



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

10,000 Kids – 10,000 Lakes: Safety Around Water

The Minnesota Alliance of YMCAs is focused on Safety Around Water with a goal of reaching 10,000 kids in the land of 10,000 lakes through a proposed state initiative focused on bringing families together, improving kid's health, and reducing injuries and fatalities from drowning in Minnesota.

Many are surprised to hear that drowning is the second (only to car crashes) leading cause of death and injury among children ages 1 to 14 years old. Each year approximately 830 children die as a result of unintentional drowning, nearly 3 deaths each and every day of the year.

About 3,600 non-fatal injuries occur to children 14 years old and under due to near-drowning incidents annually. Home swimming pools are the most common site for drowning. Open bodies of water like lakes are where most of the other drowning happens.

According to the USA Swimming Foundation:

- 79% of children in homes with incomes less than \$50,000 have little-to-no swimming ability
- Research shows 64% of African-American, 45% of Latino and 40% of Caucasian children have little to no swimming ability
- Formal swimming lessons can reduce childhood drowning by 88%

Swimming is both a cardiovascular and strength-based exercise.

- Swimming is a full body workout – one of the few exercises that use most of your muscles and combines cardiovascular exercise with full body muscular strength and endurance work.
- Even children who are not currently overweight can help maintain their current body type by swimming.
- Swimming 30-60 minutes 3-4 times a week reduces risks of stroke, heart disease, type 2 diabetes, some cancers, and lowers resting heart rates, blood pressure, bad cholesterol (LDL), yet increases good cholesterol (HDL).





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Proposed Legislation:

- Provide \$500,000 in funding to community organizations through grants administered Department of Education.
- Grants will be made to support scholarships to cover fees for swimming lessons for low income and at-risk children.
- Grant recipients are required to use nationally recognized water safety instruction curriculum.
- Recipients may also hire and train water safety instructors and life guards.

