

# Taking the Big Plunge

In the seconds before falling out of a boat, take a breath and cover your mouth, so you don't take a gulp of cold water. Get your head above water and control your breathing. If you cannot climb out of the water right away, don't panic. Get in the H.E.L.P. position. That is the Heat Escape Lessening Posture (H.E.L.P.). It will keep you warm until friends rescue you. Grab some pals, put on your life jackets and practice these skills in a pool.\*



1. Give yourself a hug.
2. Hide your hands in your armpits.
3. Lift your knees up to your chest and cross your shins.
4. Float as long as possible.

A group can survive freezing water together in the huddle position.



1. Gather in a tight circle.
2. Squeeze even closer.
3. Have a group hug.

\* Note: Wash your life jackets with fresh water after playing in the pool to remove chemicals.