

# ABC for SWB<sup>©</sup>

## A Breathing Continuum for Shallow Water Blackout

**HYPERVENTILATION AND/OR STRENUOUS EXERCISE PRIOR TO BREATH-HOLDING CAN BE DEADLY.**

### Swimming Activities

#### Limited Breath-Holding

Breath-holding for breath-control and relaxation during instruction (10-20 seconds). **Not resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

**Includes (but not limited to):** Retrieving an object from bottom, bobs, breath-control in learning to swim, blowing bubbles. These should always be practiced with plenty of rest in between (minutes, not seconds) and under close, continuous supervision.

#### Restricted Breathing

Incremental breathing exercises *on the surface* of the water. **Not resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

**Includes (but not limited to):** breathing every 5 strokes or every 7 strokes or training with a reduced orifice snorkel. This can be practiced for swimmers on a team, for short periods of time, and under close, continuous supervision of coaches and others.

#### Hypoxic Training

Attempts to increase amount of time a swimmer can hold his/her breath *underwater*. **Resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

**Includes (but not limited to):** intense restricted breathing exercises, 10 x 25 yard lengths with no breaths and little rest in between. Dangerous. Not Recommended.

#### Prolonged Breath-holding and Breath-holding Contests

Competitive, repetitive, prolonged breath-holding (more than 20-30 sec.), **resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

**Includes (but not limited to):** breath-holding contests, breath-holding for time, distance and/or training, swimming three lengths of the pool without breathing, "over unders," brick walk, strenuous exercise prior to breath-holding. Dangerous. Not Recommended.

### Water Sports

#### Snorkeling/Skin Diving

With proper education and training and use of the buddy system and/or under close, continuous supervision. **Not resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

#### Synchronized Swimming and Underwater Hockey

With proper education and training and use of the buddy system and/or under close, continuous supervision. **Not resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

#### Recreational Free Diving and Spearfishing

With proper education and training and use of the buddy system and/or under close, continuous supervision. **Not resisting the discomforting urge to breathe.** \*Swimmers will not necessarily experience an urge to breathe.

#### Intense Competitive Free Diving and Spearfishing

Not recommended for the general public. **Resisting the discomforting urge to breathe.** Extreme sports participants with proper education, training, certifications, adhering to strict protocols and at **your own risk. Dangerous.** \*Swimmers will not necessarily experience an urge to breathe.

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\*This is only a guideline.

