Swim to Survive®
Fill in the blank

1. The Swim to Survive _____ was created by the Lifesaving Society.
2. Swim to Survive teaches us how to be _____ around the water.
3. The first step of the Swim to Survive standard is to tip into the water, to pretend that we fell in by _____.
4. Next, we keep our head out of the water and _____ water for one minute.
5. Last, we swim _____ _____.
6. We know that there are _____ at the safest places to swim.
7. Wearing a _____ helps us to float and makes it easier to swim.
8. Lifejackets should be _____ colours like red, yellow and orange.
9. Lakes, rivers and the ocean are examples of _____ water.

Word Bank

standard	tread	fifty	accident	
safe	metres	water	pool	open
lifeguards	lifejacket	bright		

LIFESAVING SOCIETY®
The Lifeguarding Experts