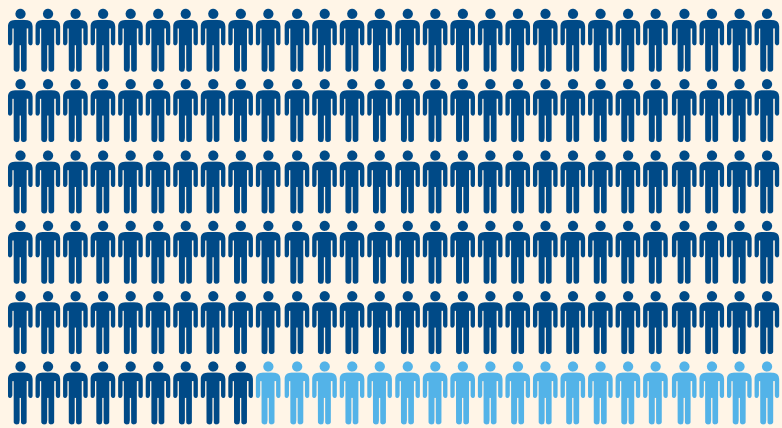


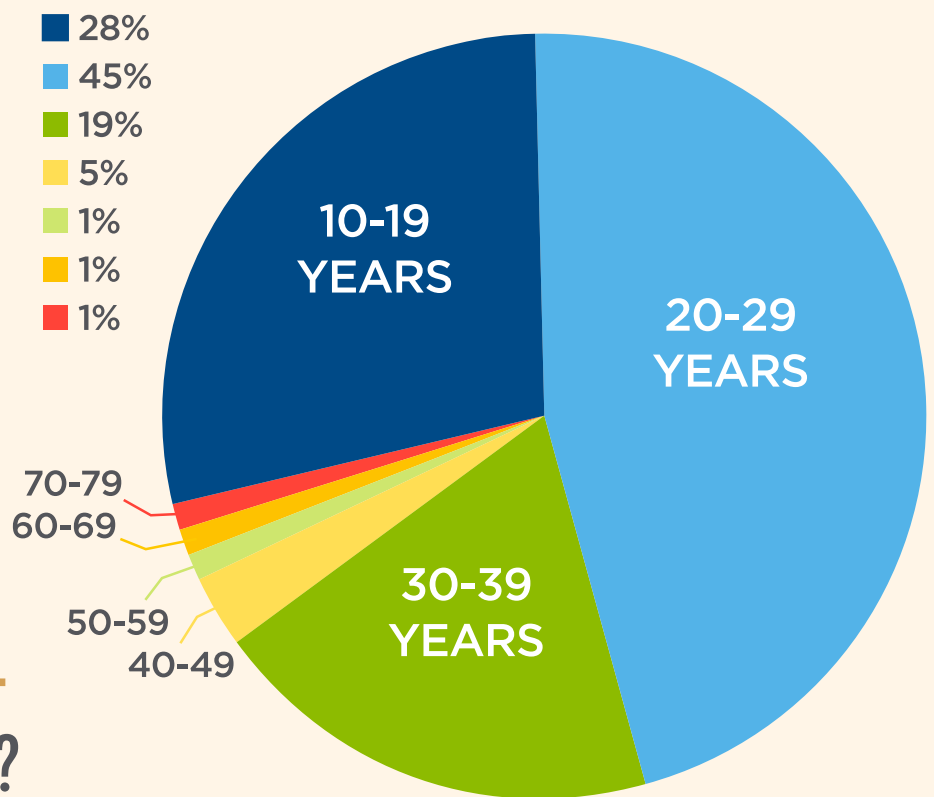
THE ONLY SAFE DIVE IS THE ONE YOU NEVER TAKE

Diving is the fourth leading cause of paralyzing spinal cord injury. We believe it's one of the most preventable. Shepherd Center has compiled 10 years of information on every diving injury we've treated to make people aware that diving is simply not worth the risk.

