American Red Cross



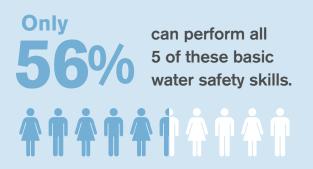
5 Skills to Save Your Life in the Water

Can you swim well enough to save your life?



But...

only slightly more than half of Americans can perform all of the 5 basic skills that could save their life in the water.



- **1.** Step or jump into the water over your head.
- **2.** Return to the surface and float or tread water for one minute.
- **3.** Turn around in a full circle and find an exit.
- **4.** Swim 25 yards to the exit without stopping.
- **5.** Exit from the water. If in a pool, be able to exit without using the ladder.