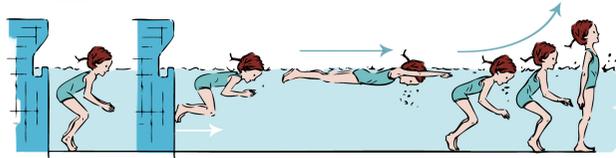
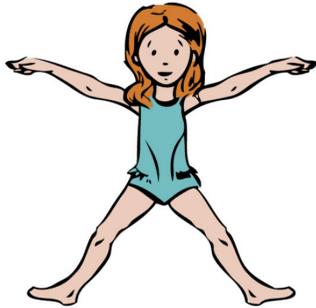


Floating. Stretched out.
Gaining upright position from floating on front and back.



Push and glide to and from the wall.



Swimming on back and front for 5 metres.



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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<p>Bathing Flag</p> <p>The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a body board.</p>	<p>Surfing Flag</p> <p>The area is safe for water activities like surfing and kayaking, but not safe for swimming or body boarding.</p>
<p>Danger Flag</p> <p>Danger! NEVER enter the water when you see this flag.</p>	<p>Orange Windsock</p> <p>Dangerous wind conditions. You should NEVER use an inflatable like a rubber ring or dinghy – you could get swept out to sea.</p>