

# AQUATICS NEWSLETTER



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

101 N. Wacker Dr., Chicago, IL 60606

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[ymca.net](http://ymca.net)

THE LATEST NEWS IN AQUATICS PROGRAMMING AND SAFETY



## YMCA VIRTUAL INVITATIONAL SWIM MEET

If you missed out last year, you have another chance to be part of YMCA history. Join the YMCA competitive swimming community by competing in the 2<sup>nd</sup> annual YMCA Virtual Invitational Swim Meet. This exciting event will take place **October 16-24, 2010**.

The YMCA Virtual Invitational is nation-wide swim meet open to all registered YMCA swim teams. Competition is limited to YMCA teams only and is hosted within their local area or YMCA. Teams will swim locally but compete against other YMCA teams and YMCA swimmers from across the county. Teams and swimmers compete for rankings in a number of age group swimming events. The results of local team swimming meets are submitted online and are consolidated into a "single meet" with awards being given to teams and swimmers based on their virtual place in the scoring. There is no fee for entering or submitting results for the National YMCA Virtual Invitational. Visit the YMCA Competitive Swimming website at [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) for further information on how your team can participate.

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### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS, IDEAS?

Contact Mike Espino, the editor at [mike.espino@ymca.net](mailto:mike.espino@ymca.net)

# MODEL AQUATIC HEALTH CODE OPERATOR TRAINING MODULE POSTED FOR PUBLIC COMMENT

The Centers for Disease Control and Prevention (CDC) has posted the Operator Training draft module of the Model Aquatic Health Code (MAHC) for public comment. This first all-stakeholder Technical Committee completed draft module focuses on qualified operator training standards and course delivery. The draft module can be found by clicking [HERE](#).

The deadline for submission of comments on the MAHC 6.1 Operator Training Module is 5:00pm EST on September 30, 2010. Comments should be submitted using the MAHC comment form on the CDC website. The completed form should be sent as an attachment to [MAHC@cdc.gov](mailto:MAHC@cdc.gov).

## NEW AQUATICS PRODUCTS AT THE YMCA PROGRAM STORE

The following DVDs are now available at the [YMCA Program Store](#):

- **YMCA Splash** (item# YPSAQ0810). This 31-minute video consists of five segments that correspond with the lesson plans in the YMCA Splash instructor's manual. Use this resource in the classroom or incorporate it into the pool program as needed. The DVD can also be purchased as part of the YMCA Splash Kit (item# YPSAQ0606).



- **YMCA Swim Lessons Instructor Training Videos**



(item# YPSAQ0811). YMCA Swim Lessons combines all three instructor training videos onto one DVD: Fundamentals of Teaching YMCA Swim Lessons, Parent/Child and Preschool Aquatic Program, and Youth and Adult Aquatic Program. Additionally, this DVD features viewing options designed for use in the YMCA Swim Lessons and YMCA Stroke Mechanics training courses. The total price for all three videos on one DVD is \$24.95.

## AQUATICS ARTICLES OF INTEREST

The following are several aquatics-related articles that may be of interest. Click on the title of the article to link to the appropriate website.

- **Questions Trigger Discontinuation of VGBA-Approved Cover.** *Aquatics International*
- **Problem-Solver Q&As.** *Recreation Management*
- **Air Fresheners: Advances in Dehumidification Efforts Target Chloramines and Other Gases that Leave Aquatics Facility Patrons Gasping for Breath.** *Athletic Business*

## DON'T FORGET!

All current Faculty, Trainers, and Lifeguard Instructors need to take the following online courses to stay current:

- **Orientation to the YMCA Training System.** This course needs to be completed by September 1, 2010. After September 1<sup>st</sup>, a \$20 fee will apply and you will be unable to obtain a sanction number until the course is completed.
- **Adult Learning Concepts.** This course needs to be completed by November 1, 2010. After November 1<sup>st</sup>, a \$20 fee will apply and you will be unable to obtain a sanction number until the course is completed.

Both courses can be found on [www.ymcaexchange.org](http://www.ymcaexchange.org). Once on the homepage of YMCAexchange, log into "My Account" under quick links. You may take the course at any time.

## DID YOU KNOW?

That the first mobile swimming pool was invented at the Eastern Union YMCA (N.J.) in 1961? This mobile pool enabled the Y to take instruction and swimming programs to people who could not go to the Y.





## UPCOMING AQUATICS-RELATED CONFERENCES AND SYMPOSIUMS

The following are aquatics-related conferences that may be of interest. Click on the conference title to link to the appropriate website.

