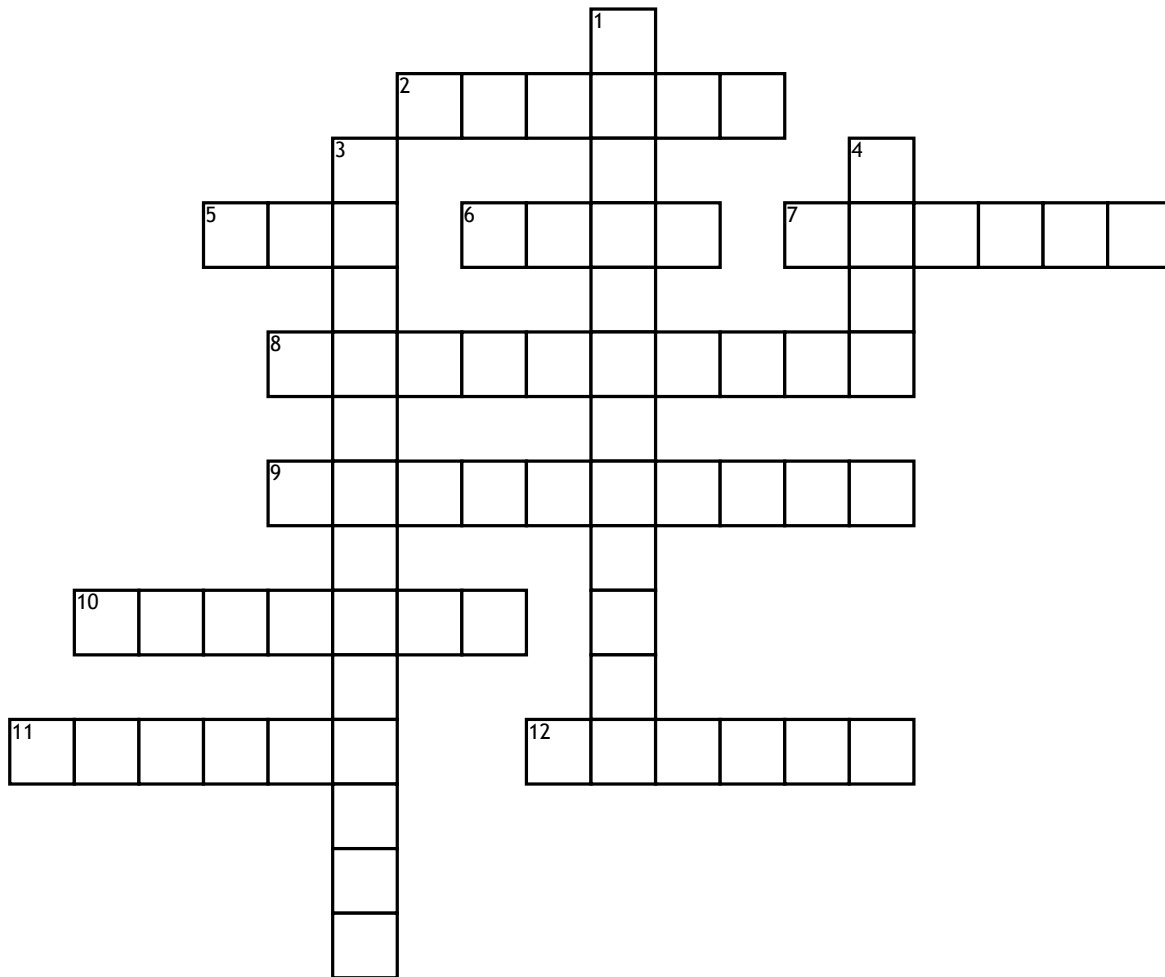


Personal Survival Techniques



Across

2. Something that drains from your body as you do any sort of swimming or exercise

5. An emergency actions where you do chest compressions as well as breathing air into their mouth to go to their lungs

6. This may flip in the ocean, causing you to do a survival stroke to get to land

7. The tube you use to breath air down

8. This a survival stroke that is performed on your back

9. This a survival stroke that is performed on your side

10. When your body becomes extremely tired from exertion

11. A medical condition that when you do sport, you find it hard to breath

12. The colour of a life jacket

Down

1. This is a survival technique that is also performed in competitions

3. when your arms and legs move opposite way to each other in a tornado like way to keep your head

4. A way to get into the water where to jump and your hands come into a point above you head