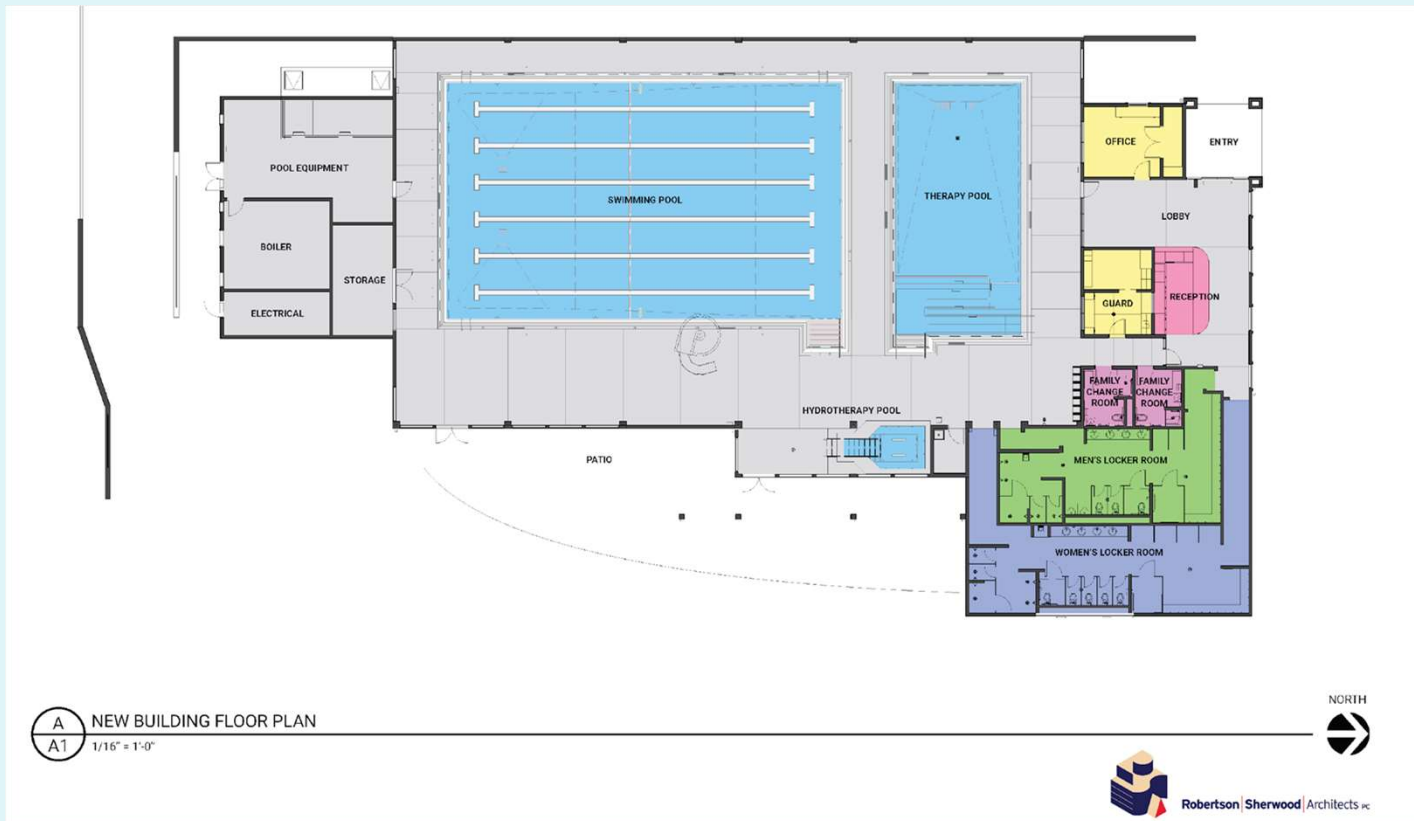


NCRD
North County Recreation District

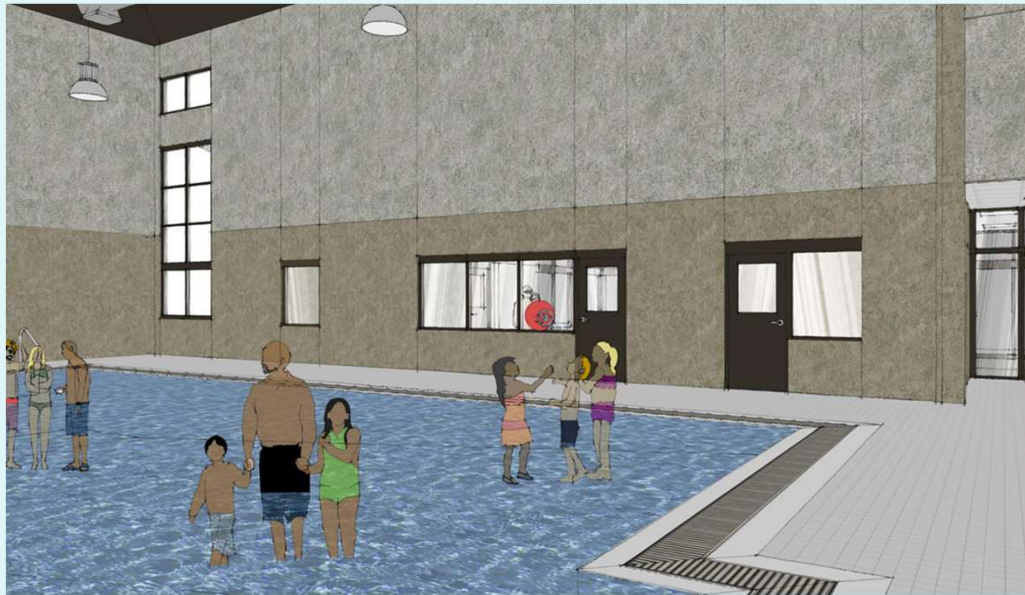
Swim & Water Safety Education

The New Pool Project

The Dream: Beginning of the new pool



