

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.**

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.**

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.**

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 & Breath-holding Contests

Competitive, repetitive, prolonged breath-holding (more than 20-30 sec.), **resisting the discomforting 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.**

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.**

Recreational Free Diving & 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.**

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.

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*This is only a guideline.

