IF YOU FALL IN

Float to live

Stay calm. The urge to thrash about passes.

1 

Do not panic

Resist the urge to swim hard or thrash about.

2 

Lean back

Keep your head back with your ears in the water.

3 

Spread out

Stretch your arms and legs wide and float.

4 

Wait

Keep floating until your breathing settles.

5 

Call or wave

Shout, wave an arm or call 999 once you can.

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