



WHAT TO DO IN THE CASE OF A DROWNING EMERGENCY

- 1** **ALERT SOMEONE** immediately to **CALL 911** or seek help.



- 2** Throw a **FLOTATION DEVICE** to the drowning individual.



- 3** If safe, reach out with a long object (**SHEPHERD'S CROOK** or **POOL NOODLE**) while lying on your stomach to avoid being pulled in.



- 4** **DO NOT DIVE IN** after a drowning individual. Let lifeguards or other emergency personnel attempt rescues.



- 5** If no lifeguards or emergency personnel are available, **GET A BUDDY** who can help you recover the drowning individual.



- 6** Once a drowning individual is recovered, immediately **BEGIN PERFORMING CPR**.