The Dream: Beginning of the new pool



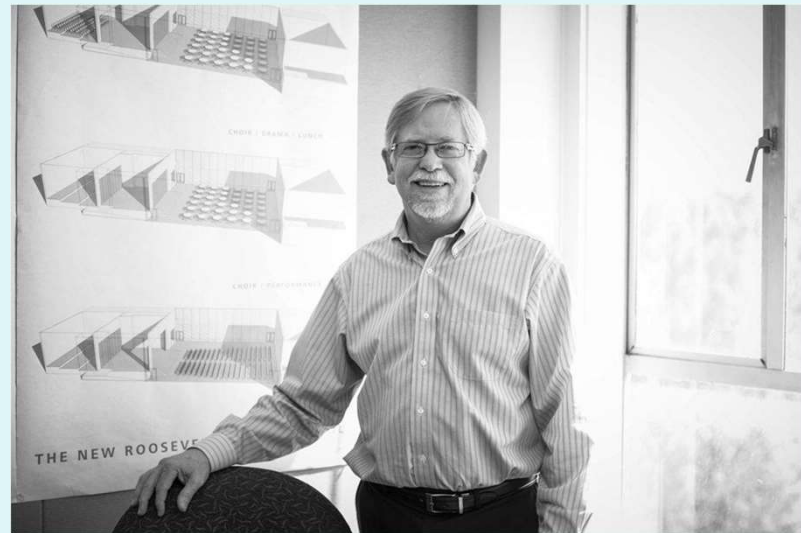
The Architect: Engaged since 2012

Carl Sherwood | *Principal*
Robertson Sherwood Architects PC

Over 35 years of engagement and design with communities throughout Oregon

