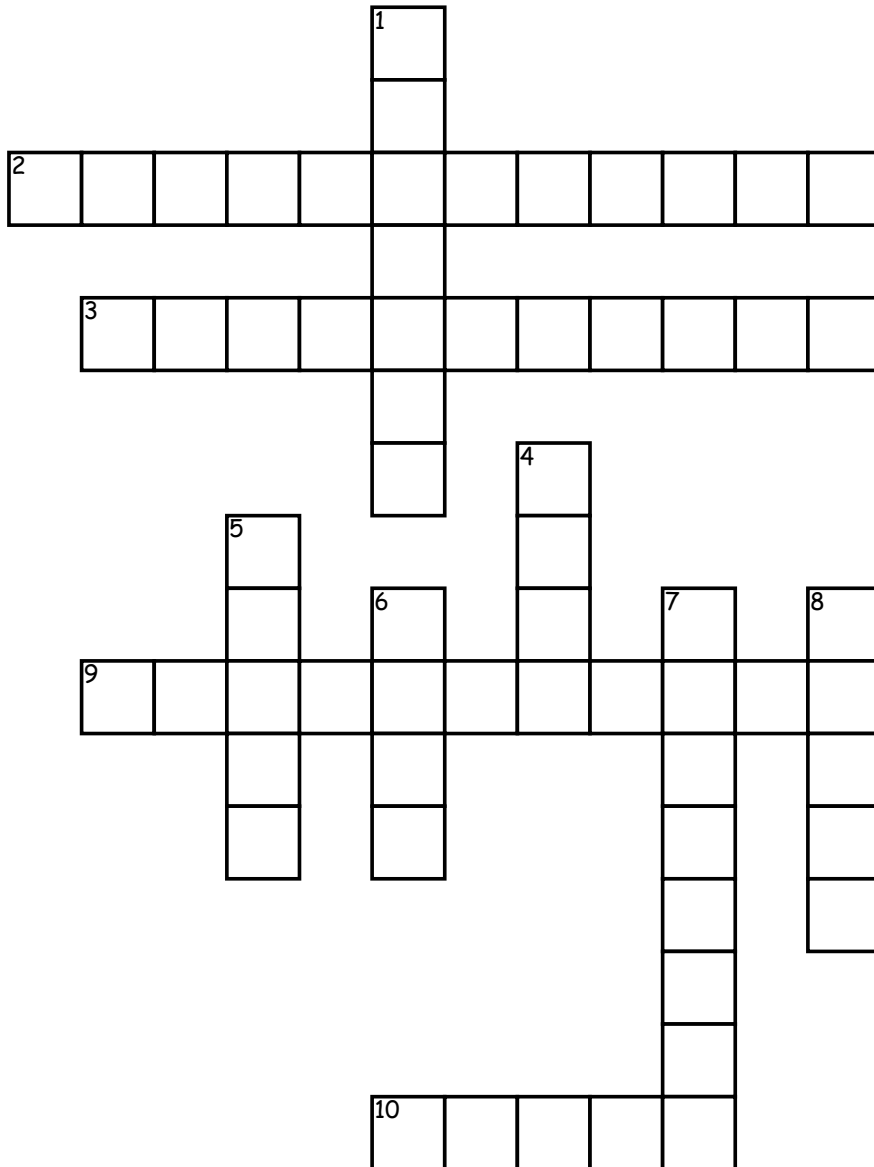


Name: \_\_\_\_\_

# Ultra 9 Water Safety



## Across

- 2. Reaching Assist
- 3. Bandages, gauze, triangular bandage, first aid manual, safety pins in a box
- 9. A skill used for underwater search
- 10. Always swim with a \_\_\_\_\_

## Down

- 1. An object to grab a swimmers attention
- 4. To plunge in head first
- 5. With/without a line- appropriate assists, throws to target at least 3 metres, assumes stable position (Ladder approach)
- 6. Call for help, encourage kicking (Ladder approach)
- 7. Throwing Assist
- 8. call for help- choose appropriate reaching assist, assume stable position (lying down, on an angle), constant communication, maintain eye contact, pull to safety (Ladder approach)