

What to Do in an Emergency

- ✔ Float and signal for help with and without a flotation aid
- ✔ Do a reach rescue and a throw rescue with a buddy
- ✔ Correctly perform this sequence: fit a lifejacket, do a step entry into deep water, float in the H.E.L.P. position, then with a couple of buddies or a group form a huddle, return to edge and get out

Have Fun
and Learn
Water Safety