



Oh-oh! Jessica is in trouble! She swam out to where she can't touch, and now she's struggling to make it back. Always remember, not only do you need to have enough energy to swim out there, but you also need enough energy to swim back! If you ever find yourself in such a predicament, relax your body and lay flat on your back, and you'll float to the surface. Also shout, make noise, and do whatever you can to attract help.

