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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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## Drowning in America: A problem to be solved

With the announcement of a potentially huge new project with the City of Reno, SNCA feels it is more important than ever that citizens understand not just the want, but the need for community centers such as the one proposed. SNCA fully supports the new, multi-use project on the Moana Site, as it incorporates and realizes our dream three years strong – an aquatics facility. Not only will this facility provide fun and healthy recreation time, but it will provide the Truckee Meadows with much needed elements that people may over look. These elements include opportunities for therapy and a place to learn essential water lessons that could help save lives, especially since drowning is the second leading accidental cause of death in the United States among children ages 1 -14.



SNCA would like to take this newsletter to help make people aware of the dangers and frequency of drowning and also what we hope will be a solution to this problem. We hope that with the creation of a new aquatics facility, drowning numbers can be reduced as families and individuals have more, inexpensive opportunities to teach their loved ones and themselves how to swim. One of SNCA's goals is to provide our community with Learn to Swim programs through the facility and help people learn to be water safe.

An article from the [New York Times](#) states that: "A new study adds weight to the argument that giving swimming lessons to children ages 1 to 4 makes them less likely to drown." Whereas previous thought was that swim lessons should be reserved for older children and adults as to not give a feeling of overconfidence, a study done by the National Institute of Child Health and Human Development found that lessons given at early ages are beneficial in teaching water safety and awareness. With the numerous rivers, lakes and other aquatic opportunities found around our area, we feel it is of the utmost importance for people of all ages and background to be able to make themselves safe in the water and a new community aquatics facility can do just that.

Unintentional injuries, including drowning, are the leading cause of morbidity and mortality among children in the United States. Drowning is only second to transportation accidents. SNCA wants to see that number decrease. Help us to do so by supporting a new aquatics facility.



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## The ABC & D's of Drowning Prevention

Simple Rules to Stay Safe Around Water

- A = Adult Supervision
- B = Barriers (for your pool)
- C = Classes (swim lessons and CPR)
- D = Devices (personal flotation devices (PFD's), life jackets, and rescue tools)

To give you more information on drowning statistics in the United States, directly below is part of a report done by The Centers for Disease Control and Prevention (CDC), who has done extensive research on the issue.

### Unintentional Drowning: Fact Sheet

#### How big is the problem?

- In 2007, there were 3,443 fatal unintentional drownings in the United States, averaging ten deaths per day. An additional 496 people died, from drowning and other causes, in boating-related incidents.
- More than one in five fatal drowning victims are children 14 and younger. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries.

#### Who is most at risk?

- **MALES:** In 2007, males were 3.7 times more likely than females to die from unintentional drownings in the United States.
- **CHILDREN:** In 2007, of all children 1 to 4 years old who died from an unintentional injury, almost 30% died from drowning. Although drowning rates have slowly declined, fatal drowning remains the second-leading cause of unintentional injury-related death for children ages 1 to 14 years.
- **MINORITIES:** Between 2000 and 2007, the fatal unintentional drowning rate for African Americans across all ages was 1.2 times that of whites. For American Indians and Alaskan Natives, this rate was 1.7 times that of whites. Rates of fatal drowning are notably higher among these populations in certain age groups. The fatal drowning rate of African American children ages 5 to 14 is 3.1 times that of white children in the same age range. For American Indian and Alaskan Native children, the fatal drowning rate is 2.2 times higher than for white children.
- **THOSE WITH LIMITED EXPOSURE:** Factors such as the physical environment (e.g., access to swimming pools) and a combination of social and cultural issues (e.g., valuing swimming skills and choosing recreational water-related activities) may contribute to differences in drowning rates.

#### How can drowning be prevented?

To help prevent water-related injuries:

- **SUPERVISION.** Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Supervisors of preschool children should provide "touch supervision", be close enough to reach the child at all times. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.
- **BUDDY SYSTEM.** Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
- **AVOID ALCOHOL.** Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.
- **LEARN TO SWIM.** Formal swimming lessons can protect young children from drowning.

To find out more, or to see the CDC's full report, please visit:

<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/drown-activities.html>

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## A Note from the President

Today (November 1, 2010) marks the three anniversary of the closure of the Moana Pool. Not only does it mark the death of one of our areas few aquatics facilities but it also marks the birth of Sierra Nevada Community Aquatics. SNCA was formed to help facilitate the construction of a new state-of-the-art Aquatic Facility serving the Truckee Meadows area. The SNCA family consists of representatives from learn to swim, hydro-therapy, triathletes, diving, master swimming, water polo and age group swimming.

Over the past three years SNCA has secured federal non-profit status as a 501(c)3, State of Nevada non-profit and we are pleased to report that we are making significant strides toward our goal with a future partnership with the City of Reno and the eventual opening a new state-of-the-art aquatic center multi generational facility on the Moana site. Stay tuned for more updates on this partnership over the next few months and thanks to all of you for your support over the past three years. - Mike Ginsburg