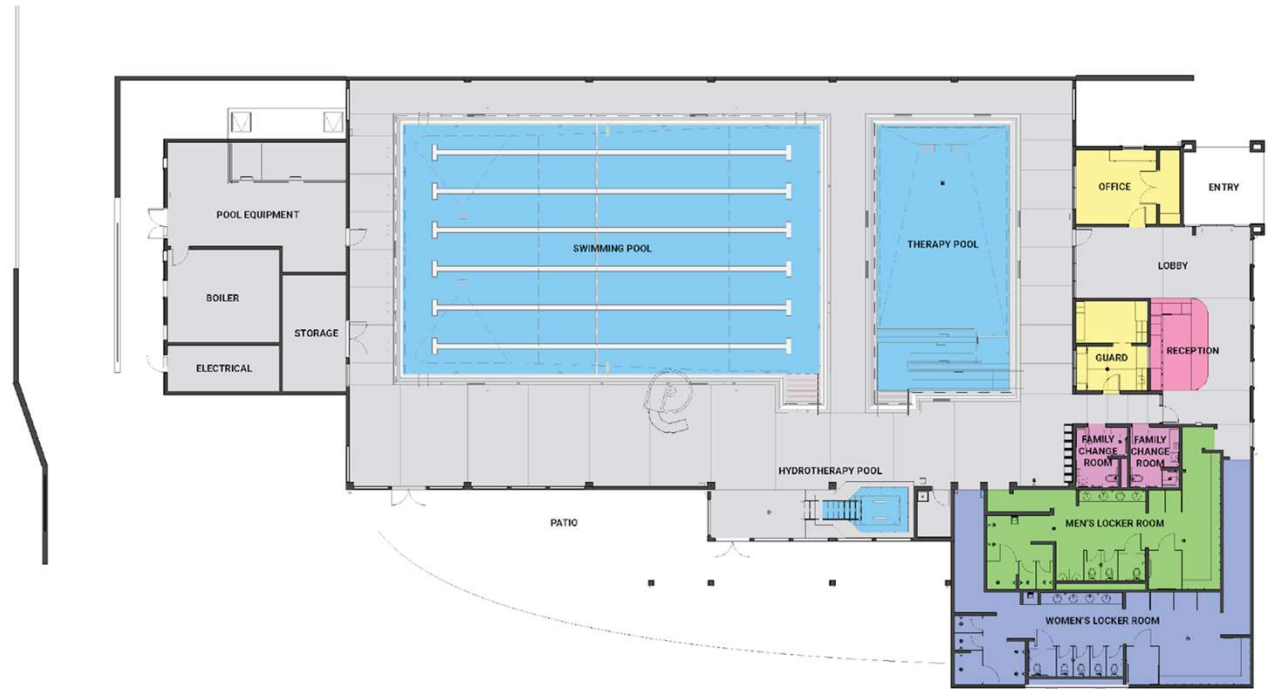
First engaged in 2012 to study alternatives

- New regulations and the need to expand capacity ruled out upgrade to the existing pool.



The Facility:

