



PRESS KIT

**WATER SAFETY DAY
17 JUNE 2019 - MONACO**



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Water Safety Day

17 June 2019 – Monaco

The Princess Charlene of Monaco Foundation, the Aquatic Rescue and Diving Center of Monaco (CSAPM) and the association Cap ô Pas Cap, organised on 17 June 2019, the Water Safety Day, in partnership with the Monaco Red Cross.

In the presence of HSH Princess Charlene and Mr. Gareth Wittstock, General Secretary of the Princess Charlene of Monaco Foundation, 58 school children aged between 11 and 13 were welcomed at the Larvotto Beach in Monaco, to discover and learn about aquatic rescue.

A Year 7 class from the Collège François d'Assise – Nicolas Barré, a Year 7 class, a Year 7 AIS class (School Orientation and Integration) and a Year 8 class from the Collège Charles III in the Principality took part in various workshops: coastal rope rescue, cardiopulmonary resuscitation, drowning prevention, nipper boards, rescue tubes and the large water cycle.

On this occasion, **Pierre Frolla**, four-time world record holder in free-diving, director of the Aquatic Rescue and Diving Center of Monaco and Ambassador of the Princess Charlene of Monaco Foundation, was surrounded by high performance athletes and personalities in order to raise awareness among children about first aid and the risks related to the marine environment: **Stéphanie Barneix**, Cap Ô pas Cap Challenge, Lifesaving and Paddle Board World Champion; **Alexandre Bermond**, Swim Run Champion; **Kevin Crovetto**, gold, silver and bronze medallist gymnast at the Games of the Small States of Europe; **Henry Davis**, actor ; the humorist **Hassan de Monaco**, **Julien Lalanne**, Lifesaving World Champion; **Sandrine de Labarre**, “Water Family du Flocon à la Vague” ; **Anthony Mazzer**, European Junior Lifesaving Champion; **Alice Modolo**, World free-diving vice champion ; **Gwendal Peizerat**, French, European, World and Olympic ice dance champion and **Kate Williams**, Swim Run Champion.

Encouraged by **Marc Toesca**'s comments, the personalities then took part in a friendly competition called the Ocean Race Sprint (Challenge for the Committed Celebrities). Each team was drawn at random and composed of three athletes who then competed in turns and in relay. The different challenges involved running, swimming and rescue paddle.

During this event, the Maritime Police of Monaco participated in a rescue demonstration using a new jet ski.

Sébastien Uscher launched the challenge "Stand up for the planet", 30,000 paddle strokes for 30,000 pieces of waste collected. His start from Larvotto beach formalised the beginning of his awareness campaign to encourage young and old to pick up waste both on and offshore.

Restube's and Oneup's self-inflatable buoys were used during the sea rescue demonstrations.

The messages of the Princess Charlene of Monaco Foundation are more relevant today than ever: to raise public awareness of the dangers of water, to educate children about prevention measures and to teach them how to swim. It was a tragic summer last year in France: from 1st June to 30th September 2018, 1,960 drownings were recorded, 597 of which were fatal, according to Santé Publique France (*).

The Water Safety Day was organised with the support of the Department of Education, Youth and Sport of Monaco (DENJS), the Monaco Red Cross, Cap ô pas Cap, the Maritime Police of Monaco and "Water Family du Flocon à la Vague".

The day ended with a signing session which gathered children and adults.

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(*) : http://invs.santepubliquefrance.fr/beh/2019/16/pdf/2019_16_1.pdf

The athletes and personalities





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HASSAN DE MONACO	GWENDAL PEIZERAT	MARC TOESCA	KATE WILLIAMS

Workshops for the children

- **Coastal Rope Rescue**
Young lifeguards need to learn how to swim towards a victim as quickly as possible. They are connected by a harness and a rope to a group of lifeguards who, once the victim has been grasped, pull the pair back to the beach as quickly as possible.
- **Cardiopulmonary resuscitation (CPR)**
Lesson provided by the Monaco Red Cross in order to raise awareness among children and teach them CPR.
- **Drowning Prevention**
Teaches children about drowning prevention.
- **Nipper-Boards** (smaller rescue boards in order to teach children)
A rescuer has to bring back a victim using a rescue board.
The victim is approximately 50m from the beach.
- **Rescue Tubes**
A rescuer has to bring back a victim using a rescue tube.
Two assistant rescuers move the victim up the beach to the finish line.
- **The Large Water Cycle**
Raises awareness among children about protecting and respecting the water cycle.