- **World Aquatic Health Conference**  
October 6-8, 2010  
Colorado Springs, Colorado
- **World Waterpark Association Symposium and Trade Show**  
October 6-10, 2010  
San Antonio, Texas
- **Athletic Business Conference + Expo**  
December 2-4, 2010  
San Diego, California
- **Emergency Cardiovascular Care Update (ECCU 2010) International Educational Conference & Exposition**  
December 8-11, 2010  
San Diego, California
- **American Camp Association National Conference**  
February 8-11, 2011  
San Diego, California
- **National Park & Recreation Association National Aquatic Conference**  
February 16-19, 2011  
San Diego, California
- **World Conference on Drowning Prevention**  
May 10-13, 2011  
Danang, Vietnam

## WATERBORNE DISEASES COULD COST OVER \$500 MILLION ANNUALLY IN U.S.

Hospitalizations for three common waterborne diseases cost the health care system as much as \$539 million annually, according to research presented today at the International Conference on Emerging Infectious Diseases.

"These cost data highlight that water-related diseases pose not only a physical burden to the thousands of people sickened by them each year, but also a substantial burden in health care costs, including direct government payments through Medicare and Medicaid," says Michael Beach of the Centers for Disease Control and Prevention, an author of the study.

Currently, there are no well-documented data on the total health care costs associated with all waterborne diseases. However, using data from a large insurance claims database between 2004 and 2007, Beach and his colleagues estimated the hospitalization cost of three common waterborne diseases in the United States: Legionnaires' disease, cryptosporidiosis and giardiasis. For each case of disease, they calculated the cost paid by the insurer, the out-of-pocket cost to the patient, and the total amount paid.

Total estimated costs for hospitalization for the three diseases were \$154-539 million, including \$44-147 million in direct government payments for Medicare and Medicaid. Estimated annual costs for the individual diseases were: giardiasis, \$16-63 million; cryptosporidiosis, \$37-145 million; and Legionnaires' disease, \$101-321 million.

Inpatient hospitalization costs per case averaged more than \$34,000 for Legionnaires' disease, approximately \$9,000 for giardiasis and more than \$21,000 for cryptosporidiosis.

"When people think about these diseases, they usually think of a simple case of diarrhea, which is a nuisance but quickly goes away. However, these infections can cause severe illness that often result in hospital stays of more than a week, which can quickly drive up health care costs," Beach says.

Other symptoms can include rashes, eye and ear infections and respiratory or neurological symptoms and can even be fatal.

Modest investments in preventing these diseases could lead to reduced disease and significant healthcare cost savings, Beach says. Some examples of possible, low-cost interventions include public education campaigns, appropriate maintenance of building water systems, and regular inspection of pools and other recreational water facilities.



## YMCA OF THE USA AQUATIC RESOURCE CONNECTIONS

The following individuals are available to you as a resource in helping you meet your aquatics programming, safety, competition, and aquatic facility development needs. Please feel free to contact them if you have questions or need assistance.

### **Kay Smiley**

Aquatics Program Specialist  
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### **Mike Espino**

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### **Noel Brendefur**

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### **Al Tursi**

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## NEW! MEMBERSHIP AND PROGRAM WEB COMMUNITY

It is a BRAND NEW DAY and we are excited to announce our new Membership and Program Web Community. The purpose of the community is to provide opportunities for membership and program sharing between staff of different Associations and with YMCA of the USA Specialists. The web community consists of 12 membership and program categories with respective discussion boards and numerous live chats hosted monthly.

By participating in this new web community you will—

- Learn how YMCAs are implementing Best Practices.
- Learn about new ideas for programs and share your program highlights.
- Hear about solutions to problems Membership and Program staff may be facing.
- Develop relationships with Membership and Program staff in roles similar to your own.
- Connect with energized, passionate YMCA leaders.

We hope you will fully participate in this community by offering your insights and questions to enable the YMCA Community to lead and learn from each other in the spirit of Membership and Program. Check back regularly, participate and connect with colleagues around the country and with our Y-USA Membership and Program Specialists.

Visit <http://communities.ymcaexchange.org/> to participate.

*Please note: This site is our temporary site as we transition to Microsoft SharePoint by the end of the year, our permanent site. This site is full of the same resources.*

## NEXT AQUATICS SAFETY WEBINAR

The next aquatic safety webinar will be held on **September 3, 2010** at 10 am or 2 pm in your respective time zone. The topic of the September webinar is "Conflict Resolution Tips." To register for this webinar, please click on the following link: <http://events.signup4.com/aquaticswebinars>.

If you missed the broadcasts of the previous aquatics safety webinars, you can still view them on the archive page of YMCAexchange. The following link will take you to the aquatic safety webinar archive page: [http://www.ymcaexchange.org/front/programs/aquatics/SafetyTools/2008\\_Safety\\_Webinars.aspx](http://www.ymcaexchange.org/front/programs/aquatics/SafetyTools/2008_Safety_Webinars.aspx)