



SOAP Program Client Profile

You may want to consider contacting Jeff if any of the following describes you, a family member or a friend:

You/They:

are unable or unwilling to put their face in the water, other than, but not excluding, when cleaning their face.

are unable or unwilling to float on your back or tread water.

begin to tremble, shake, sweat, cry, or feel extremely anxious, nauseous, an increase in heart rate, faint, have difficulty breathing, hyperventilating, tightness in your muscles, or get a headache when in or around water.

sense a complete loss of control, become extremely withdrawn or talk excessively when in or around water.

have made efforts/excuses to avoid being in or around water, other than, but not excluding the bath or shower.

are unable or unwilling to be in or around water that is over your/their head.

get anxious when traveling over water on a plane or on a bridge, going through a car wash, or watching a TV show or film that displays a body of water.

have been unsuccessful in overcoming their fear of water by participating in traditional learn to swim classes or counseling.

have never had access to a pool, lake, river or open salt water, etc. as a child and now fear the unknown as an adult.

have never learned how to swim as a result of a fear of water and are concerned that you/they will pass this fear along to your/their children.

“Success requires opportunity, effort and often most importantly, help from a little rubber ducky!!” Jeff Krieger, MS

