

Potomac Valley Swimming

PVS



Who Are We:

- One of the 59 Local Swimming Communities in USA Swimming
- Responsible for governing swimming in the DC Metro Area
- Area includes DC, Southern Maryland and Northern Virginia
- 5th Largest LSC in the country with approx. 11,000 members
- Most of the athletes who compete in PVS-sponsored swim meets are youths under the age of 18. However, there are also opportunities for older members of the swimming community to compete.

Purpose



Purpose of Potomac Valley Swimming

- The purpose of PVS is the education, instruction and training of individuals to develop and improve their capabilities in the sport of competitive swimming.
- PVS shall promote swimming for the benefit of swimmers of all ages and abilities in accordance with the standards, rules, regulations, policies and procedures of USA Swimming and PVS.

Purpose of PVS Diversity Committee

- ▶ **To promote inclusion and increase diversity in the sport of swimming specifically to Potomac Valley through the following responsibilities:**
 - Develop and implement strategies, policies and programs that will facilitate a diverse and inclusive environment for swimmers in the LSC
 - Build on the population of underrepresented coaches, athletes, administrators and sports officials to increase the USA / Potomac Valley Swimming membership
 - Serve as a voice for Potomac Valley under-represented populations including but not limited to African American, Hispanic American, Asian American, and Native American ethnic groups as well as those swimmers from challenging socio-economic backgrounds

PVS Diversity Committee



Events

- ▶ Diversity Summit
- ▶ Water Safety Day
- ▶ College Knowledge Event
- ▶ Support meets which celebrate multicultural interaction
- ▶ PVS Travel Teams
- ▶ Clinics for Coaches, Swimmers and Volunteers

Opportunities for Involvement

- ▶ Join the committee – PVS Diversity Committee
- ▶ Join and log-in either of the following to get updates on events and clinics available

- www.pvswim.org/diversity
- Listserv – pvsminoritycoaches@yahoogroups.com
- Group on Diversity In Aquatics – www.diversityinaquatics.com

Contact – Miriam Lynch – email: miriamslynch@yahoo.com or 703-409-9962

Example Event: Water Safety Day



Purpose:

Provides a great opportunity for local community organizations to work together to create a fun-filled, educational day designed to teach and increase public awareness about drowning prevention.

Objectives:

- ▶ Inform community residents about drowning prevention and pool safety
- ▶ Educate participants about safe water safe activities and practices
- ▶ Increase participation in aquatic activities in the community



Water Safety Day



How to Get Started:

Partner with local agencies and organizations to promote drowning awareness.

- ▶ Water Safety Days Can be either at a pool or classroom setting
- ▶ Funding – Support from LSC, Local Businesses and Community Organizations
- ▶ Create Set-up and Theme

Design your program best fit needs of your community

- Examples – April Pools Day
- Smart to Be Water Wise
- ▶ Find presenters and volunteers from local organizations
 - Your local LSC or Swim Team
 - Public Safety Organizations
 - Other Local Clubs and Organizations
 - Navy Seals
 - Other Aquatic Organizations – Tri, USA Rowing, etc.
 - Boys and Girls Clubs



PVS Water Safety Day



Purpose for PVS:

- ▶ To create a fun-filled, educational day designed to teach and inform the community of Deanwood about aquatic safety, swimming techniques and fun activities while promoting DCPR Learn-to-Swim Programs and LSC.

Partnerships:

- ▶ Vendors, information and resources provided by DCPR-Deanwood, USA Swimming Foundation- Make A Splash, WKYS 93.9, DAP, Navy Seals, NABS, American Red Cross, DC Rows, PVS Clubs and other “learn to swim” programs.

Set-up and Stations:

Water Safety Stations	Non-Water Safety Stations
<ul style="list-style-type: none">• <i>Know the Water</i> –learn basic swim techniques• <i>Introduction/Water Safety Talk</i> “Reach or Throw Don’t Go” – American Red Cross• <i>Introduction to Scuba Diving</i> – National Association of Black Scuba Divers• <i>Water Safe Games</i>– Show participants safe water games to play while in the water for all levels	<ul style="list-style-type: none">• All participating agencies were encouraged to provide promotional material related to the health and safety of swimming• Make A Splash provided us with additional handouts, pamphlets and newspaper articles to complement the event.• Music and other prize stations are planned. Snacks were also provided

Water Safety Day



Water Safety Materials and Resources:

- ▶ [USA Swimming](#)
- ▶ [HCPHES Water Safety](#)
- ▶ [Virginia Water Safety Coalition](#)
- ▶ [California Department of Water Resources](#)



Water Safety Tips

- ▶ [Center for Disease Control, Swim Healthy, Swim Safely](#)
- ▶ [USA SAFE KIDS– Water Safety Campaign](#)
- ▶ [US Army Corp of Engineers, National Water Safety](#)
- ▶ [American Red Cross](#)

More Tips, Tools &Resources

- ▶ [Kids Health](#)
- ▶ [American Academy of Pediatrics](#)

