SURVIVAL QUICK GUIDE

GET STARTED

TURNING FROM FRONT TO BACK

INCREASING CONFIDENCE IN DEEP WATER

JUMPING INTO DEEP WATER

BUILD CONFIDENCE

SIMULATING AN UNEXPECTED FALL INTO WATER

TREADING WATER

REMOVING CLOTHES THAT ARE WEIGHING YOU DOWN

MASTER SKILL

BEING SAFE IN RIVERS

BEING SAFE IN THE OCEAN

BEING SAFE IN BOATS