

# THE DAY I FELL IN

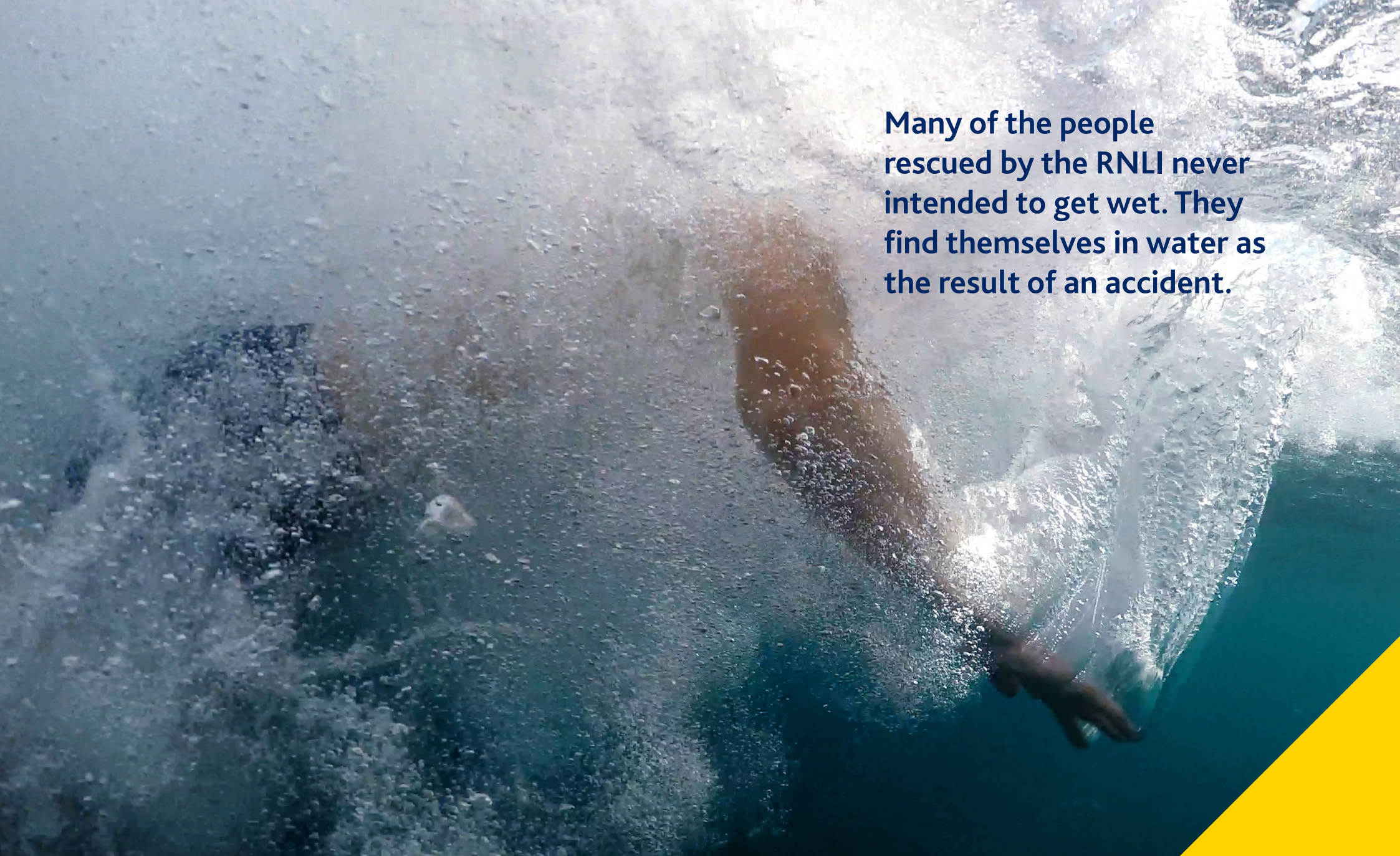


**ACTIVITY: THE DAY I FELL IN**



**Lifeboats**





Many of the people  
rescued by the RNLI never  
intended to get wet. They  
find themselves in water as  
the result of an accident.

**ACTIVITY: THE DAY I FELL IN**





If you fall into the water...

**Float for a couple of minutes or until you feel calm.**


The initial shock of being in cold water can cause you to gasp and panic.

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Don't try to swim straight away. The effects of cold water shock pass in couple of minutes. Instead,

## **Relax and float**

on your back while you take control of your breathing.

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Try to grab hold of something that will help you float.

When you are calm, raise your arm and shout for help.  
Swim for safety if you can.



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**WHAT CAN YOU SEE?**

**WHAT CAN YOU HEAR?**

**WHAT CAN YOU SMELL?**

**HOW DO YOU FEEL?**

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