New pool & features

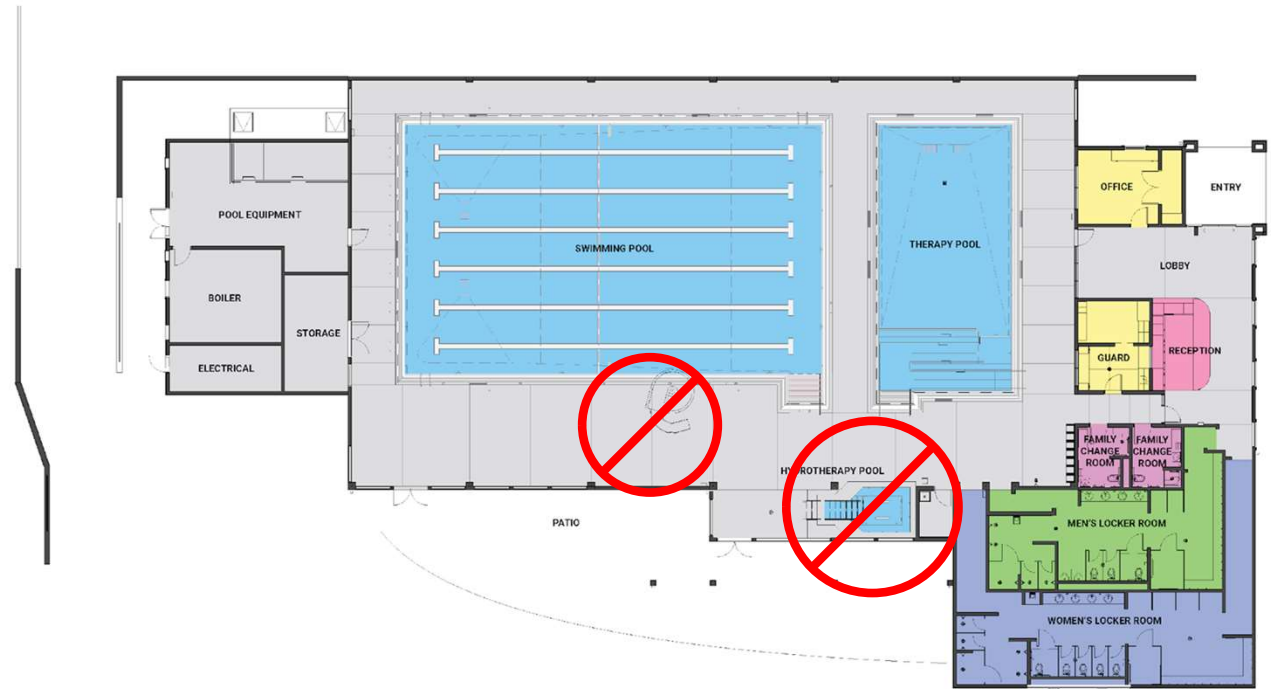


A NEW BUILDING FLOOR PLAN
A1 1/16" = 1'-0"

NORTH



Tough Decisions:



A
A1 NEW BUILDING FLOOR PLAN
1/16" = 1'-0"

NORTH



Swim Education & Water Safety Program



A small community pool - with programs that make a "BIG Impact"!!





NCRD is an **Authorized Provider** for the American Red Cross (ARC).

Our Authorized Provider Agreement has been in force continually without interruption **since 1997**.

NCRD is an Authorized Provider for ARC **Learn to Swim** and ARC **Lifeguard Training** which includes Lifesaving, First Aid and CPR for the Professional Rescuer.

Our comprehensive Swim Education and Water-Safety Program is and always has been **administered and executed by our ARC Certified WSI Water Safety Instructor**.



Customized school swim progress reports



NCRD/NES Learn To Swim & Water Safety Program

Teacher: _____ Student: _____

Trimester: 1 Grade: 4 5

Listed below are American Red Cross swim skills used to promote fundamentals, focus on stroke technique, **water safety**, and inspire independence!!

Skills:

- ____ Front Float/Back Float/Glides/Air Exchange(Swim Foundations)
- ____ Review Freestyle Drills/ Back Stroke Drills/Sculling
- ____ Jumps and Dives
- ____ Relays with Fins for Endurance and Stroke Development
- ____ Under water swimming/Surface dives/Obstacle Course

Safety:

- ____ Lifejackets * Treading Water * Sculling
- ____ Throwing, Reaching and Extension Assists, Treading Water
- ____ Boat Safety
- ____ Beach and Open Water Safety

Good Effort:

- ____ Free Day * Water aerobics in the deep-end with music!

This ambitious progress report meets ARC objectives within our unique age group setting & represents the students' swim skills and abilities, (which are individual and ever changing) and their opportunities and efforts in advancing forward.

School Swim is the building block, as well as incentive for participation in many other Aquatic Programs offered at NCRD. These all-inclusive, comprehensive swim lessons provide students the opportunity to take their School Swim foundation to the next level!



NCRD/NES Learn To Swim & Water Safety Program

Teacher: _____ Student: _____

Trimester: 2 Grade: 2 3

Listed below are American Red Cross swim skills used to promote fundamentals, focus on stroke technique, **water safety**, and inspire independence!!

Skills:

- ____ Front Float/Back Float/Glides/Air Exchange(Swim Foundations)
- ____ Review Freestyle Drills/ Back Stroke Drills/Sculling
- ____ Jumps and Dives
- ____ Relays for Endurance and Stroke Development
- ____ Under water swimming/Surface dives/Obstacle Course

Safety:

- ____ Lifejackets * Treading Water * Sculling
- ____ Throwing, Reaching and Extension Assists, Treading Water
- ____ Boat Safety
- ____ Beach and Open Water Safety

Good Effort:

- ____ Free Day * Water Games with music!

This ambitious progress report meets ARC objectives within our unique age group setting & represents the students' swim skills and abilities, (which are individual and ever changing) and their opportunities and efforts in advancing forward.

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NCRD/NES Learn To Swim & Water Safety Program

Teacher: _____ Student: _____

Trimester: 3 Grade: K 1

Listed below are American Red Cross swim skills used to promote fundamentals, focus on stroke technique, **water safety**, and inspire independence!!

