

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

