

Water Safety

Practical skills

What drowning actually looks like, and the response that saves lives.

What people expect

- Shouting for help
- Waving arms
- Splashing loudly
- Obvious distress

What it looks like

- Silent — the airway is used for breathing
- Head low, mouth at water level
- Arms pressing down at the sides
- Vertical in the water, no kicking
- Lasts 20–60 seconds before submerging

THE DIFFERENCE THAT MATTERS

Call, Tell, Throw, Row — never go into the water yourself unless trained and equipped.

Educational reference. Cold water shock causes involuntary gasping within seconds. Float on your back until it passes.