

AQUATICS NETWORK

MONTHLY NEWSLETTER

WAGE SURVEY RESULTS

Thanks to everyone who participated in our Preliminary 2023 Wages Survey! The Results Summary can be found on the [WRPA Aqua Network page](#) or by [clicking here](#).

HYPOXIC BLACKOUT

UNDERSTAND THE CAUSES

In an effort to educate the public about the risks of hypoxia in the water and help ensure that those we teach do not engage in behavior that could result in loss of consciousness or death, the American Red Cross, YMCA, and USA Swimming issued a joint statement in November 2022.

Some highlights are as follows:

- The practices of hyperventilation preceding underwater swimming and extended breath-holding in the water are dangerous and potentially deadly activities. These actions can put the body in a state of hypoxia—a condition in which the body is deprived of adequate oxygen supply that can lead to unconsciousness.
- Some refer to the aftereffects of improper breathing as “shallow water blackout.” The use of this terminology in these cases is misleading since water depth is not a factor in the body’s response to hyperventilation and extended breath-holding.
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[Read the full statement here.](#)

For inclusion in this newsletter, please email info by the 15th of each month:

wrpaaquatic@gmail.com

MARK YOUR CALENDAR

- ✓ January 27–29: Lifeguard Instructor Course, [Discover Aquatics Swim School](#), Olympia (details below)
- ✓ February 1 & 15, 12:00–12:30pm: DPN Education Workgroup Meetings, more details on page 2
- ✓ February 8, 12:00–12:45pm: DPN Life Jacket Loaner Station Workgroup Meeting, more details on page 2
- ✓ February 16, 12–1pm: Aqua Network Lunch Check-in ([Join](#)) Casual meet-ups during non-meeting months.
- ✓ February 18–21: WSI Course, [Enumclaw Aquatic Center](#) (details below)
- ✓ March 9, 10:30am: WRPA Aqua Network Meeting ([Join](#)) Meetings 2nd Thurs of Jan, Mar, May, Sept, & Nov
- ✓ March 24–April 2: Lifeguard Course, [Pullman](#) (details below)
- ✓ May 16–19: WRPA Annual conference, Spokane, WA ([Learn more](#))

CERTIFICATION COURSES

Lifeguard Instructor Certification Course:

Discover Aquatics Swim School, Olympia

- January 27, 9:30am–5:30pm
- January 28, 8:00am–2:00pm
- January 29, 8:00am–3:00pm

Contact: Marjje Eng, 360–867–9283

Water Safety Instructor Certification Course:

Enumclaw Aquatic Center

- February 18, 8:00am–3:00pm
- February 19, 8:00am–12:00pm
- February 20, 8:00am–3:00pm
- February 21, 8:00am–3:00pm

Contact: [Enumclaw Parks & Rec](#), 360–825–1188

Lifeguard Certification Course:

Pullman Parks & Recreation

- Mar 24, 6–7pm // Mar 25–Apr 2, Sa–Su 8am–1pm
- May 26, 6–7pm // May 27–Jun 4, Sa–Su 8am–1pm

More info: www.pullmanswims.com

Enumclaw Aquatic Center is willing to provide LGI, WSI, or LG classes any time after March. If interested, contact:

Anna Davenport, adavenport@ci.enumclaw.wa.us

WASHINGTON STATE DROWNING PREVENTION NETWORK WORKING GROUPS

The Washington State Drowning Prevention Network works collaboratively with stakeholders and communities across the state to reduce drowning and save lives. There are currently three working groups, each focused on a specific priority. Connect with the contacts listed below to help lead the charge!

Education Committee

- Contacts: Susan Pappalardo, susanpappalardo@splashforward.org & Derek VanDyke, derek.vandyke@parks.wa.gov
- Mission: To unify and coordinate WA State water safety education efforts (aligned with US National Water Safety Action Plan and State K-12 Learning Standards) by collaboratively developing a comprehensive shareable WA State Aquatics Curriculum for all ages that promotes safer behavior in, on, and around water. The committee's initial focus is to create a limited curriculum to support water safety activities for April Pools Day at any pool and within any classroom.
- Meetings: Zoom, every other Wednesday, 12-12:30pm

Life Jacket Loaner Station Committee

- Contact: Sarah Stempski, sarah.stempski@seattlechildrens.org
- Mission: Align efforts to support the life jacket loaner station program, including maintaining of loaner station list and providing life jackets and signs for existing stations, supporting new site development through data collection and community engagement, and sharing best practices for signage and maintenance with partners across the state.
- Meetings: Zoom, 2nd Wednesday of each month, 12-12:45pm

Media/Outreach Committee:

- Contact: Isabell Sakamoto, isabell.sakamoto@seattlechildrens.org
- Mission: To elevate water safety messages, resources, and activities to parents, caretakers, and anyone who recreates in and around water. Our main project currently is to develop a water safety content calendar.
- Meetings: Zoom, monthly, dates/times vary - collectively vote by Doodle Poll

The DPN is co-led by: Public Health Seattle & King County, Washington State Department of Health, Safe Kids Washington, Washington State Parks Boating Program, Seattle Children's Hospital, Seattle Parks and Recreation and Washington Recreation & Park Association.

RED CROSS CORNER

- Instructor Trainer Academy pending scheduling for Spokane, WA
 - Individuals interested in LGIT or WSIT should apply as soon as possible
 - Once accepted, individuals have one year to enroll in an academy
- Lifeguard Program Update scheduled to release Fall 2023
- LGI's and LGIT's have a 1 year grace period after expiration to complete an LGI/LGIT In-Person Review. Teaching courses during the grace period is not permitted.

Contact Tatyana Kiselyov with any questions:
tatyana.kiselyov@redcross.org or 206-491-9390

