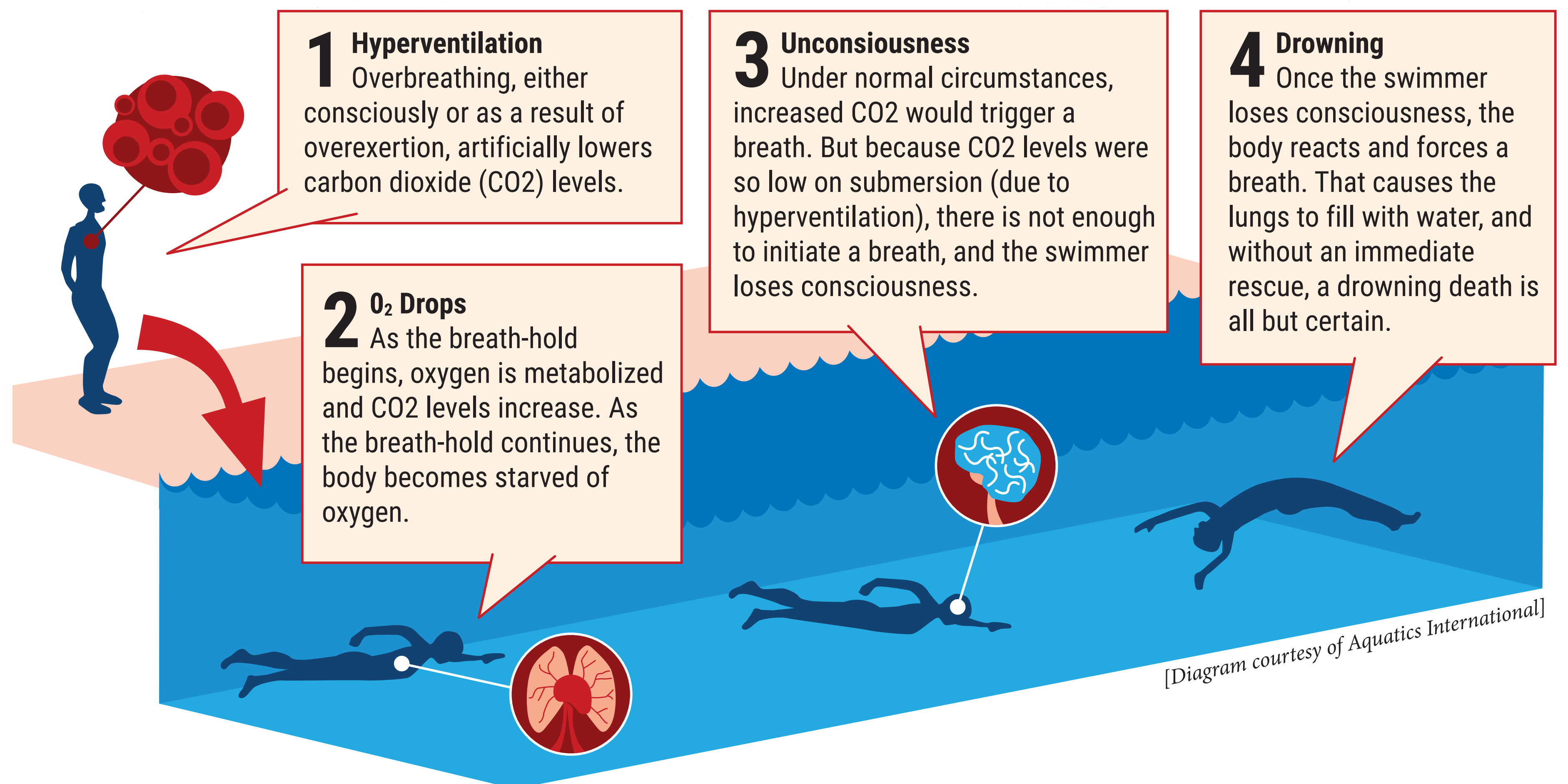


# PREVENT SHALLOW WATER BLACKOUT

The practice of hyperventilating and extended breath-holding is prohibited at Navy MWR Aquatics facilities.

## Shallow Water Blackout: How it Happens



## PREVENT SHALLOW WATER BLACKOUT:

- Never hyperventilate before swimming or diving.
- Swim with a buddy who is closely supervising you and not working out at the same time. If it isn't during an official training evolution, don't rely on a lifeguard to spot your shallow water blackout.
- Give your body enough time to recover, and catch your breath between sets. This will allow oxygen levels to return to normal.

[Source: Human Performance Resources by CHAMP (HPRC) at the Uniformed Services University]

See a Navy MWR Aquatics professional for more information.