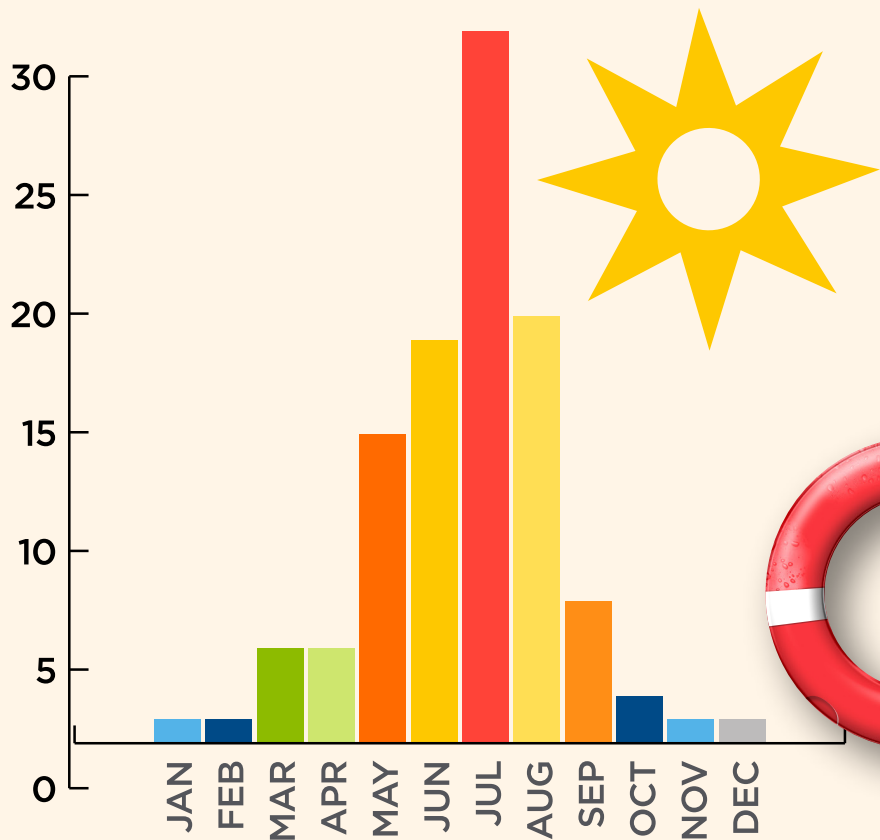
WHO GETS HURT DIVING?



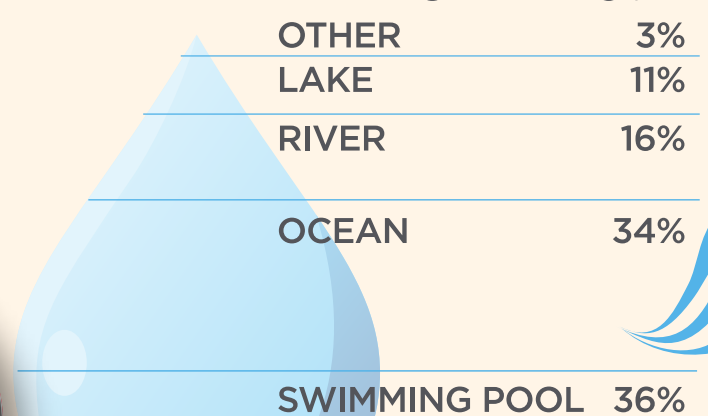
HOW OLD ARE INJURED DIVERS?



WHEN DO DIVING INJURIES HAPPEN?



WHERE ARE DIVERS DIVING?



"It's difficult to describe how traumatic and life-changing this is. I trusted my judgement, and it surprises me to this day that I'm paying this kind of price for that lapse."

Chase

Dive resulted in quadriplegia, 2012

"How important is it to you to dive? I suspect it's less important than being able to walk, feed yourself and go to the bathroom on your own—all things you risk losing when you dive."

Bridget Metzger

Director of Injury Prevention
Shepherd Center

Remember that a single dive can change your life forever. We want 2014 to be free of diving injuries. Help spread the word and ALWAYS enter the water feet first.

