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SNCA

Mission Statement:

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

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Stay Cool, Stay Safe This Summer

With our community pools, the Truckee River and Lake Tahoe packed with people trying to escape the summer heat, we would like to remind everyone to have fun while remaining safe.

Any source of water is a potential drowning hazard and drowning can happen quickly so remember to be aware whether at home in your own pool or floating down the river.

A wet winter has also provided our area's natural sources of water with water levels much higher than many are used to. Below are some safety tips from the American Red Cross to help you stay safe. Stay cool, stay safe.



Make Water Safety Your Priority

- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and [Learn-to-Swim courses](#).
- [Never leave a young child unattended near water](#) and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved [life jackets](#) around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to have breath-holding contests.
- Even if you do not plan on swimming, be cautious around [natural bodies of water](#) including rivers and lakes. Cold temperatures,



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currents and underwater hazards can make a fall into these bodies of water dangerous.

- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.



Prevent Unsupervised Access to the Water

- Install and use barriers around your [home pool or hot tub](#). Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Maintain Constant Supervision

- Actively supervise children whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.



A Message From The Pediatric Drowning Prevention Task Force

Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call [9-1-1](#) or the [local emergency number](#).
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in Red Cross [home pool safety](#), water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

SNCA on the Web!

Pyramid Lake Triathlon

The **2011 Pyramid Lake Triathlon** will be held on **Saturday August 6th at 8:00am**. Why are we sending you this information? For the past seven years the Reno Area Triathletes have been the race directors for this event. A triathlon club putting on a race is a very rare thing and the Reno Area Triathletes do something that is not seen in any other race. They give all the proceeds away!!!

The Reno Area Triathletes over the past 6 years have given back to the community nearly \$70,000. The proceeds are given to the volunteer groups that come out to the race and help run the event. Jobs range from registration, parking, aide stations, set up and clean up.

Once again this year, **Sierra Nevada Community Aquatics** has been given the opportunity to be one of the four volunteer groups. We need people to volunteer to help out at the race and we will receive a portion of the proceeds.

This invitation is for adults as well as kids who want to come out for the morning and help out. All volunteers will receive a BBQ lunch, volunteer t-shirt and anyone who volunteers from the SNCA family will receive a gift card of your choice (\$20 value) or if you are a swimmer - a grab bag swim suit from Swim Outlet for each volunteer.

The final amounts that are given to each group are based on the amount of race entrants. The past few years, each group has typically taken home around **\$2,000** for their group for the 4 hour time commitment.

Even if you are busy on Saturday, you can volunteer for packet pick up on Thursday evening (August 4th - 4pm to 7pm) or race set up on Friday afternoon (August 5th - 1pm to 5pm). The time commitment for Saturday August 6th is 7am to 11am.

If you are interested in helping SNCA and the Reno Area Triathletes with the 2011 Pyramid Lake Triathlon, e-mail Mike at mike.ginsburg@sncaquatics.org.

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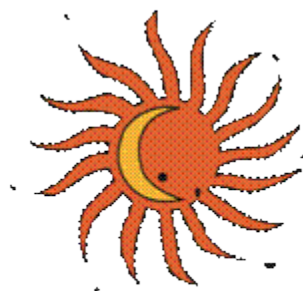




Give back night with pizza and frozen yogurt/custard!

Wednesday August 10th

Mayberry Landing Shopping Center
(McCarran and Mayberry Drive in Reno)



ECLIPSE PIZZA CO.

3950 Mayberry Drive - 11am -closing of the store
Eclipse Pizza will give back 20% of the total sales



3882 Mayberry Drive - 3pm - closing of the store
Yogurt Beach will give back 30% of the total sales

***You can either mention you're there to support SNCA
Or bring this flyer with you**

**Thank you for your support
Sierra Nevada Community Aquatics**