

## Water Safety Day

### Monaco - Monday 6th June 2016

On 6th June 2016, H.S.H. Princess Charlene of Monaco took part in a Water Safety Day organised by Her Foundation, the Centre de Sauvetage Aquatique de Monaco (CSAM) and Cap O Pas Cap (French association) in partnership with the Monegasque Red Cross.

As the summer season approaches, the messages promoted by the Princess Charlene of Monaco Foundation are more relevant than ever: to raise public awareness of the dangers of water, to educate children on prevention measures and to teach them to swim.

90 school children aged between 11 and 13 – from Bellevue School in Beausoleil and the F.A.N.B. and Charles III Schools in the Principality – participated in the day's event on Larvotto Beach focused on drowning prevention.

Firstly they took part in the thematic workshops which were: discovering the aquatic environment and drowning prevention, initiation in water rescue (beach flags, rescue tubes and nipper boards) and last but not least practising CPR and using defibrillators.

Red Cross volunteers and the CSAM team headed by its director, four-time world record holder in free-diving and ambassador of the Princess Charlene of Monaco Foundation, **Pierre Frolla** shared their knowledge and expertise with the children. They were supported by international water rescue champions: **Stéphanie Barneix-Geyer**, President of Cap O pas Cap (coastal rescue and paddle board world champion), **Alexandra Luz** and **Itziar Abascal Rivero** (both world coastal rescue champions), **Julien Lalanne** (world SERC champion) **Carlos Alonso Ruiz** (European rescue board champion) and **Anthony Mazzer** (European junior coastal rescue champion).

As drowning prevention is a shared concern, high level athletes in other disciplines also took part in the workshops: **Alain Bernard** (two-time Olympic freestyle swimming champion), **Virginie Dedieu** (three-time Olympic synchronised swimming champion), **Stéphane Diagana** (400m hurdle world champion), **Guillaume Néry** (multiple free-diving record holder) and **Kevin Rolland** (Olympic half pipe skiing medallist).

Olympic swimming champion **Kirsty Coventry** was also present.

The morning ended with a relay race - the Ocean Race (beach race, swimming, paddle board) between the various athletes, the commentaries of which were given by **Marc Toesca**. This event was won by the team made up of **Stéphane Diagana** (Beach race) **Alexandra Luz** (Swimming) and **Carlos Alonso Ruiz** (paddle board).

Finally, after lunch, the students attended lifesaving demonstrations given by the members of Cap O Pas Cap and CSAM and shared a special moment with all the athletes.

This event was organised with the support of the services of the Government of Monaco's Ministry of the Interior, in particular the Department of National Education, Youth and Sports.

### **Background:**

- The World Health Organisation has estimated that 372,000 people died from drowning in 2012 worldwide:
  - Over 40 people die every hour
  - Over half of those drowned are under 25
  - Children under 5 are the most affected
  
- Close to 100,000 people across the globe, mainly children, have benefitted from the "Learn to Swim" and "Water Safety" programmes since the Princess Charlene of Monaco Foundation was first set up in December 2012.
  
- The CSAM, opened at the end of 2014, is the result of joint efforts between the Princess Charlene of Monaco Foundation, Pierre Frolla, four-time free-diving world record holder and one of its ambassadors, and the Government of Monaco. Located on Larvotto Beach in the Principality, the centre is a concrete illustration of the mission and values that the Foundation is keen to promote:
  - To educate children on prevention measures and teach them to save their own life and that of another person
  - To make these children responsible and concerned young citizens

**For more information** on this day and the various participants, see the Press Kit.

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