



## **TU GHAUYAI ASI BENIDEDIH**

Dene ghedtthikwi  
sekwi 5-12 beghaiyeh  
kelnihn gha

**Tu dtzedjh igha ghudtthi  
didttha ghileh**

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



## **Dene ghedtthikwi, Nen eyi neyazeh ghenai gha buwulnihn dene neljhn sjh.**

- Neyazeh tuwe nadeh ghaunultqh wuleh la. Ghaunelteghn gha de, Lifesaving Society bedtzj Swim to Survive ghulyei zqh ghaunultqh wuleh- eyi ghel tthi tuwe ghulduhn tthi, nalbathi k'e kesihn tuwe theyihn ghu budelai gha 1 minute nilthagha ghodtzen tthi ghaunultqh ghu, tadtzebahndh tthi kudulyau ghu, 50 m nilthai tthi nibihn gha ghaunultqhn wuleh.
- Tuwe nadei gha dtauk'e lifeguards ghuwelni si kuk'eh tuwe nade wulthjh.
- Alnethi sekwi ghuwelni ghulthihn tauk'e lifeguards ghulihn ghileh si eyed. Nekuwe yo ghodtazjh tuwe gho qh de alnethi yuwulni ghulthihn eyed tthi.
- Sekwi tuwe nadeh gha deh theni tuwe naudhed wuleh sana, bedtzedeni ghel woneh wuleh la.
- Dta tu gha nadtzed ghileh si tuwe nadeh ghile si, tu yuwe nadulya wulthjhn la.
- Nuhnihn tthi ghanughunultqhn la. Neghqgholeh dedtthiyeh lifesaving skills kudulya wuleh la.

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



**LIFESAVING SOCIETY®**  
*The Lifeguarding Experts*

Ghoghq ghoqzi ghuwusai nidhen de [www.lifesavingsociety.com](http://www.lifesavingsociety.com) nedtzenilduwi tuwe nadtzedei gho qi bedtzen yanelti tai