« Ocean Race Sprint »

The Celebrities' Race

The celebrities, in teams of three persons, compete in the “Ocean Race Sprint” race.

6 teams – one of which represents the Aquatic Rescue and Diving Center of Monaco’s instructors – are drawn in order to know who competes in which team and in which discipline.

The three athletes compete in turns and in relay. The different challenges involve running, swimming and rescue paddle.

The competition starts with a race on the beach. The first athlete of each team runs, sprints and passes the baton to the second athlete (approximately 200m in the sand).

The second athlete swims, sprints and passes the baton to the third athlete (approximately 200m).

The third athlete paddles, finishes the race and determines the winning team (approximately 350m).



Launched on 14 December 2012, the primary objective of the Princess Charlene of Monaco Foundation is to save lives by putting an end to drowning.

Its missions are to raise public awareness about the dangers of water, teach children preventive measures and teach them to swim.

The World Health Organization estimated that 360,000 people drowned worldwide in 2015 (1):

- More than 40 fatalities every hour
- More than half the victims are under the age of 25
- Children under the age of 5 are the most affected

When a drowning is non-fatal, often the victim is left with severe aftereffects, in particular neurological.

A number of “Learn to Swim” and “Water Safety” programmes have been implemented around the world in order to fight against this scourge.

The Foundation’s actions are also based on the values of sport such as discipline, self-respect and respect for others, determination and team spirit.

The “Sport and Education” programme uses sporting activities as tools to contribute to the well-being and development for all children no matter their origin or circumstances.

Since the Foundation’s creation more than 590,000 people, mainly children, benefited from these three programmes in 34 countries (2).

(1) Reproduced with the publisher’s permission – Fact Sheet N°347, May 2017, published by the World Health Organization

<http://www.who.int/mediacentre/factsheets/fs347/en/>

(2): Australia, Bangladesh, Burkina Faso, Canada, Chile, Dominican Republic, Fiji, France, Gabon, Ghana, Greece, India, Indonesia, Japan, Kenya, Macedonia, Madagascar, Malaysia, Monaco, Morocco, Nepal, Nicaragua, Peru, Philippines, Senegal, Serbia, South Africa, Sudan, Tanzania, Thailand, Turkey, U.S.A., Vietnam and Zimbabwe.

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The Aquatic Rescue and Diving Center of Monaco

The Aquatic Rescue and Diving Center of Monaco ([Le Centre de Sauvetage Aquatique et de Plongée de Monaco](#), or CSAPM), which opened in 2014, is the result of the combined efforts of the Princess Charlene of Monaco Foundation, of four-time free diving world record holder and ambassador to the Foundation Pierre Frolla, and of the Monegasque Government.

Situated on the Larvotto Beach in Monaco, the center exemplifies the Foundation's missions and values:

- teach children preventative measures and how to save their lives as well as someone else's;
- turn these children in young, responsible and concerned citizen.



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In collaboration with Monaco's Department of Education, Youth, and Sport, the CSAPM offers Year 8 classes seven training sessions, as a supplement to the swimming lessons that are already included in the school curriculum. Between 2014 and 2018, around 1.700 youths have been trained in different lifesaving disciplines.

The Centre also trains beach guards, lifeguards, and anyone wishing to intervene in aquatic environments, starting from the youngest possible age.

It can also be of service to those seeking to obtain their First Aid/CPR Certification (PSC1), to become a Certified First Aid Responder (PSE1), or to become an Advanced Medical First Aid Responder (PSE2). Five-day training courses dedicated to emergency assistance and sea rescues are offered during school holidays and from June to September.

All activities combined, in 2018, more than 1,400 adults and children have participated in the different activities available at the CSAPM.