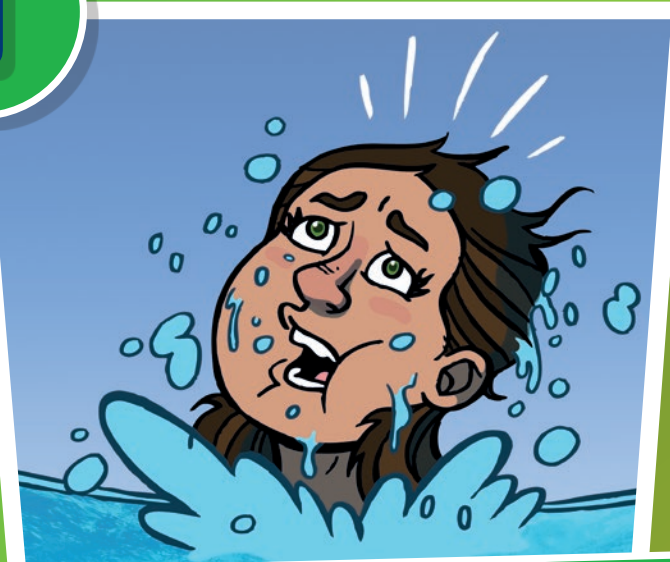


LEARN TO FLOAT

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



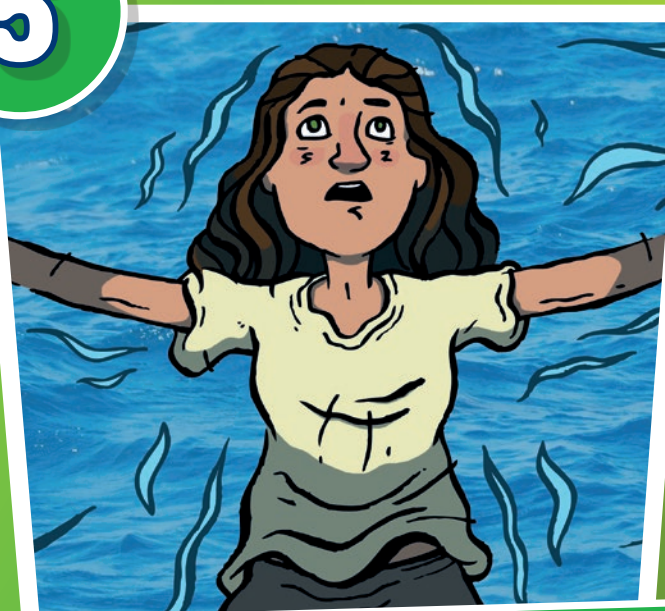
Push your belly up and
stretch out your arms and
legs into a star shape.

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.