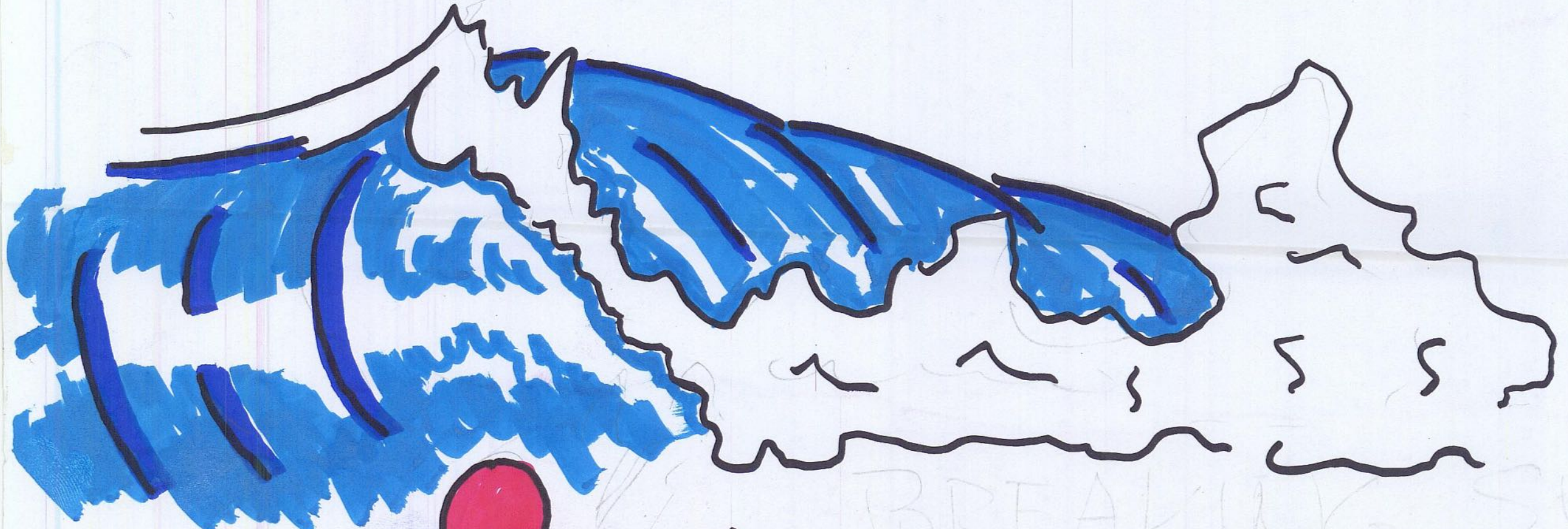
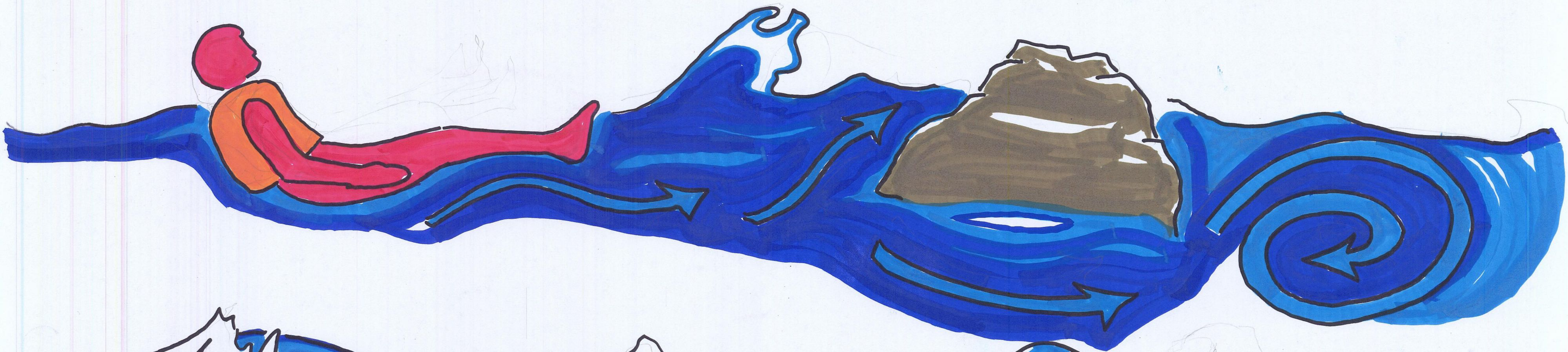


