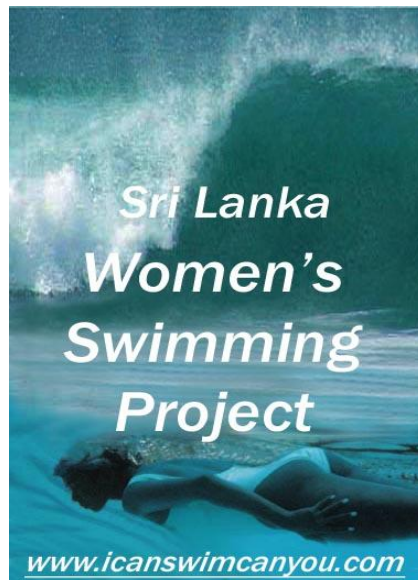


Empowering Women to Reduce Drowning



Empowering Women to Reduce Drowning

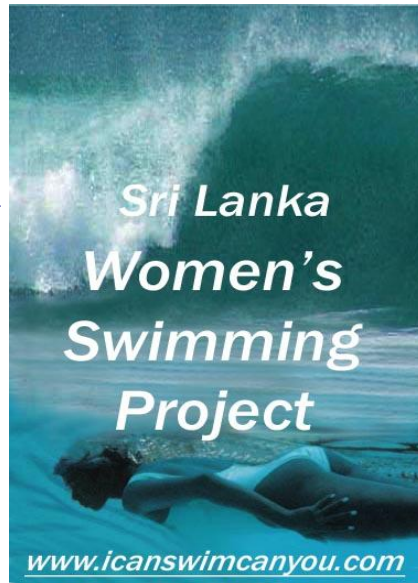
1. Difficulties



Empowering Women to Reduce Drowning

Difficulties

2. Children > Women

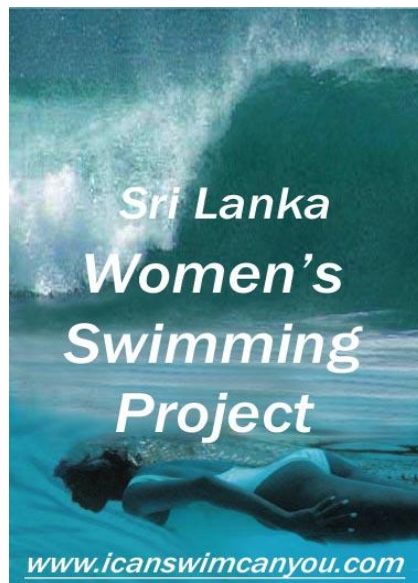


Empowering Women to Reduce Drowning

Difficulties

Children > Women

3. Teaching Methods



Empowering Women to Reduce Drowning

Difficulties

Children > Women

Teaching Methods

4. Sustainment





Started with Refugee Camp Children...



in a rented Hotel Pool...



The Camp Children Graduated, but...



Mothers bringing them could not swim!



A tsunami-damaged 50m beachfront pool...



Discovered this secluded, derelict, pool where



women could learn to swim, out of sight of men



Filled with 13 tanker loads overnight...



Finally, the pool is clean and ready to start...





Persuade the women out of their saris...



**into a Swimsuit, so they can learn to swim,
in Total Privacy, out of sight of men.**



Now add Teenage Girls...



as Tomorrow's Mothers



Qualify the best as Student Teachers...



Their training includes rescue and CPR...





The swimming teachers range age from 15 to 50...



So we teach:

FLOAT and BREATHE
then Swim

because....

People don't drown because they can't swim;

They drown because they can't breathe.



A word about HOW the Project teaches swimming....



Start the Lesson with **BREATHING-OUT** into water...



A word about HOW the Project teaches swimming....



EGG FLOAT: balance and stand up



A word about HOW the Project teaches swimming....



Stretched-out and relaxed 'I' FLOAT



A word about HOW the Project teaches swimming....



First streamlined, relaxed GLIDE through the water...



