** student’s interest in safe participation in aquatic activities will increase.
- **Program participation** – **scholarships** with transportation arrangements will increase participation.

Summary

With this comprehensive plan, it is hoped the SDJG program and its strategic partners can advance our goal of “waterproofing” San Diego’s youth in 2013.