Skills:

- ____ Air-Exchange * Front/Back Glides * Freestyle Drills
- ____ Back Float/Sculling/Back Stroke Drills
- ____ Underwater Swimming/Surface Dives *Underwater Freeze Tag
- ____ Jumps * Streamline to safety
- ____ "Sea Horse" races to Enhance Balance * Coordination & Independence

Safety:

- ____ Lifejackets * Treading Water * Sculling
- ____ Throwing, Reaching and Extension Assists
- ____ Boat Safety
- ____ Beach and Open Water Safety

Good Effort:

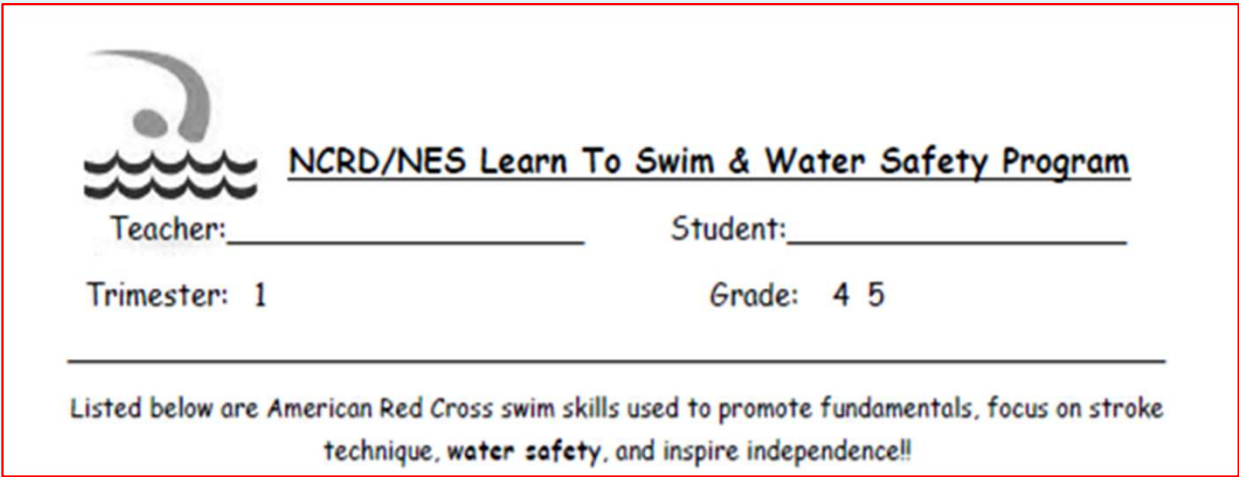
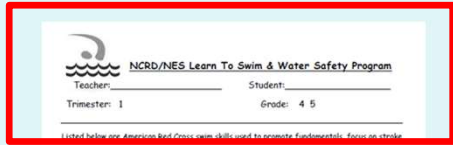
- ____ Free Day * Water Games with music!

This ambitious progress report meets ARC objectives within our unique age group setting & represents the students' swim skills and abilities, (which are individual and ever changing) and their opportunities and efforts in advancing forward.

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Customized school swim progress reports



Skills:

Front
 Revin
 Jump
 Relay
 Under

Safety:

Lifeje
 Throw
 Boat
 Beach
 Under water

Good Effo

Free I

This ambitious progress report represents the students' swim skills and abilities, (which are individual and ever changing) and their opportunities and efforts in advancing forward.

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Skills:

Front Float/I
 Review Frees
 Jumps and D
 Relays for Er
 Under water

Safety:

Lifejackets *
 Throwing, Re
 Boat Safety
 Beach and Oj

Good Effort:

Free Day * V

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Skills:

Air-Exchange * Front/Back Glides * Freestyle Drills
 Back Float/Sculling/Back Stroke Drills
 Underwater Swimming/Surface Dives *Underwater Freeze Tag
 Jumps * Streamline to safety
 "Sea Horse" races to Enhance Balance * Coordination & Independence

Safety:

Lifejackets * Treading Water * Sculling
 Throwing, Reaching and Extension Assists
 Boat Safety
 Beach and Open Water Safety

Good Effort:

Free Day * Water Games with music!

This ambitious progress report meets ABC objectives within our unique age group setting & represents the students' swim skills and abilities, (which are individual and ever changing) and their opportunities and efforts in advancing forward.

School Swim is the building block, as well as incentive for participation in other Aquatic Programs offered at NCRD. These all-inclusive, comprehensive swim lessons provide students the opportunity to take their School Swim Foundation to the next level!

