

Maureen Sullivan

maureens@bgcnorthcounty.org

Submission Date Feb 29, 2024 1:10 PM

Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**


Collaborative/Joint Application **NO**

Organization Information	Legal Name	DBA (if Applicable)
	Boys & Girls Clubs of North County	Boys & Girls Clubs of North County

Contact Information	Contact Name	Title
	Maureen Sullivan	VP of Development
	Primary Contact Phone	Email Address
	760-728-5871	maureens@bgcnorthcounty.org

Organization Physical Address 445 E Ivy St
Fallbrook, CA, 92028


Board of Directors



Board List with affiliations 2023-24.pdf

87.69 KB

Financial Documents - Audit



Audit 2021-22.pdf

596.63 KB

Financial Documents - P&L and Balance Sheet



Fiscal Year End P&L and Balance Sheet.pdf

112.59 KB

Financial Documents - 990



990 2021.pdf

2.95 MB

Organization's Mission Statement

To enable young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

Organization's Vision Statement

To provide a world-class Club experience that assures success is within reach of every young person who enters our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship and living a healthy lifestyle.

Organization History & Accomplishments

Boys & Girls Clubs of North County was established in the Fallbrook community in 1962. In our 62-year history, we have grown from a single site to now serving over 2,500 youth in Fallbrook, Bonsall, Rainbow, and Deluz. Boys & Girls Clubs of North County is a member organization of Boys & Girls Clubs of America, a federation, which provides technical assistance, training, program development, and other resources, along with standards for member organizations. Boys & Girls Clubs of North County began as the Boys Club of Fallbrook and later changed its name to better reflect the population and communities we serve. Programs were operated out of our clubhouse on Ivy Street until expansion began in 2005. Four new sites were added on school grounds in collaboration with Fallbrook Union Elementary School District. In 2015 we opened a site at Mae Ellis Elementary and added another at La Paloma Elementary in 2017. In 2019 a site was established at Turnagain Ars apartments, in collaboration with Community Housing Works and Better World Foundation. In 2020 two sites were established at Camp Pendleton schools, May Fae Pendleton, and San Onofre. In 2021 we expanded our partnership with Palomar Family Counseling to include services at four of our school sites every week. In 2022 we expanded our partnership with FUESD by significantly increasing the number of youths we could serve at each site and adding a wider variety of program offerings, including specialized programs with outside vendors. In 2023 we expanded our partnership with the Vallecitos and Bonsall School District and serve each district with a wide variety of programs and services. Boys & Girls Clubs of North County has been recognized by BGCA with numerous awards of youth attendance, marketing, and board strength.

Program Name/Title

Water Safety

Brief Program Description

The Summer Water Safety Program is held during the 10 weeks of summer break and consists of swimming lessons and a water safety program. Lessons are taught by certified lifeguards, with water safety included. Water Safety is also provided to youth in our daily open swim program.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

YES

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The Summer Water Safety Program teaches participants lifesaving water safety skills, the importance of exercising, teamwork, listening and coordination skills, water safety, and so much more. In the Summer of 2023, the Club's Summer Water Safety Program directly benefited 516 participants. These children received swimming lessons and a water safety program. Of the 516 participants, 97% fell into the under 12-year-old category with 3% between the ages of 13-17 years old. Of our participants 49% are female and 51% are male. 95% of the participants were low, very low, or extremely low in the income limits category with only 5% being higher than listed limits. The program is taught in English and Spanish as many of our participants speak English as a second language. Lessons are taught by certified lifeguards and water safety is taught as a class and provided to participants daily during open swim. Learning an athletic activity they can participate in for life, is invaluable, and physical activity has proven to prevent obesity and its side effects as well as prevent diabetes. Parents have expressed their gratitude to the Club for being able to offer affordable swimming lessons to the local communities. Other parents are thankful our trained staff can help their children with developmental disabilities, a population at higher risk for drowning, learn water safety and how to swim.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.



FRHD recognition 2023-24.pdf
211.53 KB

Funding Amount Being Requested

21710

Program Information - Type

Ongoing

Projected number of residents that will directly benefit (participant/client) from this program.

