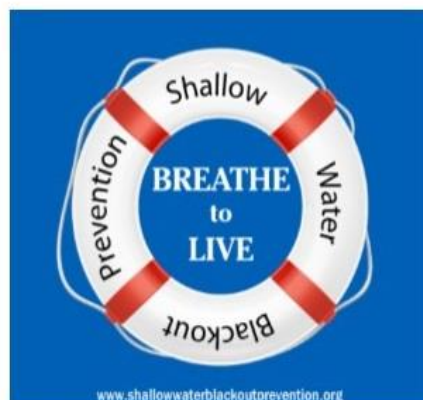


Shallow Water Blackout is an underwater “faint” due to a lack of oxygen to the brain brought on by holding your breath for long periods of time. Without immediate rescue, **the swimmer quickly drowns.**

SWB is most common among physically fit swimmers, spear fishermen and free divers.

Tips to Prevent SWB:

- ⇒ **Never hyperventilate**
- ⇒ **Never ignore the urge to breathe**
- ⇒ **Never swim alone**
- ⇒ **Never play breath-holding games**



The most dangerous risks for SWB are repetitive, competitive prolonged breath-holding laps with little rest in between, especially if intentional or unintentional hyperventilation has occurred.

www.shallowwaterblackoutprevention.org