



TU GHAUYAI ASI BENIDEDIH

**Dene ghedthikwi sekwi
sɔlaghi beghaiye ghileh
dtei kelnihn beba**

**Tu dtzedjh ighɔ ghudthi
didttha ghileh**

Tu ghauyai asi kodjai Lifesaving Society
beghadeh. Canada bedtzi eghenai gha
ghughelni kudadelyai tu bazj Lifeguarding
Experts bedaghadeh.



Sekwi nedtchili 10 seconds niltha ghilei dtu tu nedj gha ghudenihns

Dtalosih dene koneh ghadjadeh beba ghı ah ghileh ghezıl gha tai dene dtzen yadadelnıh gha tai udtzıh dta tai gha bedzedi gha betthi tu dagha ghutohn gha duwe de.

Dene ghedtthikwi! Nuskene beseyadulti

- Nunagha bek'e wutlah tu dtzenilduwi nughudelq de. Eyi ghel tthi dene chene nilthai bedtzenilduwi naghudeh la.
- Tuweh ghoqi tai tqmbqghq tai naudeh gha deh, tu ihyeh naultyeh ghulthıh la benq tthi tu dtzen dedthen ghuhleht dtcha.
- Neyazeh bek'e naultzil de telih beye bek'e naultzil si ga nughudulah.
- Tu beyeh sekwi nadei nughuhnı la telih tu ghenih bedaudtıh si tthi nughunı la dtaghu bedaguhdtıh ghileh si ekughu deh.

**Detthiye sekwi tuwe nadeh gha
ghaunelteghn gha gho qhs dtzedabihn gha.
Nuhni ghaunilteghn gha suwas.**



LIFESAVING SOCIETY®
The Lifeguarding Experts

Ghoghq ghoqi ghuwusai nidhen de www.lifesavingsociety.com nedtzenilduwi tuwe nadtzedei gho qi bedtzen yanelti tai