

HOW TO AVOID

SHALLOW WATER BLACKOUT

Never hyperventilate

Never ignore the urge to
breathe

Never swim alone

Never play breath-
holding games

No repetitive underwater
laps. One lap, breathe.

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WHO IS AT RISK

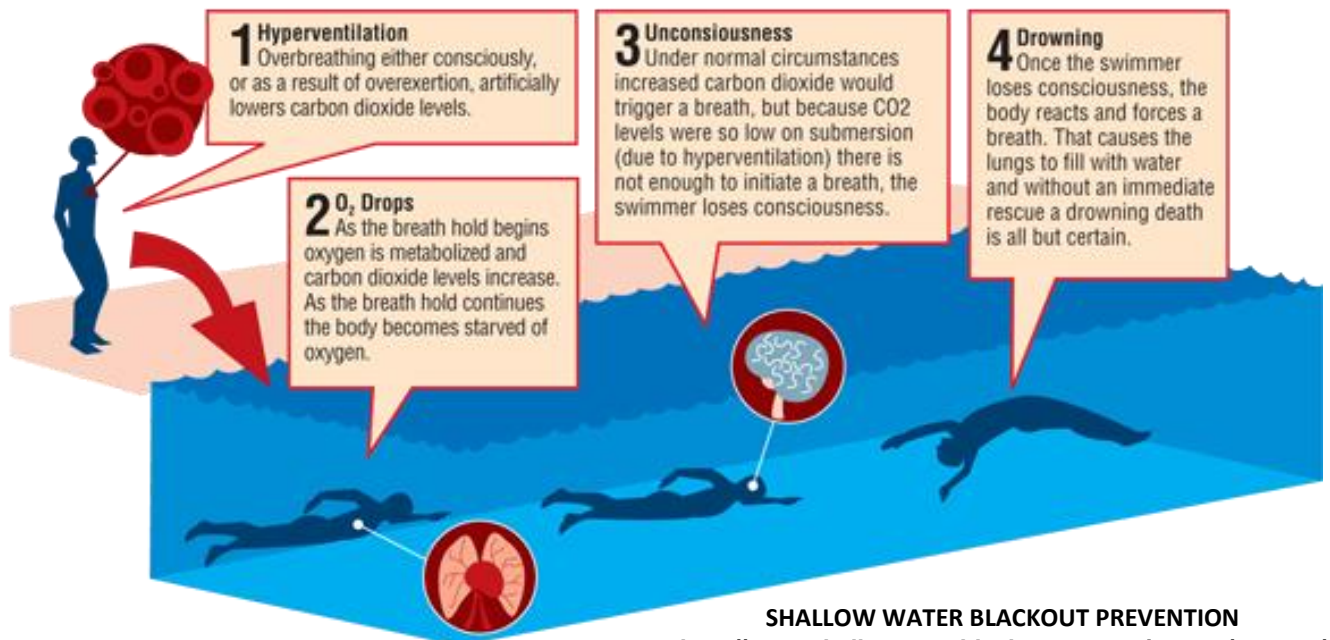
- *Swimming athletes who train and perform in swimming pools, particularly those who practice hyperventilation.*
- *Swimmers who are physically exerted.*
- *Swimmers who are not closely observed while engaged in breath-holding.*
- *Swimmers who consecutively perform a repeated hyperventilation/breath-holding routine.*
- *Swimmers playing breath-holding games.*
- *Breath-holding swimmers who have unknown and underlying medical causes, i.e. long Q-T, RyR2, seizures, etc.*
- *People who practice holding their breath in a pool while floating face down or sitting on the bottom. Since the individual is already in a state of relaxation, SWB becomes nearly impossible for an observer to detect.*

HOW TO AVOID SWB FATALITY

- *DO NOT PRACTICE prolonged breath-holding. (The ARC, YMCA and USA Swimming warn of the dangers of hypoxic training and prolonged underwater swimming although far too many still practice it. Currently NYC pools and YMCAs ban prolonged breath-holding. The National Swimming Pool Foundation warns of breath-holding games).*
- *Never swim alone.*
- *Underwater breath-holding should never be encouraged, but if practiced the rule of thumb for safety is: One Breath-hold, One Time, One Lap, ONLY.*
- *Never Hyperventilate.*
- *Repetitive breath-holding increases risk of SWB. If Breath-holding under water, a buddy must be next to you tapping you on your shoulder so you can signal that you are OK. Their total focus needs to be you and your safety. They should never breath-hold with you. Do not rely on lifeguards. SWB is difficult to detect above water.*

Shallow Water Blackout: How it Happens

Prolonged underwater breathholding can be deadly, here's what happens.



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