

## 5 Skills to Save Your Life in the Water

Can you swim well enough to save your life?

**80%** of Americans say they can swim.



**But...**

less than half of Americans can perform all of the 5 basic skills that could save their life in the water.

**Only 46%** can perform all 5 of these basic water safety skills.



1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.