

# Navy Fitness: Making a SPLASH in swim safety!

## Navy Youth Swim License

Name: \_\_\_\_\_  
 Youth Signature: \_\_\_\_\_  
 Parent Signature: \_\_\_\_\_  
 Aquatics Staff Sign: \_\_\_\_\_  
 Date Issued: \_\_\_\_\_

**Navy Youth Swim License**

This license certifies that the minimum standards of the Navy Youth Swim Test have been met. The following areas are available for use: Full access to the Aquatics facility, including pool slides and the diving board (other aquatic recreational items apply, if approved locally).  
 This license does not apply to lap swimming. Additional testing may be required. \*Card must be presented to receive a wristband for full access to the Aquatics facility.




## Resources

[www.navyfitness.org](http://www.navyfitness.org)  
 f /NavyFitness

Contact your local MWR office for more information on Aquatics swim lessons and programs.



B04/16

# SPLASH

## Navy Fitness Drowning Prevention Campaign





# What is the **SPLASH** campaign?

Through **SPLASH**, Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, professional swim skills assessment, safe play, and active parental supervision, the risk of accidental drownings can be significantly reduced.

## Keep Your Child Safe at the Aquatics Facility with Six Key Tips:

**S**tay within arm's reach. Adult supervision is the first line of defense in preventing accidental drownings. Drownings can occur quickly and quietly, and in as little as 1 inch of water.

**P**rotect your non-swimmers. Water wings and other inflatable floats and devices are not designed to save your child, nor allowed in Navy MWR Aquatics facilities.

**L**earn to swim. Research shows a reduction in the risk of drowning by as much as 88 percent among children 1-4 years old who participate in formal swim lessons. Navy MWR provides swim lessons for all ages. Contact your local Aquatics staff for more details.

**A**ssess swim skills. Proper skills assessment is vital in ensuring the safety of children. Lifeguards will be available at times specified by the local facility to provide the official Navy Youth Swim Test.

**S**wim safely. Youth non-swimmers and swimmers must remain in their designated areas at all times. Stay safe, swim safe.

**H**ang it up. It only takes 20 seconds for a child to drown. No tweet, status update, text, or phone call is worth risking a child's life.

## Navy Youth Swim Test

**No wristband:** Children who cannot demonstrate the necessary skills to pass the Navy Youth Swim Test or choose not to participate in the test are classified as non-swimmers.

**Non-swimmers** must stay in water that's armpit deep (feet on bottom of pool) and **require active adult supervision.**

Non-swimmers who do not meet the "armpit depth" guideline are encouraged to wear a U.S. Coast Guard-approved personal flotation device and require active adult supervision.

**Active supervision** means the adult must be in the water within arm's reach of the child at all times (one adult per two children ratio).

**Wristband eligibility:** Children who have demonstrated the necessary skills to have FULL access to the Aquatics facility, including slides and diving boards, are classified as swimmers.

To receive a wristband, a swimmer must demonstrate the following minimum standards:

- 1 Swim one pool length (minimum of 25 yards) unassisted and without rest. Swimmers must use a recognizable swim stroke for the entire distance.
- 2 Tread water for a minimum of 60 seconds.
- 3 Jump into the deep end of the pool and return to the surface.
- 4 Exit the pool unassisted.

\*\* Swim tests are offered daily by lifeguards at times determined by the local Aquatics program.

\*\* Swimmers are allowed to test only once per day.

\*\* The swim test is valid for ONE year. All swimmers must be reassessed every year. Lifeguards may require additional testing for swimmers, if and when needed. The lifeguard has the authority to request reassessment of any child at any time.

\*\* All swimmers who pass the deep water swim test will be awarded a Navy Youth Swim License. All swimmers must show their license upon entering the Aquatics facility and will receive a wristband to have full access to the deep end, slides and diving boards. Additional testing may be required for lap swimming.