A word about HOW the Project teaches Swimming



Now, master **FLOAT** and **BREATHE** !



A word about HOW the Project teaches swimming....



And then, **PROPULSION** with **BREATHING**



A word about HOW the Project teaches Swimming



First ever Backstroke



A word about HOW the Project teaches Swimming



Streamlined core body rotation ...



Sumudu's achievement so far, in 7 lessons:



Under-arm Rotation



Developing Free Style



The International Federation of Swimming Teachers Associations
[INTERNATIONALLY AGREED]

Can Swim Safely Certificate

[JUMP into deep water]

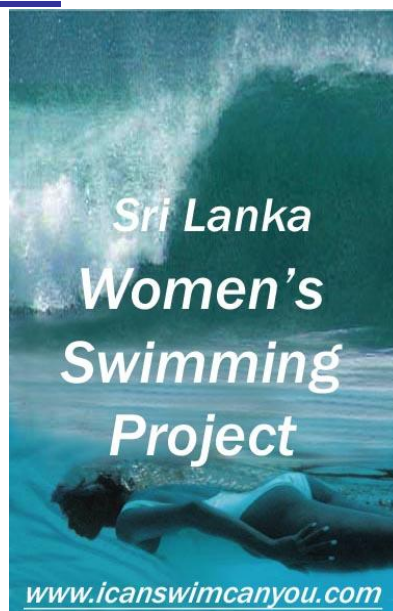
FLOAT for 10 Minutes

SWIM for 100 Metres

[CLIMB out over 30 cm Ledge]

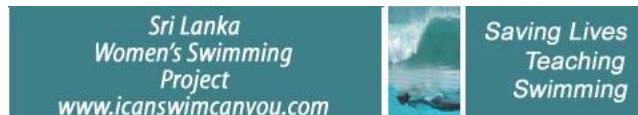
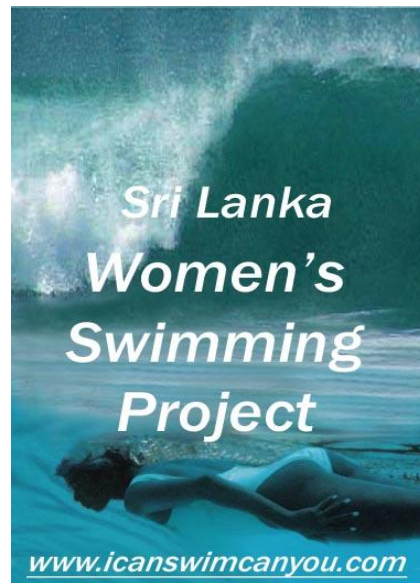
Women's Achievements are:

- **Groundbreaking !**
- **Increased Water Safety**
- **They really CAN SWIM**
- **Life-changing in ...**
 - Self esteem**
 - Confidence**
 - Communication skills**
 - Fitness**
 - Social Status**
- **Of Micro-economic benefit**
- **HAPPY GIRLS**



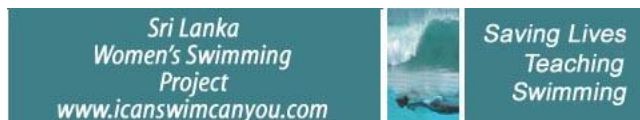
To Accelerate Saving Lives in Asia...

- Teach **WOMEN and TEENAGE GIRLS**
- Teach **FLOAT & BREATHE** before stroke
- Teach to an International Definition of **CAN SWIM SAFELY**



For Project SUSTAINMENT:

1. Funds to pay local community swim teachers
1. Funding for Women's Teacher Training Centre
2. Free, Integrated, *Float-Breathe-Swim* Web-based Training Manual and VCD in English, plus any language
4. Agreed definition of 'Can Swim'



My final word....

People don't drown because they can't swim;

They drown because they can't breathe.

So, teach Women and Teenage Girls to

FLOAT, BREATHE and SWIM

and Their children will be Safe!

Thank You

