

Floating on the Water

- ✓ Float and regain feet
- ✓ Float on back with controlled breathing (at least 1 minute)
- ✓ Scull head or feet first (at least 3 minutes)
- ✓ Tread water (at least 3 minutes)
- ✓ Fit a lifejacket in water
- ✓ Signal for help while treading, sculling and floating in water

**Have Fun
and Learn
Water Safety**