

## "Reach, Throw, Row, Don't Go!"

Most people drown within 10 to 30 feet of safety. Learn these few simple techniques to help someone in trouble and keep yourself safe.

\* **Reach:** To help someone in the water, reach first with a fishing pole, towel, boat oar, but don't get in the water yourself.

\* **Throw:** Scan your area for items such as an empty milk jug, cooler, or ring buoys that can be thrown to someone in the water.

\* **Row:** It's not safe to go near a swimmer with the boat motor running. Use the oars to bring the boat close enough to reach or throw.

- **Don't Go:** Without expert training and experience in lifesaving techniques, you could put yourself in danger along with the person you are trying to help.

