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LACK OF EDUCATION & AWARENESS LEADS TO DROWNINGS

Safety Signs, Education & Awareness Programs Required Nationally!

Shallow Water Blackout advocates Sharon and Gary Washbourne and registered charity Hannah's Foundation join forces on Social Media to help promote the dangerous behaviour of "long breath holding".

Sharon Washbourne said *"Holding your breath in the pool or bath is NOT a Game, our family found this out in the most tragic of circumstances. My nephew Jack was gone before my sister realised something wasn't right".*

Shallow Water Blackout (SWB), is the result of Fainting/blacking out in water due to holding your breath. It can happen quickly, to any person of any age, any level of fitness or swimming ability. .

Mr Gary Washbourne said "As a family we have now become advocates to raising awareness to SWB. In hope that we can prevent further tragedies."

"As we continue to raise this awareness organisations like Royal Life Saving and Hannah's Foundation are supporting our endeavours to increase awareness to the dangers".

Mrs Washbourne said "Hannah's Foundation is a registered charity, helping to rebuild lives after drowning tragedies and urged the public to support their wonderful National Drowning Prevention & Awareness Day this Friday, October 4th"

"Families need support after a tragedy and together Shallow Water Blackout (SWB) awareness and Hannah's Foundation are raising awareness to the dangers of water"

Katherine Plint, Founder of both Hannah's Foundation and National Day said "So many lives are lost to tragedy in water, previously Shallow Water Blackout was known as Hypoxic Blackout and I am, after having researched it and met with families internationally that SWB is now here in Australia. There are many deaths that have been through the coronial inquest process that could have potentially have been SWB drownings."

She said "Jack's family show courage and strength through hard times of grief as they head not only towards the first anniversary of Jack's death in Janaury but his 13th Birthday next week"

"Hannah's Foundation fully supports the awareness being raised by Jack's family and will continue to offer their support" she said.

If you would like further information on SWB please contact Sharon or Gary as above or on email:
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For further information on National Day head to <http://www.everydayhero.com.au/swbaustralia>