- These **customized school swim progress reports** are based on recommendations indicated by the **American Red Cross(ARC)**.
- We are working with **less than 30 minutes** of water time!
- Necessary adjustments are made to **meet all course objectives** in our unique Aquatic classroom setting!
- Students arrive for swim lessons within their individual classes by age not by swim ability or swim skill levels.

- Currently **10-11 lessons** per trimester
 - Traditionally 34 lessons over an entire school year
- Within **each class** there can be **4 to 6 levels**.
- **1 Instructor to 5 Students (1:5) ratio!**
- During school hours – part of curriculum
 - Making it **available to every student**



- Historically the program provided **weekly swim lessons** & water safety awareness to each Nehalem Elementary School student for the **entire year!**
- The NCRD school Swim Program **EXCELS** in Promoting a culture of Swimming instead of one of Drowning!
- Available to **every student!**
 - Taxpayers accomplished something extraordinary; they play a vital role in maintaining our community's values





NCRD

Drowning Prevention

“Drowning is the leading cause of death for children 1 to 4 years old, and the second leading cause of unintentional injury death for children 5 to 14 years old.”

[Centers for Disease Control and Prevention \(CDC\)](#)

NCRD is continuing its **mission of teaching every child how to Swim**

Each NES student learns the importance of swimming as a lifetime skill



Swimming lessons are a fundamental part of childhood education, providing essential **life skills** and promoting **water safety**.

The NCRD/ARC curriculum integrates **lifejacket education** into swimming lessons which enhances the overall safety awareness of the students, making them better prepared for various aquatic situations.

We work to tailor our Lifejacket & Rescue education to the different age groups in our program. Customized planning & training ensures that the content is age-appropriate and effectively comprehended by all swimmers



We incorporate **rescue techniques** in assisting others in help. Emphasis is on never leaving the safety of land & how to protect your own safety from the deck, dock, & the beach

Lifejacket and rescue safety education is integrated into swimming lessons—students develop a **lifelong safety mindset**

Then understanding the importance of PFD's and water safety precautions becomes a habit—kids prioritize & demonstrate water safety, **well into adulthood**

Preventing drowning is within our reach with education, water safety, & training!



NCRD Swim Strokes & Techniques

Swim stroke technique & positive encouragement are woven into each NCRD **comprehensive and customized lesson plan**.

Weekly goals: introduce **fundamentals** as the foundation, focus on stroke **technique**, promote **water safety**, inspire **independence**, and build **endurance through accidental learning** using games, drills, relaxation, and fun!

The program is **inclusive and compassionate**—enthusiastic and supportive environment by dedicated aquatic professionals

The success of the program is represented in each student's swim ability after **6 complete years** of participation, they are **self-confident, physically fit**, skilled swimmers, **knowledge** about water safety in an area that is surrounded by water related recreational activities!