2500

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	97	485
Young Adults (13-17)	3	15
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	45
Male	55
Non-binary	
Unknown*	

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	40
Very Low (50%) Income Limits, ceiling of \$53,500	25
Low (80%) Income Limits, ceiling of \$85,600	20
Higher Than Listed Limits	15
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

n/a

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Youth - other setting

Program/Services Description - Social Determinants of Health

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Social Determinants of Health - Social and Community Context

1. We will address the Social & Community Context Social Determinant of Health by teaching community and participating in swim lessons, water safety sessions, and recreational play developing a sense of belonging and self-worth. When teaching swimming skills and lifesaving water safety skills, our Club members feel the satisfaction of mastering a skill and in the case of water safety being of service to their peer group consequently improving their feeling of self-worth. They also feel a sense of belonging when they notice the many different skill levels others are at and realize there is no competition, only cooperation and cohesion. Water safety and swimming lessons are imperative due to the abundance of unguarded pools, natural waterways, and beaches.

Social Determinants of Health - Healthcare Access and Quality

We will address the Healthcare Access and Quality Social Determinant of Health by providing lifesaving water safety training to all children who use our

pool. Water safety provides skills and lessons Club members can share with family and friends. Also, by learning to swim, children are learning lifelong physical activity to help them prevent obesity and the awful side effects of obesity such as diabetes, hypertension, high cholesterol, and high blood pressure. This information is taught to the children as they participate in the sport of swimming and the process of learning water safety, thus increasing the children's health literacy.

Statement of Need/Problem

According to the CDC 3,960 people a year, approximately 11 people per day, die due to drowning in the United States. Children in the Fallbrook community have constant access to water via swimming pools, lakes, streams, canals, the ocean, etc. With extensive, year-round access, it is critical for children to participate in swimming lessons and water safety instruction to minimize their risk of injury or death. The CDC reports drownings are the second leading cause of death for children aged 0 to 17 years. Furthermore, for every child under age 18 who dies from drowning, another 7 receive emergency department care for nonfatal drowning. Nearly 40% of drownings treated in emergency departments require hospitalization or transfer for further treatment. Drowning injuries can cause brain damage and long-term disability. There is a simple way to reduce tragic drowning incidences: teach kids to swim. California Department of Public Health (CDPH) clearly states "Drowning prevention classes, including swim lessons with certified instructors... are deemed essential." In 2009 the American Academy of Pediatrics found children enrolled in formal swimming lessons had an 88% reduced risk of drowning. They also found that socioeconomically, the number of swim lessons required to achieve basic competency in the water is often costly or difficult to access. They suggest addressing this barrier with community-based programs offering low-cost swim lessons, including culturally and linguistically appropriate swim instructors, which perfectly describes our program. In addition to teaching kids how to swim, water safety instruction is also imperative. The American Academy of Pediatrics states that water competency is the ability to anticipate, avoid, and survive common drowning situations. Elements of water competency include water safety awareness, basic swim skills, and the ability to recognize and respond to a swimmer in trouble. All these skills are taught in our Summer Water Safety Program with the goal of each child gaining water competency. In addition, participating in swim lessons and daily open swim activities will address the social determinants of health of **Social and Community Context** (social cohesion) and **Healthcare Access and Quality** (health literacy). Social cohesion is addressed as youth build relationships with each other and their instructor throughout the program. Health Literacy is increased as youth learn the importance of exercise and water safety through their participation.

How are other organizations addressing this need in the community?

Fallbrook High School has the only other swimming pool in Fallbrook that is open to the public, however the youth we serve attend our Club on a daily basis and swim for no additional cost, so they do not traditionally access the other swimming pool, due to cost and transportation issues. In addition, the FHS pool charges considerably more for lessons and open swim and does not incorporate water safety into their daily swim activities. Our program is approximately half the cost of the lessons at FHS and more accessible to families in need.

Program/Services Description - Program Entry & Follow Up

Youth interested in participating in swimming lessons simply have a parent complete an enrollment form online or in our office and pay the program fee. If a scholarship is requested, a scholarship form is provided and evaluated by our administration. Youth interested in participating in our open recreation swim

program can do so free of charge and with no enrollment for our Club membership. Any youth desiring membership can complete the registration form and pay the \$30 annual registration fee, which can be waived upon scholarship request. Youth hear of the program through our banners and flyers placed around town, email blasts, social media or our website. Staff members follow up on youth who are participating in our open swim program who may benefit from swimming lessons. If a youth is identified, staff will contact parents and request they enroll in the swim lessons program. Youth can continue on in lessons for however many sessions are desired, moving up levels as they gain skills.

