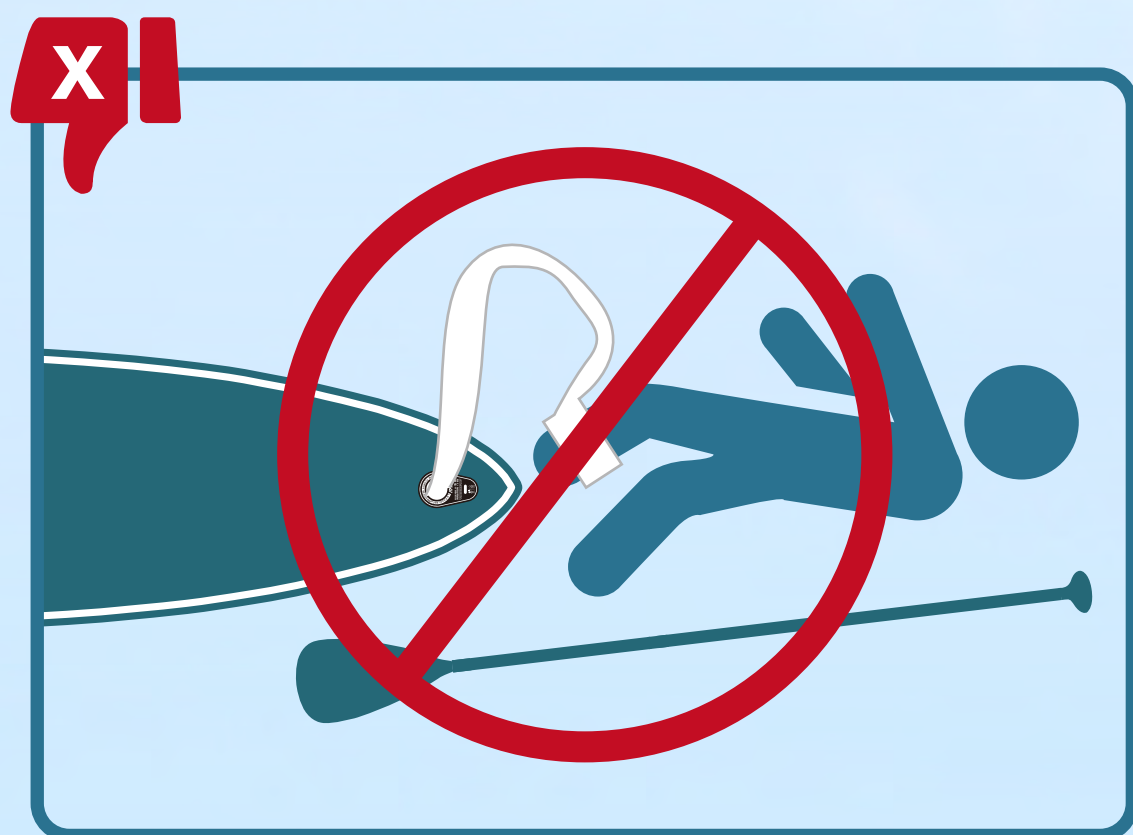


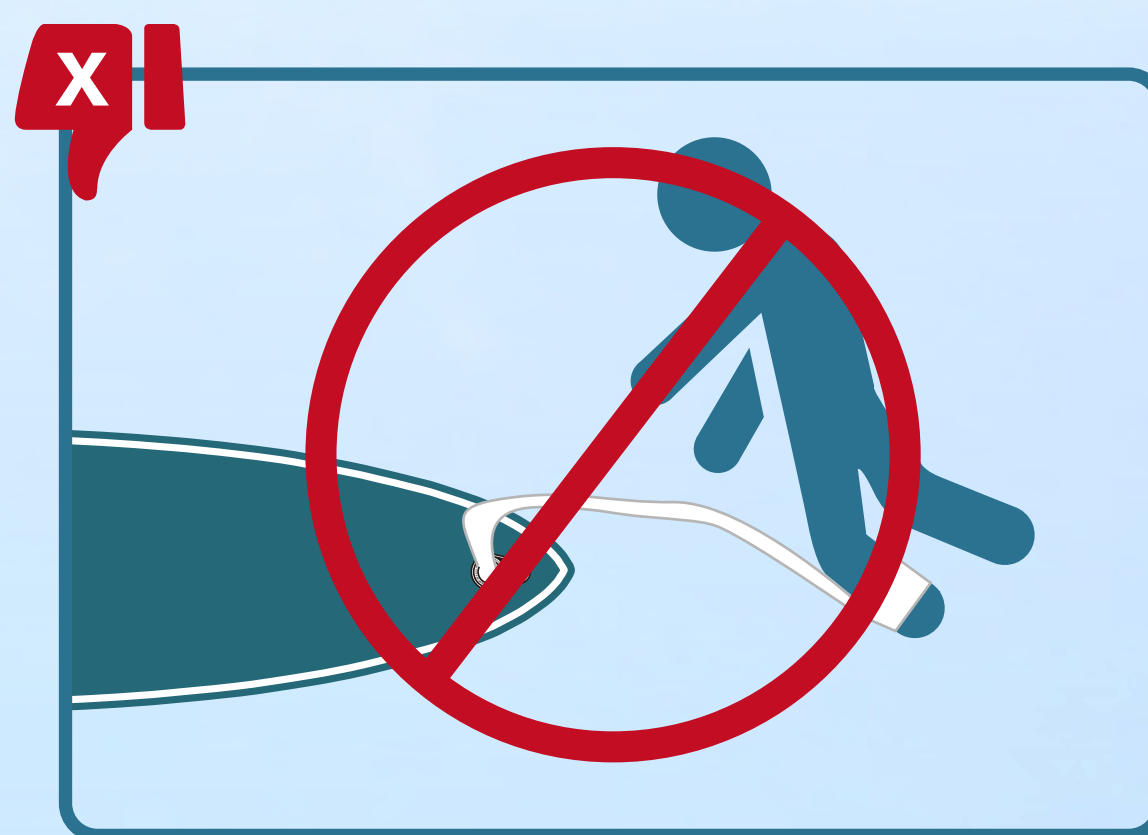
# HOW TO SAFELY FALL INTO WATER



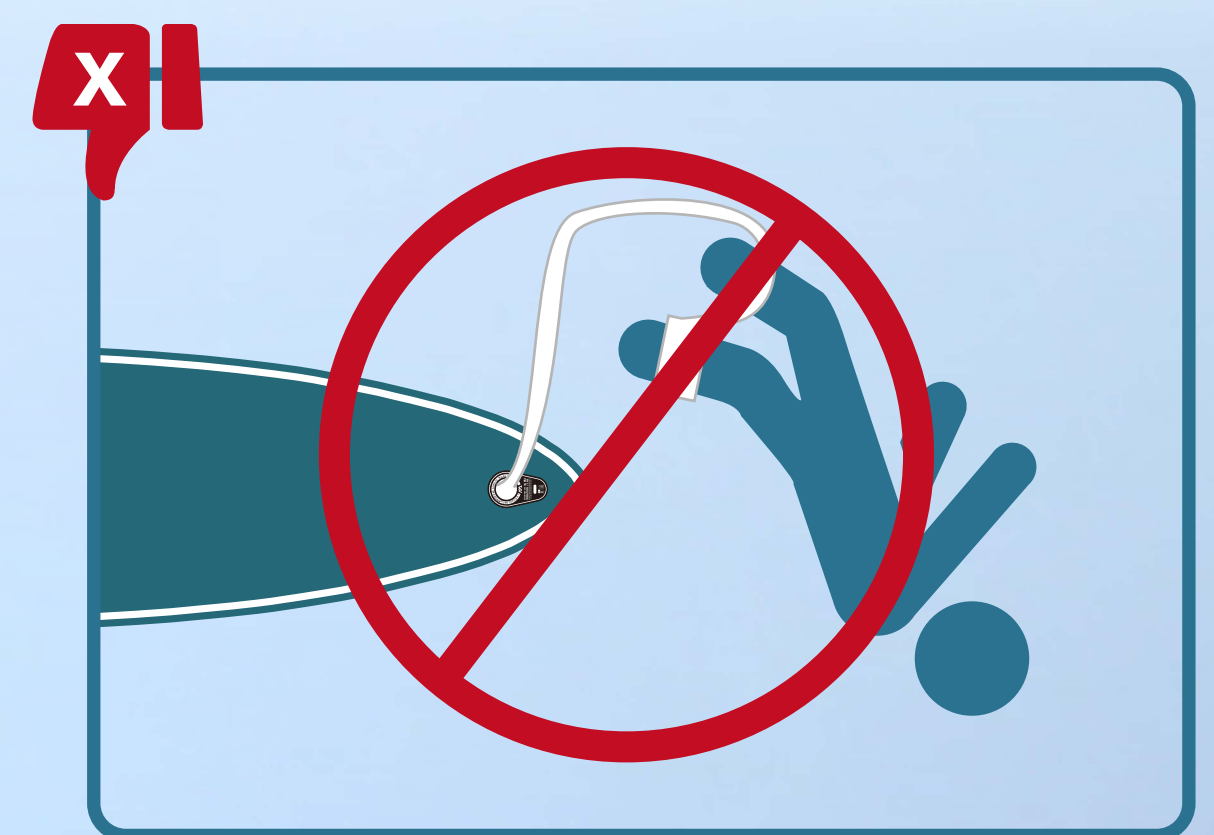
## DO'S AND DON'TS



**Avoid landing on your paddle.**



**Avoid jumping in feet first.**



**Avoid diving head first.**



@AQUA MARINA GLOBAL