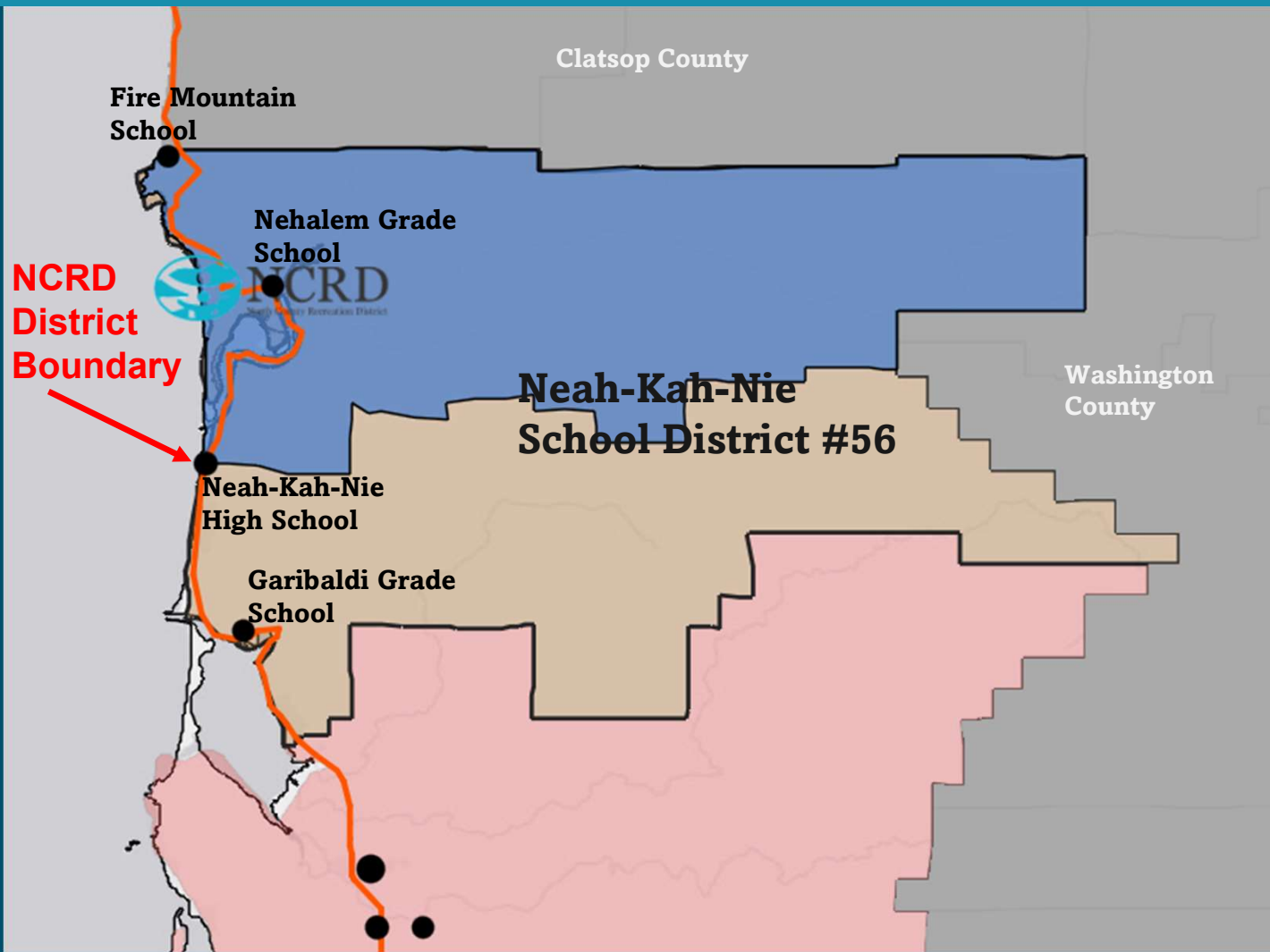
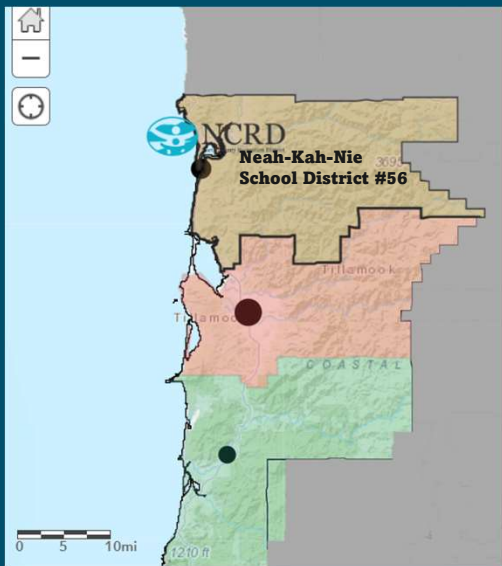


The District



NCRD

Schools in the District



NCRD pays for bulk of the funding (approx. **\$85,000** annually) for staffing, equipment, utilities, and all other related expenses.

Funding this vital program was the main reason the North County Recreation District was formed when the Pool was scheduled to close in 1995.





Community Impact

Pool demand has significantly increased across all age groups.

NCRD Partnerships

- Nehalem Bay Health District: physical rehab and therapy programs
- Nehalem Bay Fire and Rescue: first responder training

Served **all ages & abilities**—from infants to adults—since inception



A **public service** to the community since 1929

3 initial programs in 1997:

- Nehalem Bay Fitness Center
- Friends of Nehalem Bay Kids Teen Center
- Nehalem Pool

2008 Levy—Renewable every 5 years

- Purpose: To support **expanded operations**
- Levy needed just to keep current level of programs and operations



School Swim Program = FIT KIDS HEATHY FUTURES!



Advocates for Safe Water Recreation:

Healthy Activities | Healthy Behavior | Healthy Lifestyle!!