

# Water Safety

## Lesson 6 Saving Yourself

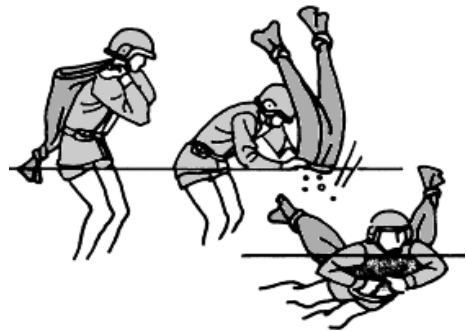


Remember: the first and most important rule in Water Safety is to **never swim alone!** You never know when someone’s help may be needed to save your life!! Always use the “Buddy System” by having a friend or friends staying with you, near you, involved in your activity or their own but always keeping “watch” for any signs of trouble. Early signs of trouble include someone who was loud and active is now sort of quiet and losing contact with the others. A person’s eyes can tell you a lot even when their mouth doesn’t. Eyes that seem confused or tired usually means it’s time for a break!! This is usually when a parent or Crew Chief starts calling people “out of the water”!

But if you are alone and need rest or get a leg cramp, or, worse, you fell overboard and it may take some time before someone realizes it and starts back in search of you, staying afloat and saving your energy will be **very important!!** It would be great if you were wearing a life jacket. If so, keep your head tilted back and body still to conserve your body heat but also to not attract unwanted fish (ie. sharks).

But if not, you can make a flotation device from your clothing like this:

A pair of long pants works well by tying the end of each pant leg and then swing it over your head to fill with air. You can rest your chest on it (as seen here) or actually sit on it like a pony (more like a two humped camel!) A t-shirt works by tying the arms together. A pair of shorts can have its pockets filled with air by blowing into them.



**Be sure to review all that you have learned so you can complete the Skill Evaluation. Also, write from memory the following:**

**Isaiah 40:31** \_\_\_\_\_

“Being \_\_\_\_\_ Is No \_\_\_\_\_!!”

“Stay \_\_\_\_\_ + \_\_\_\_\_ out + \_\_\_\_\_ to shore

“Not too \_\_\_\_\_ in the \_\_\_\_\_ - Not too \_\_\_\_\_ from boat or \_\_\_\_\_!!”