Program/Services Description -
Program Activities

The Summer Water Safety Program provided by Boys & Girls Clubs of North County is held during the 10 weeks of summer break and consists of two program components. First is a swimming lesson and water safety program. This program provides swimming lessons to children ages 3 and up. Kids enroll for a two-week block of 30-minute swimming lessons (10 lessons total) taught by certified lifeguards and including water safety instruction, for \$60. Scholarships are available to assist those in need. On the first day of the lessons, the youth meet all together to complete an evaluation process, where they are then placed in groups based on their skills and abilities. Lessons include teaching best practice basic swim skills, including the ability to enter the water, surface, turn around, propel oneself for at least 25 yards, float or tread water then exit the water. More advanced students progress to learning more complex strokes and breathing techniques. Upon conclusion of the two-week session, participants receive certificates of completion. Kids can enroll in additional sessions to continue to increase their swimming skill level. The second component is a structured open swim time. Each weekday the pool is open from 1-5 pm for open swim, monitored by certified lifeguards. Open swimming is free for summer camp attendees. Activities are conducted each hour to help kids learn water safety, improve their swimming skills, and have fun! Water safety instruction provided in lessons and during open swim time includes swimming in clothes, falling in, and practicing self-rescue, along with critical educational components such as never swimming alone and how to recognize when another swimmer is in distress. In addition to the safety benefits of the program, by swimming our youth members will be participating in a great fitness activity. It is an excellent physical workout, as it keeps your heart rate up, and builds endurance, muscle strength, and cardiovascular fitness. It helps maintain a healthy weight, healthy heart and lungs while providing an all-over body workout. Because of the health benefits of participating in a swim program, youth participants will experience diabetes prevention, and less chance of high cholesterol, high blood pressure, hypertension, and obesity. In addition, participation in the program will increase the social support of the youth participants. They will gain friends and social connections with the other youth participants in swim lessons and open swim time, as well as receive the guidance of a caring adult through the lifeguards and swim instructors.

Program Goal

To improve the overall health of 500 Club members of Boys & Girls Clubs of North County, by addressing the following Social Determinants of Health: Social & Community Context and Healthcare Access & Quality. Social & Community Context will be addressed by creating a sense of belonging and self-worth for the youth, while Healthcare Access & Quality will be addressed by teaching lifesaving water safety skills to the youth improving their health literacy.

Program Objectives & Measurable Outcomes

) Provide 300 daily swimming lessons and water safety instruction to 150 youth during the summer swim season.

2) Provide daily open swim time for approximately 50 youth per day, including hourly structured activities

Program enrollments will be tracked for all programs. All sign-ups are handled centrally, so all data is easily accessible and compiled for reporting and tracking purposes, including all demographic data. We will provide lesson plans and program expectations to all staff. Daily roll sheets and participation counts will be kept. We will track numbers of youth that progress from one level to the next and reach out to those failing to progress to evaluate what additional interventions may be helpful.

Organization Collaborations

Boys & Girls Clubs of North County has a long history of strong collaborations within the Fallbrook and surrounding communities. We will continue to work closely with many other organizations and businesses to ensure the success of our program.

Fallbrook Union Elementary School District: This strong partnership has been in place for nearly 15 years. We currently partner at eight school sites. FUESD also assists with staff training opportunities.

Fallbrook Child Development Center: We provide swim lessons to their participants with a partial scholarship.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Other

Anticipated Acknowledgment

The Fallbrook Regional Health District’s generous support of our water Safety program will be acknowledged on our website and in all printed materials regarding Water Safety, including brochures and flyers. In addition, FRHD will be recognized in a post at least quarterly highlighting our Water Safety program on our Facebook and Instagram pages.

Funding History

NO

Program Budget



24.25 Program Budget Form.Water Safety.xlsx
60.52 KB

Terms and Conditions

Accepted

Authorized Signature

