If you get in trouble in the water, don’t panic – follow these steps:

2. Lean back to keep your mouth and nose out of the water.
3. Push your belly up and stretch out your arms and legs into a star shape.
4. Gently move your hands and feet to help you float.
5. Do this until you feel more relaxed.
6. When you’re calm, raise your arm and shout for help. Swim to safety if you can.