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# Drownproofing: A New Technique for Water Safety

*Fred Lanoue*

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**Fred Lanoue : Drownproofing: A New Technique for Water Safety** before purchasing it in order to gage whether or not it would be worth my time, and all praised Drownproofing: A New Technique for Water Safety:

2 of 2 people found the following review helpful. THE Book on the History of Drownproofing TechniquesBy recnanThis book was written in the 1960's by the GA Tech swim coach who invented the drownproofing techniques taught to the military in the 1940's. His drownproofing course was mandatory for decades at Georgia Tech. The techniques are useful and he provides examples of even handicapped children who were successfully taught to stay afloat, some having hands or feet tied. But these techniques should never be attempted alone. For instance, he encouraged hyperventilation for the 50 yard underwater swim, which the author could complete while in his 60's. Yet he noted that people some people will black out. Thus he required at least two people to serve as lifeguards during the exercise. Sadly, many young people die today in shallow water blackouts related to breath holding and hyperventilation.The book will be interesting to those who are curious about the origins drownproofing and techniques for staying alive in the water. The book is also an interesting look into a time when more could be expected from children and young people without fear of litigation. When I was young, drownproofing was even taught at YMCAs in the South. Coach Lanoue is known to have given at pools while children with hands and feet tied remained in water

over their head for an hour. Try to do that now without being jailed.