



accidents don't have to happen

xylem

Find Your Float

If you get into trouble in the water, knowing how to float could save your life. But everybody floats differently.

Floating on your back is a science-backed self-rescue skill that works in both salt and fresh water. However, how we float varies from person to person. This is why it is important to learn what floating looks and feels like for you.

You can “find your float” by practicing in a supervised location like a swimming pool or lifeguarded beach.

By practicing how to float somewhere safe, you will be better prepared if you need to float in an emergency.



How to find your float:

1.

Tilt your head back with your ears under the water

2.

Stay calm and breathe normally

3.

Move your hands to help you float

4.

Don't worry if your legs sink, everybody floats differently

5.

In an emergency, shout for help

For more information, visit the RoSPA website:
rospa.com/water-safety

