Five skills that can save your life

For parents, caregivers, adults, teens, teachers

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What this infographic says

The American Red Cross water competency skills.

- Enter water over your head and come back to the surface.
- Float or tread water for 1 minute.
- Turn over and turn around in the water.
- Swim at least 25 yards.
- Get out of the water.

Sources

1. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html
2. Water Competency, Water Safety USA. https://www.watersafetyusa.org/water-competency.html

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