



If you fall into the water...

**Float for a couple of minutes or until you feel calm.**

The initial shock of being in cold water can cause you to gasp and panic.



Don't try to swim straight away. The effects of cold water shock pass in couple of minutes. Instead,

**Relax and float**

on your back while you take control of your breathing.

Try to grab hold of something that will help you float.

When you are calm, raise your arm and shout for help.  
Swim for safety if you can.

