

# Float, Breathe, Signal, Survive.



Give yourself the best chance of survival if you're in trouble in the water – *Float first*.

1

## **Float first**

- Lie back with your ears underwater, chin up
- Move your hands to help you float
- It's okay if your feet sink
- Ignore your instinct to swim

2

## **Breathe normally**

- Relax
- Slow your breathing to help calm down
- Breathing will get easier

3

## **Signal for help**

- Raise your arm
- Shout for help

4

## **Survive by swimming or floating**

- Swim to safety if you can
- Float when it's not safe to swim
- Hold onto anything that helps you float
- Keep clothes on to stay warmer

