



# Certificate of Achievement

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Congratulations on successfully completing **Getting In and Out of the Water Safely**

- ✓ Get in and out of the water safely in any environment
- ✓ Perform this sequence with a buddy watching: check the depth of the water, check that the area is safe, jump into deep water, float on back for 1 minute to control breathing, return to edge and exit

