



Rotary

Dear Rotary Friends,



BE THE INSPIRATION

According to the World Health Organization data, drowning is the leading cause of preventable death in the world. The European Union statistics rank Latvia in the 1st place for drownings in Europe with 6 drowned per 100 000 people. Tragically, this statistic was 7% in 2017 for children under the age of 14.

We kindly invite you to participate in our common Global Grant (GG) project for **Swimming as a lifesaving skill** in Latvia. With this GG project we will develop a swim training programme for children up to 14 years, train and educate swimming teachers according the programme, test teaching results and provide swimming pools with the necessary life-saving equipment as well as specific training.

The most effective way to combat drowning deaths is through appropriate and effective preventive measures. Experts agree that swimming and water safety lessons for children are critical. The Latvian Swimming Federation recommend swimming lessons as a part of competency education in schools. Additionally, automatic defibrillators as well as immobilization and evacuation boards are needed as they play a critical role in lifesaving in the main cities with public swimming pools - Riga, Liepāja Ventspils, Daugavpils and Valmiera.

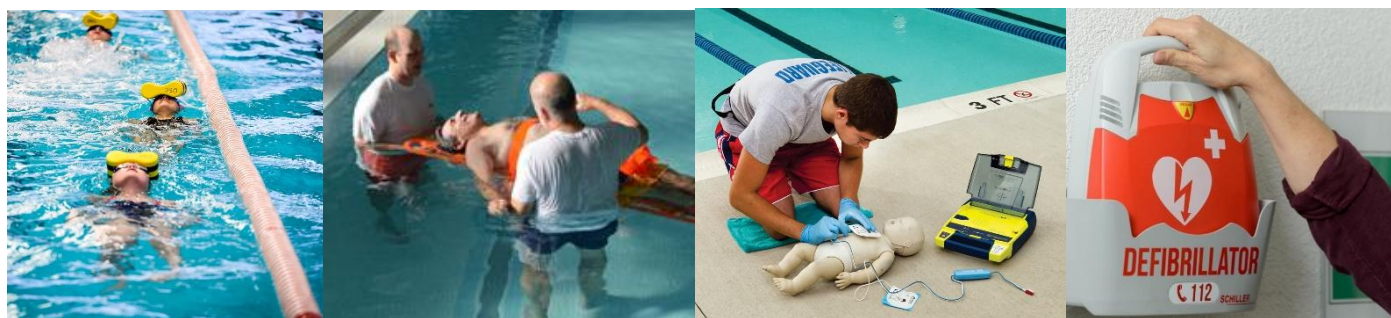
Latvia has no cohesive swimming programmes, and currently each trainer teaches in their own way. The education of trainers is vital, along with a proven and systematic approach in teaching children and adults.

We, the host sponsor Riga Ridzene RC in D2410 and international sponsor Hunn/Gjøvik RC in 2305, hope for your participation in our GG project and forming a friendly relationship with RC from different countries that can help us to make the difference.

Please help us change the statistics! Be the inspiration! Your decision may save lives!

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DESCRIPTION ABOUT SWIMMING IN LATVIA

Latvia is rich in waters and nearly a half of population lives near water. Near-drowning and drowning as a cause of death in Latvia is identified five times more often than in other European Union countries. Besides, the statistics show that Latvia is in one of the worst positions in the EU regarding the number of drowned people - drowning is the second most common external cause of death among children and young people (aged 0-19). On average, per 100,000 inhabitants, 6-7 children and young people under the age of 19 drown each year, which is the highest tragic indicator across the EU (World Health Organization data). According to the statistics, in 50% of non-road accident cases per year, drowning is reported as a cause of the death of children and young people. The statistics also show that every drowning person threatens the life of another person or even two people - both the drowning person and the saver, who is not confident in the situation, die.

A third part of the Latvians consider their swimming skills being very good or good, while in reality only every fourth person can swim rather well in order to feel safe in the water. In spring of 2018, Latvian Swimming Federation invited the Latvian population to provide their assessment of water safety, swimming skills and other safety related issues. The study in cooperation with the Market and Public Opinion Research Centre SKDS was conducted throughout Latvia by surveying 1016 respondents aged 18 to 75. The respondents admitted that the skills to provide first aid (81%), knowledge of water safety (59%) and skills for saving a drowning person (51%) would be necessary to acquire for everyone. The results of the study show a shortage of knowledge about water safety and spending safe leisure time near water. According to the results of the study, most or 71% of the population of Latvia have insufficient swimming skills, but 24% of the population have experienced a potentially dangerous situation in the water. Although 89% of the population have no knowledge about saving lives, the situation is critically characterised by the fact that 51% would be ready to jump in and help.

