

LEARN TO FLOAT

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

1



Keep calm. Don't swim hard. Hold onto anything that floats.

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.