

DROWNING? THEN FLIP, FLOAT, AND FOLLOW!



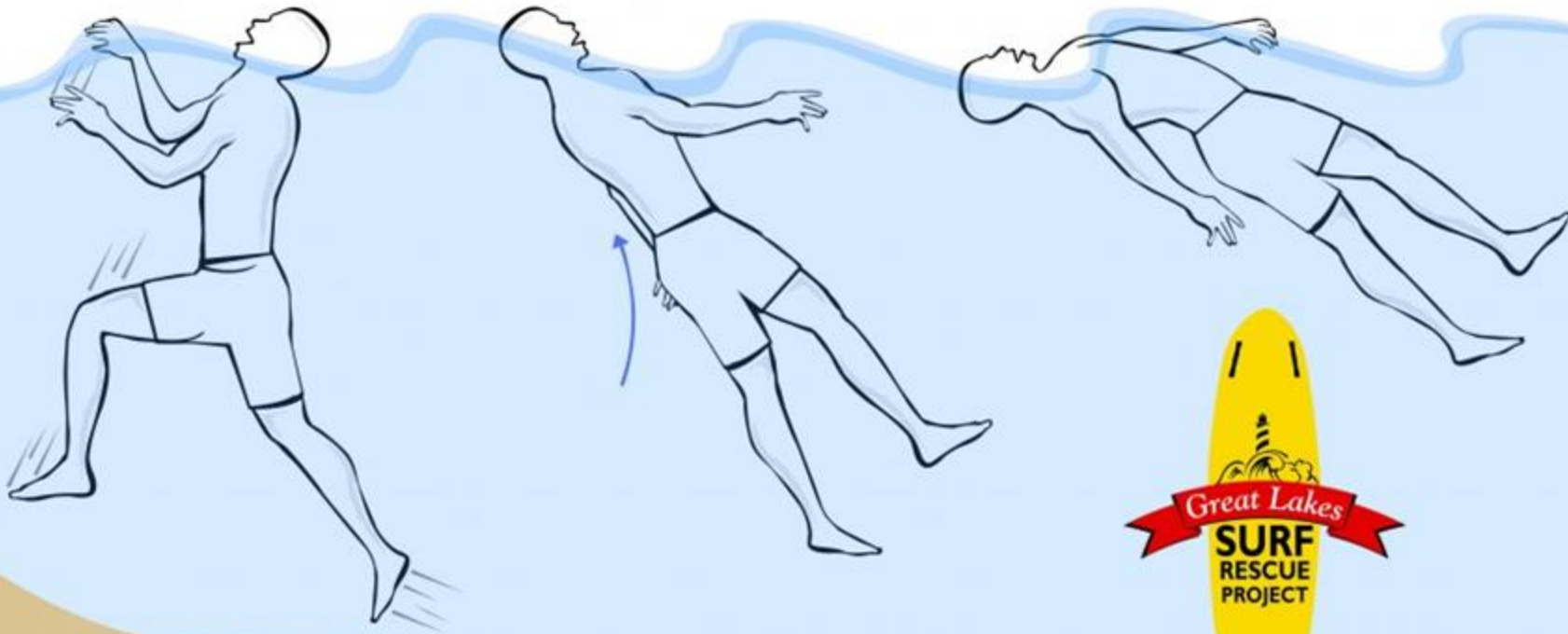
Flip over onto your back and float.

Float to:

- Keep head above water.
- Calm yourself down from fear and panic; don't panic.
- Conserve your energy.

Follow the safest course to safety:

- 1 Do not fight the current.
- 2 Follow the current to assess which way it's flowing. Swim perpendicular to the flow.
- 3 Too tired to swim, continue floating and try to signal for help.



SAND BAR



GLSRP.ORG