

AUTHORS

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COMMUNITY PARTNERS

Fort Worth Drowning Prevention Coalition
YMCA FW



EPIC GRANT PROJECT:

DROWNING PREVENTION & WATER SAFETY CLINICS

PROJECT OVERVIEW

Swimming is a skill that is often assumed to be commonplace, but from 2017-2022 487 children fatally drowned in Texas; 41 were in Tarrant County. Recent national data shows a 5-10 % increase in swimming abilities in young people but minority communities experience disproportionate no/low swimming abilities. YMCA FW and FWDC facilitate clinics for children and adults throughout Fort Worth to reach communities that are subject to swim skill disparities.

BACKGROUND OF COMMUNITY

Texas **top 3** state for drowning deaths; Tarrant County top 3 in Texas
No/Low Swimming Ability:
64% African American Children; 78% African American parents
45% Hispanic Children; 62% Hispanic parents
40% Caucasian children; 67% caucasian parents

NEED STATEMENT

Drowning prevention and water safety clinics teach vital functional skills and facilitate water exposure to their program participants, but require safe participant-to-supervisor ratios. More volunteer engagement allows for more program participants to be accommodated. Grants for pool reservations and clinic associated resources are essential for non-profits like FWDC to continue to provide services.

STUDENT DEVELOPMENT

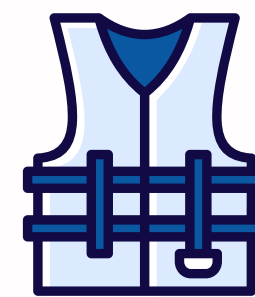
TCU student volunteers had the opportunity to learn how to facilitate and supervise:

- **Drowning Prevention Swim Skills**
- **Pool Deck Safety**
- **In-Water Safety**
- **Progressive Teaching Techniques**

PROJECT CONTRIBUTIONS

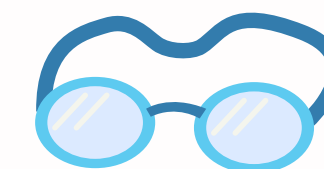
- 41 volunteer hours
- 3 clinics
- 80+ program participants
- Sunscreen/sunglasses for clinic workers & volunteers
- Connection established between community partners & TCU community

CLINIC CONTENT HIGHLIGHTS



SAFETY

- Identify pool rule signs
- Identify lifeguards
- Calling for help during emergencies
- Utilizing equipment in emergencies
- Pool exits identification



FOUNDATIONAL WATER EXPOSURE

- Overcome fear of submersion
- Breathing techniques
- Proprioception
- Model safe behavior
- Identify personal limit
- Flotation device usage



In-Water Skills

- Low energy floating/movements
- Bouncing to reach pool-edge
- Hand and feet positioning
- Beginner strokes
- Flipping between stomach and back
- Floating while waiting for help



LOOKING FORWARD

- Advertisement of clinic services and volunteer opportunities throughout TCU community.
- On-campus tabling events with FWDC to recruit more student volunteers for 2023 clinic season.
- FWDC 2023 clinics (4 scheduled) begin May 23, volunteers have maximum flexibility to contribute 2 hours or more through July.
- YMCA FW school field trip clinics (May) and apartment swim safety clinics (June-July).

References:

- Texas Department of Family and Protective Services. 2017-2022. Child Drowning Statistics. https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Child_Drownings/default.asp
- USA Swimming Foundation. 2017. USA Swimming Foundation Announces 5-10 Percent Increase in Swimming Ability. <https://www.usaswimming.org/news/2017/05/25/usa-swimming-foundation-announces-5-10-percent-increase-in-swimming-ability>
- CPSC. 2018. <https://www.cpsc.gov/Newsroom/News-Releases/2018/Latest-Pool-Safely-Statistics-At-Least-148-Children-Fatally-Drowned-in-Pools-and-Spas-this-Summer>