



Elise loved family vacations at the beach.

6th Issue: Summer 2022

SWIM4  
Elise

A POSITIVE WAVE OF CHANGE

## The Foundation

The Swim4Elise Foundation works to honor the life of Elise Cerami by raising awareness of water safety. Elise had been a competitive swimmer for over 7 years, yet she fatally drowned 8 feet from an empty lifeguard chair during her club swim practice on June 20, 2016. No one saw Elise drown, as no one was actively scanning the water. The loss of Elise's life, when safety measures were absent, shakes a person to the core. As part of our awareness efforts, we share Elise's story in a relatable and meaningful way. Without a personal connection to the message, water safety may seem insignificant. Yet, it's absolutely applicable to anyone near water.



## Drowning Problem

HealthyChildren.org posted an article by the American Academy of Pediatrics (AAP) reminding families that drowning is the leading cause of injury-related death of kids ages 1-4 and the 3rd leading cause of injury-death of kids ages 5-19. Drowning is quick and silent. Males are at the highest risk of drowning. In 2018, 900 children died from drowning in the US, 7000 were seen in the ER. The article emphasizes the importance of layers of protection to keep children safe around water.

Already before Memorial Day in 2022, the Texas Department of Family Protective Services has reported 15 fatal drownings.

## Run4Elise Walk/Run

**Support the Swim4Elise Foundation, register your family for the May 13, 2023 Run4Elise at [www.Run4Elise.com](http://www.Run4Elise.com)** Each year before the summer, the Swim4Elise Foundation hosts the Run4Elise—a 5k/1mile walk/run in Southlake. There are giveaways, music, refreshments, balloon artists, police/fire vehicles, and a number of local businesses to meet. This family friendly event serves as a fundraiser and a water safety platform. The funds are used to provide water safety classroom education at no charge to local daycare centers. It also supports the Elise Cerami Memorial Scholarships. #Run4Elise

## Water Safety Efforts

The Swim4Elise Foundation partners with Cook Children's to provide meaningful water safety education to over 50 local daycare centers in North Texas. Like the AAP, we promote layers of protection. #1, we teach kids to partner with mom/dad before going near water. We also provide water watcher tags to prompt each child/parent to implement supervision around water. #2, swim lessons are a must. Kids who crawl can access water, survival swim skills can provide more time to find them. #3 Four-sided, self-latching fencing that is four to five feet tall and directly around the pool. #4 Never leave children unattended in pools, lakes, or even bath tubs. #Swim4Elise

