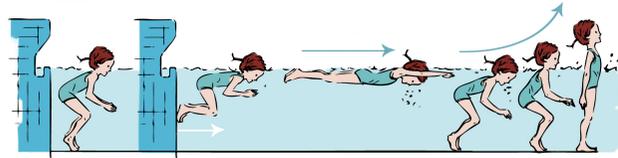




Enter and exit the swimming pool safely.

1. Use two hands, and put both feet on each step as you climb.
2. Turn around at the top as you climb into the pool.



Push and glide on front and back.
Push and glide from the wall to the pool floor.



Perform a rotation from front to back to gain an upright position and back to front.



Answer three questions on the water safety code.

Water Safety Code

<p>Stop and think – spot the dangers</p>	<p>Stay together</p>	<p>In an emergency: Float</p>	<p>Call 999 or 112</p>
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Fully submerge to retrieve an object.

