

FLOATING IN WATER

I'm not saying it's going to happen. But there is a chance that one day you'll get stranded in a body of water and your survival will rely on your ability to float until rescue gets to you. With the right method, you should be able to float for hours. So, this is a skill that is good to have. If you never need it to survive, you can at least use it to relax.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Float for five minutes. You can do it!

- The first thing to remember is that you are two-thirds water. At the very least you are two-thirds of the way to being able to float before you start. The trick is going to be getting the parts that want to float easily, positioned correctly. Then, get the parts that don't want to play ball into the action.

- A simple principle to remember is vertical sinks, horizontal floats. So, you'll want to be as flat on the surface as you can be. I recommend lying on your back if you are fond of breathing.

- Balloons float; your torso is a balloon. You will massively increase your buoyancy if you fill your lungs and breath shallow with your lungs close to capacity. If you experiment in the pool, when you take a big breath you'll feel yourself lift out of the water.

- Relax and lay back in the pool like it's a comfy bed. Don't fight to keep anything high out of the water. Stay just enough above the water to breath. This is all about expending the least amount of energy.

- Your legs are going to tend to sink. A little movement of these and keeping yourself horizontal will help keep you afloat. You can also try reaching your arms above your head. While these aren't buoyant either, this will help even out your torso floatation and help you put less effort into keeping those legs up.

