In loving memory, Jack MacMillan
11.10.00 ~ 29.01.13

Jack didn’t know!!
Sadly, Jack died in his family’s backyard pool, in less than 1mtr of water. The cause: Shallow Water Blackout. He had been breath-holding to beat his personal best.

We are committed to educating about Shallow Water Blackout Prevention and the DANGERS of long breath-holding.

Our mission is to help prevent avoidable drowning deaths from shallow water blackout through awareness and education.

NO LONG BREATH HOLDING

Shallow Water Blackout: How it Happens
Prolonged underwater breath-holding can be deadly, here’s what happens:

1. Hyperventilation
   Breathing rapidly for an extended period lowers carbon dioxide levels.

2. Drop
   As the breath-hold begins, oxygen is metabolized and blood becomes oxygen-poor.

3. Unconsciousness
   Under normal circumstances, the brain would trigger a breath. In a shallow CO2 builds up in exhaled air. Due to hyperventilation there is not enough to trigger a breath, the swimmer loses consciousness.

4. Drowning
   Once the swimmer loses consciousness, the body needs and forces a breath. That causes the lungs to fill with water and without an uninhibited breath, the blood is full of carbon.

To learn more, please visit; www.shallowwaterblackout.org

BREATHE TO LIVE

Shallow Water Blackout Australia, encourages Aquatic Institutes to install a Poseidon computer-aided drowning detection system.

CONTACT
Shallow Water Blackout SWB Australia
email us: swbaustralia@gmail.com

As seen on

www.shallowwaterblackout.org

Drowning Awareness & Prevention

Poseidon

Brochures proudly supplied by:

GREENRIDGE

As seen on
WHO
Even the best swimmers can succumb to SWB. Shallow Water Blackout effects the physically-fit swimmer, but can affect anyone breath-holding underwater. People who hold their breath while swimming or practicing breath-holding underwater in pools are at risk of “passing out” due to lack of oxygen.

WHAT
When oxygen levels fall to a critically low level, blackout/fainting is instantaneous and frequently occurs without warning. Carbon dioxide levels in the blood, are primarily responsible for triggering the swimmer’s urgent desire to breathe. When the level of carbon dioxide in the blood is driven to artificially low levels as a result of hyperventilation or excessive breath-holding activities, the urgent desire to breathe trigger is diminished. This artificial method of fooling the body into thinking it does not need oxygen is deadly, as it lures the breath-holder into believing he/she can hold their breath longer than they safely can.

WHY
Shallow Water Blackout deaths occur because of LACK OF EDUCATION and UNDERSTANDING of the dangers of breath-holding. Lack of safety training for swimmers, freedivers, snorkelers, and spearfishermen also contribute to the frequency of Shallow Water Blackout drownings.

WHEN
It frequently occurs WITHOUT ANY WARNING of its onset. In fact, because of the hypoxia one often feels euphoric and empowered to continue breath-holding. Unlike regular drowning where there can be 6-8 minutes before brain damage and death, there is ONLY about 2 minutes before BRAIN DAMAGE and or DEATH occurs with SWB.

www.shallowwaterblackout.org

THE FACTS ABOUT SHALLOW WATER BLACKOUT (SWB)
- Underwater breath-holding and underwater swimming have been proudly practiced for decades.
- Coaches and military trainers teach hypoxic training and breath-holding, which can be deadly.
- Lifeguards and parents routinely accept and admire breath-holding drills conducted in swimming pools.
- Swimmers, freedivers and spearfishermen, not safety trained, practice hyperventilation routinely.
- Internet sites promote and encourage breath-holding contests, games and records.
- Because of their false sense of safety, swimming pools are often the sites of SWB, however SWB can occur in any body of water.
- Hypoxic training, breath-holding, and underwater swimming that lead to drowning and sudden deaths, are often disregarded and currently misdiagnosed as accidental drownings.
- SWB is not well known because when Coroners rule “drowning” it masks the real problem: hyperventilation combined with competitive, repetitive breath-holding, leads to SWB.
- Intentional hyperventilation does not have to occur for SWB to happen.
- Unsupervised breath-holders, go undiagnosed due to not being aware of the breath-holding activity.
- Cause of death may be ruled drowning with water in lungs, but lungs may also be dry from laryngospasm and asphyxiation.
- SWB often precipitates other unknown and underlying medical causes like Long Q-T, RyR2, seizures, etc.
- Even the best swimmers can succumb to SWB.
- It is our hope and aim, to have hypoxic training and prolonged underwater swimming practices, banned in Australia to help prevent avoidable drowning deaths.