The inability of Latvia to ensure the safety of children in water and appropriate preventive measures is also indicated by the European Child Safety Alliance, which has awarded Latvia one and a half points in a five-point system in this category - the lowest rating among the 12 potential risk factors for a child's life in the country. In comparison, in Sweden, Denmark, Norway, Finland, and even Estonia all 5th grade pupils are taught not only to swim, but also to act accordingly in extreme situations in and near the water. In the Netherlands and Belgium, the government has been providing free swimming training in all schools for several years with the aim of fighting the big number of drowned children. In France, swimming training is also included in the compulsory primary school curriculum. In the UK, children under the age of 11 who have not been able to learn to swim are provided with intensive daily swimming lessons. The result is noticeable - the number of drowned children in the UK per 100,000 inhabitants is almost ten times lower than the EU average. In the US, Australia, the UK and many other countries around the world, special funds have been set up and run successfully by collecting donations and organizing swimming lessons and safety training for children who cannot afford it.

Swimming is the simplest and safest form of physical activity for children, suitable for children of almost all ages and abilities. The sooner they start swimming lessons, the greater the chance that the child will learn to swim. It is said that the ancient Greeks taught the children three things: to read, to write, and to swim, believing that swimming is one of the basic elements for survival. Nowadays, swimming in the pool strengthens the health and immunity of children, promotes proper development of children, and is beneficial for the circulatory system and breathing. Swimming improves posture, while activities in water strengthen bones and nervous system and prevent the possible development of flat feet, improve sleep, appetite, and strength. Whether it is understood and used by the society is a matter of general public education, which is clearly not sufficient to prevent cases of drowning.

In order to analyse and draw conclusions on how to carry out preventive measures, in early 2019 various organizations conducted a public discussion, which led to the conclusion that the main focus should be on acquiring swimming skills. By learning to swim properly, people can not only improve their swimming skills in different ways and sports, but also save their own and other person's life in critical situations. Often it is parents, brothers or sisters who teach children to swim, but it would be wiser to leave this task to professionals who train children by following a specially designed program, adapting it to the child's abilities.

Unfortunately, up to 140 people drown every year in Latvia, including 10 young people at school age. To avoid this, it is important to know safe swimming habits and to choose the right swimming spot. However, it should be admitted that the public knowledge regarding the choice of the right swimming spot is insufficient. Not everyone chooses to swim in the official swimming areas with a rescue station in place, or in a swimming area that is not overgrown, where the shore or bank is shallow, where there is a solid foundation and the water is stagnant or with minimal flow, and where there are no maelstroms in proximity. There is a significant lack of raising the awareness and forming opinions on what is water safety safe and how to act in dangerous situations in the water.

PROJECT Swimming as a lifesaving skill DESCRIPTION

The Rotary Latvia Global Grant project **Swimming as a lifesaving skill** is based on Maternal and Child Health defined focus areas such as health care for children, trained community health leaders, support studies for career-minded professionals related to child health and reduce the mortality and morbidity rate.

The most effective way to combat drowning deaths is through appropriate and effective preventive measures. All activities included in the project will bring closer to the achievement of the project objective – to reduce drowning in Latvia.

Swimming lessons are still one of the most popular extra-curricular activities that children enjoy and at the same time experts agree that swimming and water safety lessons for children are critical. Swimming is a lifesaving skill and must be trained on a regular basis from the age of 7 till 14. By teaching children to swim, they will not only become stronger swimmers, but also gain valuable experience in the water. This experience greatly reduces the risk of an emergency if a child accidentally falls in an unguarded pool or gets pulled into deep water by a rip current at the beach.

Although swimming is generally an individual sport, swimming lessons will give children an opportunity to develop their social skills. These include how to act appropriately around other people, how to respect other people's space and that everyone has a different body and learns at a different pace.

According to research, swimming is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. In addition, swimming is a way to prevent childhood obesity, which has been linked to juvenile diabetes, as stated by the Centre for Disease Control and Prevention. Swimming also puts less strain on joints and connective tissues than other forms of exercise. In addition to building cardiovascular strength, swimming can increase lung capacity and improve control over breathing. At the same time swimming has been recommended for people with asthma, as the warm and humid environment is less provocative.

Swimming training programme and training for coaches

In order to promote the safety of children in the water, it is necessary to develop and implement a swimming training program in addition to their sports lessons at school. In addition to the health benefits mentioned above, swimming lessons also play an important role in terms of human security (civil protection).

Latvia has no cohesive swimming programmes, and currently each trainer teaches in their own way. The education of trainers is vital, along with a proven and systematic approach in teaching children and adults. In project qualified expert will be involved in programme development and coach training in 5 cities in Latvia – Riga, Daugavpils, Ventspils, Liepāja, Valmiera. It will be 3 days training with theoretical and practical studies. After implemented programme evaluation of children skills must be done in regular basis.