MOVING WATER - POSITIONING AND SIGNALING

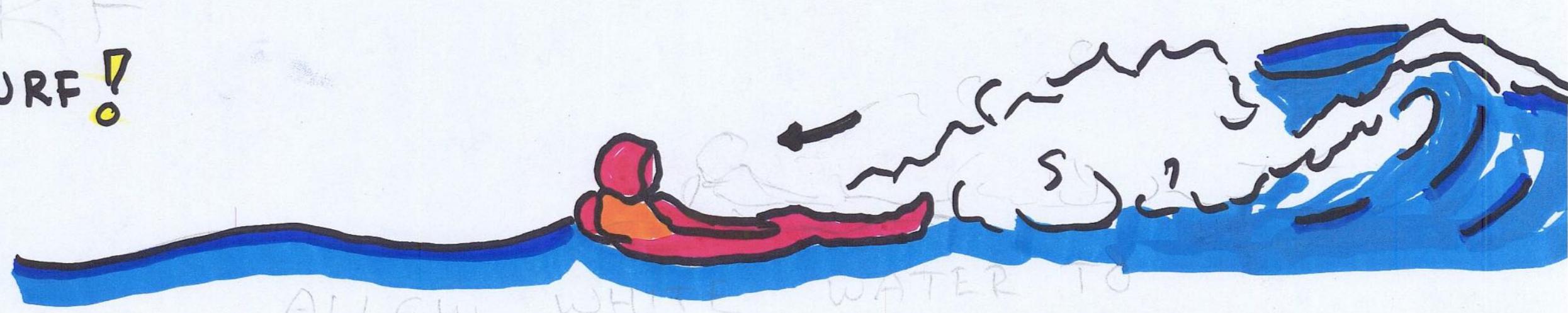
SWIMMER POSITION



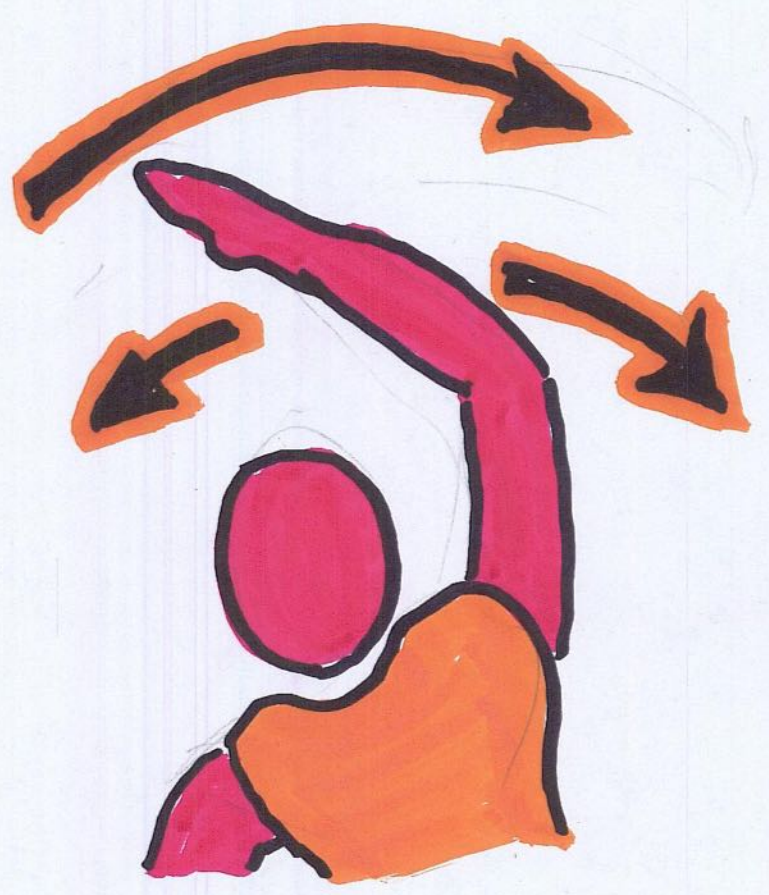
- PEAKS OR BREAKING SURF
- ➔ DIVE UNDER WAVES



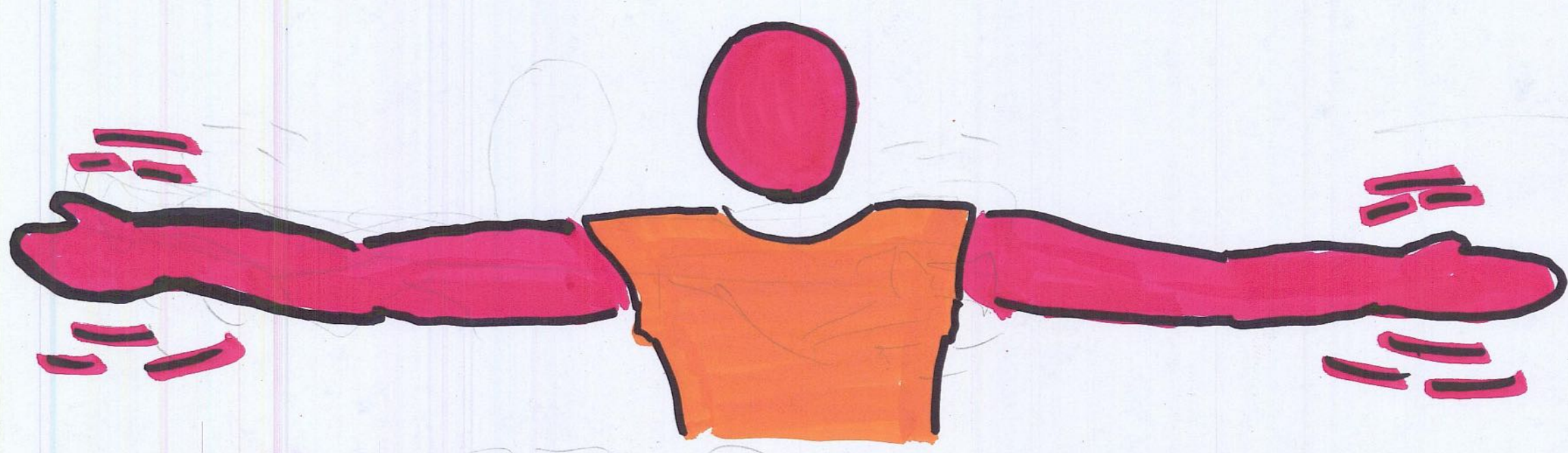
- FACE TOWARDS BREAKING SURF!
- ➔ TIME YOUR ACTIONS WITH WAVE PATTERNS/WATER FLOW



- WHITE WATER FROM BROKEN WAVE
- ➔ ALLOW WATER TO PUSH YOU TO SHORE OR SAFETY



HELP



STOP



OK