

Community & Recreation Center

at Boyce Mayview Park

Live Smarter Play Harder



Note & Float™

The Community & Recreation Center at Boyce Mayview Park is pleased to introduce **The National Note & Float™ Water Safety Program** for ALL AQUATIC PARTIES.

The National Note & Float™ Water Safety Program was developed by Dr. Tom Griffiths, Aquatic Safety Research Group. The program aims to identify non-swimmers who enter a facility and provide an appropriately sized life jacket, for the safety of the child.

How the Note & Float™ Program Works

1. **ALL Aquatic Party** participants must be registered with Facility Rental Staff prior to pool entry.
2. **Parents/ Guardians/Supervisors** will receive written and verbal site-specific water safety instruction at the time of the party.
3. **Parents/Guardians/Supervisors** (at least 18 years of age) will be advised to actively supervise their children and keep young non-swimmers with-in arms reach ~ *touch supervision* ~ in water deeper than 24".
4. Non-swimmers less than 48" tall or seven years of age and under must wear both a clearly identifiable wristband and a USCG- approved life jacket throughout the entire duration of the party.
5. Non-swimmers must remain in 24" or less of water if parent/guardian/supervisor is not actively supervising, with-in arms reach, the non-swimmer.

* Please note that the use of a life jacket is not fail-safe and cannot replace active supervision of parents/guardians/supervisors-children can still float facedown and drown while wearing a life jacket. Life jackets are never a substitute for close and active supervision of non-swimmers.

**FOR MORE INFORMATION ABOUT THE
NOTE & FLOAT™ PROGRAM PLEASE VISIT
WWW.AQUATICSAFETYGROUP.COM**

Effective May 1, 2010

C&RC AQUATIC PARTY SWIM TEST

- **SWIM 25 YARDS (75 FEET) NONSTOP USING THE FRONT CRAWL (“FREESTYLE”)**
 - BODY MUST BE HORIZONTAL
 - FLUTTER KICK REQUIRED (NO BENT KNEES OR “BICYCLING” KICK)
 - FACE MUST BE IN THE WATER
 - OVER-WATER ARM RECOVERY (NOT UNDERWATER DOG PADDLE)
 - RHYTHMIC BREATHING TO FRONT OR SIDE (REGULAR RELAXED PATTERN)
- **JUMP INTO DEEP WATER, SURFACE UNASSISTED, TREAD WATER FOR ONE MINUTE IN A VERTICAL POSITION WITH MOUTH ABOVE WATER LINE**
- **EXIT FROM POOL UNASSISTED**

Swim tests will begin the week of April 18th for party participants only. Pre-registration is not required. All swim tests are offered at the C&RC on Tuesday and Thursday evenings from 6:00 p.m. to 7:30 p.m.

Sign-in is mandatory for both C&RC Members and non-members. Lastly, access to the C&RC Indoor Aquatics Center for non-members is limited to the duration of the swim test. Daily admission fees will apply if non-member chooses to stay thereafter.

Visit

www.livesmarterplayharder.org

or the C&RC

**to learn more about
upcoming swim lessons.**

**Community & Recreation Center
at Boyce Mayview Park**

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