Lifesaving equipment in swimming pools

Swimming, if not fully experienced, can be a dangerous prospect. Even professional swimmers can fall into perilous territory should something go wrong in the pool, unexpectedly. Sudden Cardiac Arrest could be a very unexpected danger that can endanger even the most competent swimmer.

An unfortunate example of this is with an Olympic hope, Alexander Dale Oen, from Norway, who died while training for the London 2012 Olympics. He was found collapsed in the shower unconscious after suffering from a cardiac arrest. Because of sudden cardiac arrests nature, being non discriminative against age, lifestyle and fitness, it can happen at any time and anywhere.

Those who have hobbies such as swimming, will spend a large portion of time in and around the pool, giving them a higher likelihood of having a cardiac arrest there. So, having an automated external defibrillator (AED) program in place could help a life threatening incident from escalating into a fatal event.

The increase of danger in a swimming pool and the risk of drowning, should a sudden cardiac arrest take place while in the water, means that extra vigilance in the form of lifeguards and first aid training of staff is usually a prerequisite. However, training in using a defibrillator is not a requirement in First Aid training, so having an AED initiative in place is always advantageous. In the project, a special training for lifeguards with AED will be organised and held in 5 swimming pools in Latvia – facilities where AED will be located.

Estimate budget for GG project Swimming a

	EXPENDITURE							FUNDING			
	Groups	Pax	Period	Price	TOTAL without VAT	TOTAL with VAT	Rotary TOTAL with VAT	Elektrum OC	OC Daugavpils	OC Valmi	
swim programme			6 month	€ 19 500,00	€ 19 500,00	€ 23 595,00	€ 23 595,00				
information regarding swim		2	5 days	€ 5 500,00	€ 11 000,00	€ 13 310,00					
teacher honorarium			3 days	€ 4 500,00	€ 4 500,00	€ 5 445,00	€ 5 445,00				
hotel Teater		1	5 days	€ 600,00	€ 600,00	€ 726,00	€ 726,00				
training/ Riga		4h	3 days	€ 56,40	€ 282,00	€ 341,22	€ 341,22				
training, refreshments, training/		4h	3 days	€ 50,00	€ 600,00	€ 726,00	€ 726,00				
teacher honorarium	30 pax	4h	3 days	€ 80,00	€ 2 850,00	€ 3 448,50	€ 2 867,70	€ 580,80			
training/ Daugavpils		4	1 day	€ 800,00	€ 3 200,00	€ 3 872,00	€ 3 872,00				
training, refreshments, training/		4h	1 day	€ 35,00	€ 140,00	€ 169,40	€ 169,40				
training/ Valmiera	20 pax	4h	1 day	€ 50,00	€ 480,00	€ 580,80	€ 338,80	€ 242,00			
training, refreshments, training/		4h	1 day	€ 30,00	€ 120,00	€ 145,20	€ 145,20				
training/ Liepāja	20 pax	4h	1 day	€ 37,00	€ 428,00	€ 517,88	€ 338,80			€ 17,00	
training, refreshments, training/		4h	1 day	€ 35,00	€ 140,00	€ 169,40	€ 169,40				
training/ Ventspils	20 pax	4h	1 day	€ 50,00	€ 480,00	€ 580,80	€ 338,80				
training, refreshments, training/		4h	1 day	€ 30,00	€ 120,00	€ 145,20	€ 145,20				
additional accessories	20 pax	4h	1 day	€ 30,00	€ 400,00	€ 484,00	€ 338,80				
informational accessories		5		€ 1 651,00	€ 8 255,00	€ 9 988,55	€ 9 988,55				
information and evacuation board		5		€ 420,00	€ 2 100,00	€ 2 541,00	€ 2 541,00				
training honorarium:											
training honorarium: Riga	30 pax			€ 30,00	€ 900,00	€ 1 089,00	€ 1 089,00				
training honorarium: Daugavpils	20 pax			€ 30,00	€ 600,00	€ 726,00	€ 726,00				
training honorarium: Valmiera	20 pax			€ 30,00	€ 600,00	€ 726,00	€ 726,00				
training honorarium: Liepāja	20 pax			€ 30,00	€ 600,00	€ 726,00	€ 726,00				
training honorarium: Ventspils	20 pax			€ 30,00	€ 600,00	€ 726,00	€ 726,00				
visit		4	1 day	€ 70,00	€ 280,00	€ 338,80	€ 338,80				
children					€ 4 300,00	€ 5 203,00					