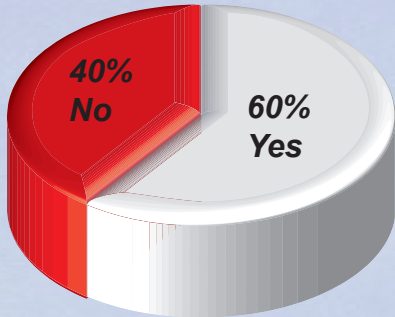




Shallow Water Blackout Prevention Survey Results*

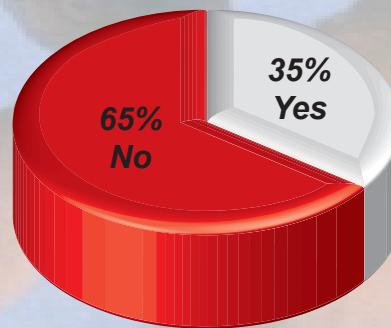
Awareness. Education. Prevention.



Were you aware of Shallow Water Blackout?

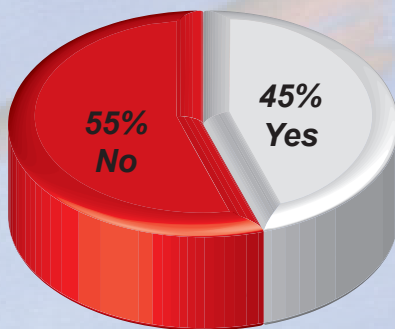
"Not before a friends death."

"I had heard hypoxic training was risky, but I did not know how serious a risk was."



Has it happened to you or a swimmer you know?

"Young kids were swimming underwater sets and experienced blacking out at the end of their sets."



If yes, did death or harm occur as a result?

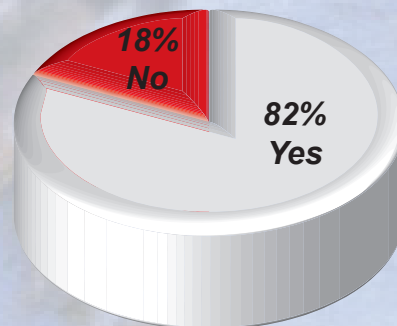
"My 38 year old son died last year from repeated breath holding in his swimming pool."

"I was one of the lucky ones where no harm came of this and full medical testing was done to make sure."

Do you understand what causes SWB and how to prevent it from happening?

"I didn't before I read the articles along with this survey. I am a swim coach so I am glad to know this information."

"I do. But I am less confident that every coach and lifeguard involved with competitive swimming is as familiar as I am."



For more information about Shallow Water Blackout Prevention visit shallowwaterblackoutprevention.org

**Survey conducted by Vasa, Inc between Nov. 2014 and Feb. 2015. Results are based on 605 responses.*