

Navy MWR Fitness:  
**Making a  
 SPLASH**  
 in swim safety!

**Navy MWR Youth Swim License**

This license certifies that the minimum standards of the Navy MWR Youth Swim Test have been met. The following areas are available for use: access to the pool, including slides and diving boards (other aquatic recreational items apply, if approved locally).

*This license does not apply to lap swimming or pool amenities indicated by the installation. Additional testing may be required.*

\*Card must be presented to receive a wristband for access to the Aquatics pool.



**Navy MWR Youth Swim License**

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



# SPLASH

## Navy MWR Fitness Drowning Prevention Campaign

# Resources

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

 /NavyFitness



# What is the

# SPLASH

campaign?

Through **SPLASH**, Navy MWR Fitness strives to educate parents and legal guardians on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, swim skills assessment, safe play, and active 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.

**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.** A drowning child is suffocating underwater and can become unresponsive in as little as 20 seconds. No tweet, status update, text, or phone call is worth risking a child's life.

\*Reference: Brenner, R. A., Taneja, G. S., Haynie, D. L., Trumble, A. C., Qian, C., Klinger, R. M., & Klebanoff, M. A. (2009). Association between swimming lessons and drowning in childhood: a case-control study. Archives of Pediatrics & Adolescent Medicine, 163(3), 203-210 (<https://doi.org/10.1001/archpediatrics.2008.563>).

# Navy MWR Youth Swim Test

**No wristband:** Youth 17 years old or younger who cannot demonstrate the necessary skills to pass the Navy MWR 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) or in a designated area by the facility and **require active 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 supervision.

**Active supervision** means the adult family member or legal guardian must be in the water within arm's reach with eyesight and attention on the child at all times. Supervision from a different individual may be acceptable for an MWR program/event.

**Wristband eligibility:** Youth who have demonstrated the necessary skills to have 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 in the prone position for the entire distance.**
- 2 **Tread water for a minimum of 60 seconds.**
- 3 **Jump into the deep end of the pool or water that is over the patron's head 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 swim test will be issued a Navy MWR Youth Swim License. All swimmers must show their license upon entering the Aquatics facility and will receive a wristband to have access to the deep end, slides and diving boards. Additional testing may be required for lap swimming.