

The Vision:

The vision of this leaflet is to inform parents and guardians of youth swimmers about the important role they play in supporting youths involved in swimming to stop dropout. Ultimately allowing youths to be...

- ✓ **Competent**
- ✓ **Safe**
- &
- ✓ **Healthy**

around water or through the sport of swimming.

Additional Information:

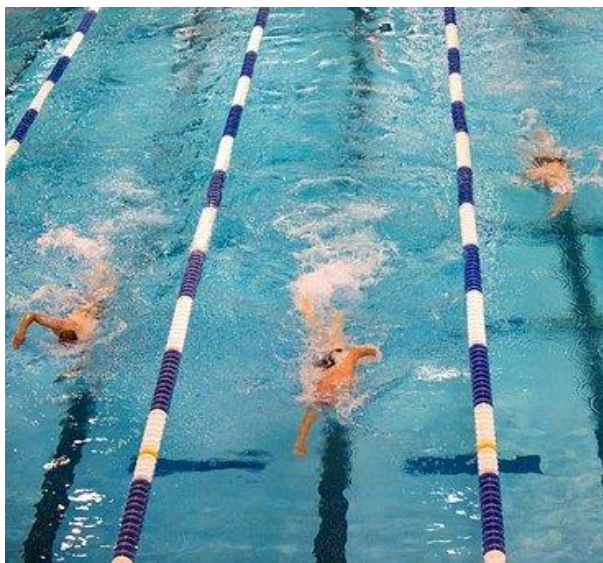
For further information surrounding dropout rates in swimming or how to get involved please check out the following websites:

www.swimming.org

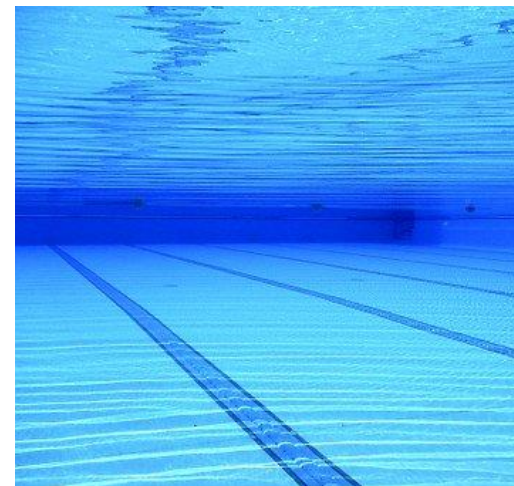
www.rlss.org.uk

History of youths dropping out of sport:

In the United Kingdom many youths take part in at least one form of sport or physical activity whilst growing up. Despite the high numbers participating in youth sports there are many individuals dropping out of sport before they reach adulthood. This trend is particularly present in swimming as youths tend to drop out of the sport due to many issues including; logistical, performance related issues and lack of support from guardians.



**SUPPORT
YOUTHS.**



**STOP
DROPOUT.**

*The importance of
parent and guardian
support for youth
swimmers...*

What dropout means for youths:

Youth dropouts can be more susceptible to health conditions such as obesity which is directly linked to physical inactivity. According to RLSS UK youth dropouts are at increased risk of drowning, as more than 700 people drown in the UK each year due to not being competent in water.

Why support from guardians is essential:

Lack of interaction between youth swimmers and their parents and guardians has been identified as a reason for youths dropping out of the sport. The level of involvement parents and guardians have with children that are involved in youth sport can be a predictor if the youth will continue to participate in sport over time.

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“Youths involved in sport value interaction with their parents.”

There was an investigation to determine if a change in social support effected dropout rates from youth sport after a support intervention. Pre intervention, it was identified that there was a 19.38% drop-out of participants aged between 12-16 years old. The findings post intervention identified that if there was higher perceived level of support available, this was then associated with lower levels of individuals intending to drop out of sport.

Impact of guardians:

Guardians are responsible for the health and wellbeing of youths they are responsible for. If they provide support, youths will be competent and safer around water; 88% less likely to drown if they learn to swim. Whilst benefitting both mentally and physically.

What swimming dropout means for society:

Research has shown an increase in the number of youths dropping out of swimming. On average in the UK 8700 less people are participating in sport or physical activity than there was in 2012. Currently Scottish Swimming are losing 4000 youth members annually. If youths continue to drop out of swimming this may result in them becoming physically inactive and joining 25% of the UK population classified as physically inactive (1 in 4 people).



Dropping out of swimming can put a strain on emergency services as many UK youths receive treatment for water related health issues (including drowning).