

SWIM4 Elise



Elise Cerami was a 7 year competitive swimmer.

A POSITIVE WAVE OF CHANGE

The Foundation

The Swim4Elise Foundation works to honor the life of Elise Cerami by raising awareness of water safety. Elise, a 13 year-old competitive swimmer drowned during her club swim practice on June 20, 2016. Elise was found unresponsive on the bottom of the pool by her teammates.

According to her teammates, Elise had been underwater for over 6 minutes. No medical condition was found to have caused Elise's drowning. Ultimately, no one was actively scanning the water where Elise was assigned to swim. Though Elise could swim a mile in under 20 minutes, she was not drown proof. Even strong swimmers can drown.

Resources

Drowning is a process. Early recognition and recovery can stop the process. Teach children to get an adult before they get in the water. Watch children in all types of water, regardless of skill or age. **Learn more about water safety at www.Swim4Elise.com or follow us on Facebook @swim4Elise** **Make a donation to support our efforts at www.Swim4Elise.com/donate**

Drowning Problem

Even though entirely preventable, drowning statistics are shocking. **According to the CDC, drowning remains one of the leading causes of unintentional death of children, ages 1-14 years old.** In 2017, 592 children ages 0-9 fatally drowned in the United States. During that same year, 579 people ages 10-24 fatally drowned. These tragedies often affect younger children in backyard and community pools. Whereas, older children are more likely to drown in natural water, such as oceans, rivers, ponds and lakes.

Water Safety Efforts

In partnership with Cook Children's Safe Kids, Swim4Elise shares the, "Lifeguard Your Child" safety message with thousands of families in North Texas. Throughout the summer, the foundation provides FREE classroom Water Safety lessons to daycare aged children, encouraging them to only go in the water when an adult is actively watching. For older swimmers, we promote the 100 Lifeguard Challenge, an initiative sponsored by Swim4Elise where swimmers ages 15 and up can get in-water safety skills via an American Red Cross Lifeguard Certification. #100LifeGuardChallenge #Swim4Elise

6 Minutes Maximum
Kids can disappear under water in a split second... And within 6 minutes, things can change forever.

nrhws365.com
Lifesaving water safety tips all year long.

Drowning is a quick and silent killer.

- Get a towel 10 Seconds** a child can become submerged
- Answer the phone 2 Minutes** a submerged child can lose consciousness
- Answer the door 4-6 Minutes** a submerged child can sustain permanent brain damage or die

In the time it takes to: