

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, Shallow Water Blackout is caused by prolonged breath holding preceded by hyperventilating (also known as Hypoxic Training), which prevents the brain from receiving the signal that it is time to take a breath, resulting in the brain blacking out and then the body taking a natural breath underwater causing the swimmer to drown; and

WHEREAS, ending Shallow Water Blackout drowning through educating swimmers of all ages about the life-threatening dangers associated with Hypoxic Training, or prolonged breath holding practice, is one of the primary causes of the Live Like Benjo Foundation; and

WHEREAS, the Live Like Benjo Foundation is a Vermont based 501(c)(3) non-profit organization dedicated to the memory of Benjamin C. Haller, who loved Vermont and was a Smugglers' Notch and Mount Mansfield High School Team State Champion Alpine Skier, Vermont sailor, SCUBA and Sailing Instructor, and Rescue Diver who drowned in seven feet of water on August 1, 2014 as a result of Shallow Water Blackout (SWB); and

WHEREAS, one of the Live Like Benjo Foundation's missions is to save lives and prevent families from having to experience the pain of such needless and avoidable tragedies as those caused by Shallow Water Blackout; and

WHEREAS, the Live Like Benjo Foundation is committed to working with Vermont State Agencies, schools, all swimming facilities, lifeguards, casual swimmers, and anybody involved with water-related sports to raise awareness about the causes of Shallow Water Blackouts, their associated and deadly dangers, and how they can be prevented; and

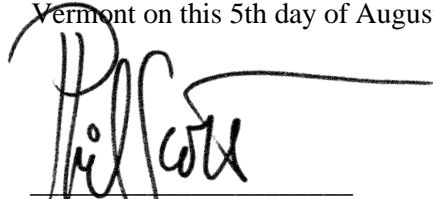
WHEREAS, August is the ideal month for this designation as the summer swimming season is at its peak throughout our great state.

NOW, THEREFORE, I, Philip B. Scott, Governor, hereby proclaim August 2022 as

SHALLOW WATER BLACKOUT AWARENESS MONTH


in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 5th day of August, A.D. 2022.



Philip B. Scott
Governor




Brittney L. Wilson
Secretary of Civil and Military Affairs