



Safety Alert - Float to Live

If you fall in then all you need to do is not to panic, and Float to Live.

If you capsize from your boat then grab hold of the boat and **Stay with the Boat** until you can rescue yourself or until help arrives.

The RNLI advice if you fall into deep water is to:-

1. Fight your instinct to thrash around.
2. Lean back, extend your arms and legs.
3. If you need to, gently move them around to help you float.
4. Float until you can control your breathing.
5. Only then, call for help, swim to safety or continue floating until help arrives.

There is more information [here](#) (QR Code below).

The Water Safety Code of the Royal Life Saving Society (RLSS) contains the following

FLOAT	Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.
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There is more information [here](#), (QR code below).

If you are not convinced of the need to Float to Live, rather than swim, then have a look at the RNLI video [here](#) (QR code below).



RNLI Guidance on Float to Live



RLSS Water Safety Code



RNLI Video

If you fall in, just Float to Live, don't try to swim - this could save your life.

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[This Safety Alert is a safety guidance document. Please read our safety message and disclaimer.](#)