

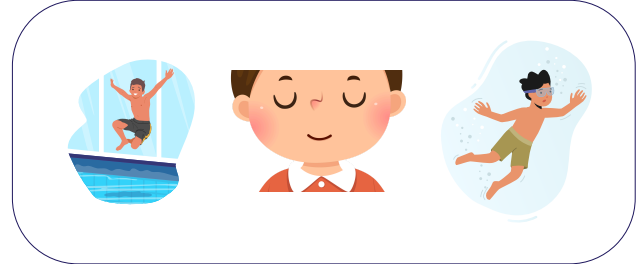
# lifesaving water safety skills

*adapted from American Red Cross*



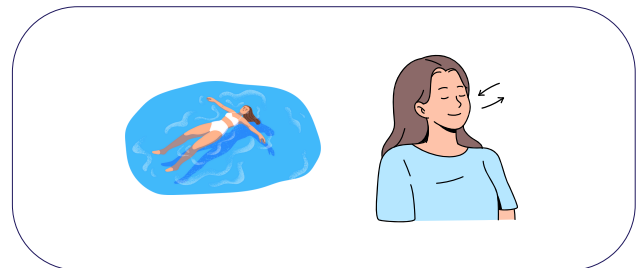
## **Jump into the water and return to the surface**

Jump into the water and come back up  
Keep your mouth closed  
Kick your legs to swim to the surface



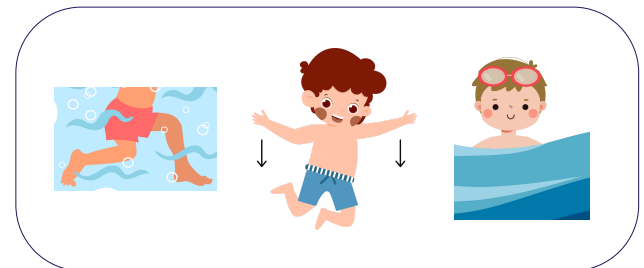
## **Float**

Lie on your back so you're facing the sky  
Keep calm and breathe slowly  
Relax and keep your body still



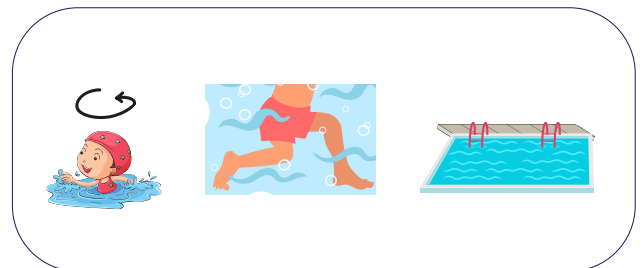
## **Tread water**

Gently kick your legs underwater  
Push the water down with your hands  
Keep your head above the water!



## **Turn around in a circle & look for an exit**

Turn in a circle  
Keep kicking your legs underwater  
Look for land (or the edge of the water)



## **Swim to an exit**

Swim to the edge of the water (the land)  
Keep swimming, you can do it!

