

#ItOnlyTakes20Seconds GUIDELINES

OFFICIAL
CAMPAIGN
SPONSOR:



NATIONAL WATER SAFETY CAMPAIGN
5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN

#في.ثانية_فقط
#itonlytakes20seconds



المؤسسة الملكية
للإنقاذ والسلامة المائية
**ROYAL
LIFE SAVING
BAHRAIN**



5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

**1- TAKE A PHOTO WITH OUR SIGN TO
RAISE AWARENESS!**

**2- REGISTER TO VOLUNTEER WITH ROYAL
LIFE SAVING BAHRAIN.**

3- SHARE THE CAMPAIGN VIDEO

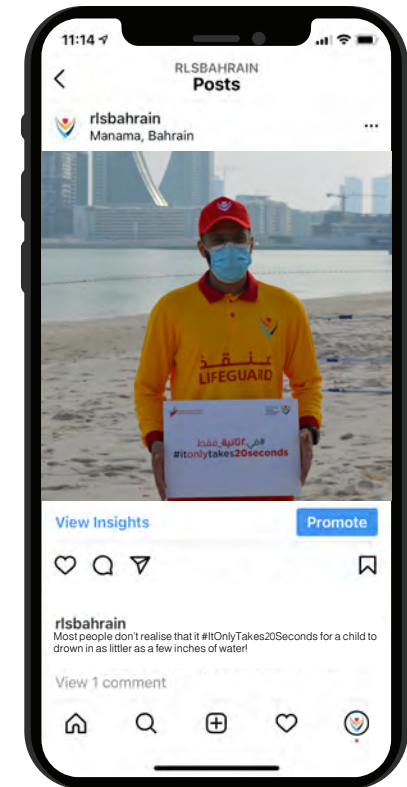
**4- SIGN UP FOR A CHANCE TO LEARN
HOW TO SWIM THIS SUMMER!**

**5- VISIT/SHARE OUR WEBSITE TO FIND
OUT HOW TO KEEP YOUR LOVED ONES
SAFE THIS SUMMER!**

5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

1- TAKE A PHOTO WITH OUR SIGN TO RAISE AWARENESS!

- Print the final page in this document.
- Take a picture with the sign
- Share the image on your social media
- Share the image via [Whatsapp](#) to Royal Life Saving Bahrain contact number **+97332001113**



THANK YOU FOR BEING PART OF #ItOnlyTakes20Seconds CAMPAIGN!

5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

2- REGISTER TO VOLUNTEER WITH ROYAL LIFE SAVING BAHRAIN.

At Royal Life Saving Bahrain, we have a number of different volunteer opportunities & roles, giving you the opportunity to learn vital life skills, and become an active volunteer member of our lifesaving community!

EMAIL VOLUNTEER@RLSBAHRAIN.ORG

WITH YOUR NAME, DATE OF BIRTH, EMAIL ADDRESS & CPR NUMBER



THANK YOU FOR BEING PART OF #ItOnlyTakes20Seconds CAMPAIGN!

5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

3- SHARE THE CAMPAIGN VIDEO

- Click on the link below:

🍏 <https://apps.apple.com/us/app/repost-for-instagram-repost/id1331571544>

🤖 <https://play.google.com/store/apps/details?id=com.redcactus.repost>

- Download the Repost for Instagram Application

- Copy the following link:

https://www.instagram.com/p/CPm37gugJec/?utm_medium=copy_link

- Paste the link onto the app

The post will automatically appear with the caption.

- Choose the option of posting on feed not story

- Choose the tab that would keep the caption and it automatically takes you to Instagram



5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

4- SIGN UP FOR A CHANCE TO LEARN HOW TO SWIM THIS SUMMER!

- Click on the link below:

<http://www.rlsbahrain.org/itonlytakes20seconds/>

- Head all the way to the bottom of the page to click on the tab that says **“REGISTER FOR FREE SWIMMING LESSONS THIS SUMMER”**

- Fill out the form for a chance to learn how to swim!

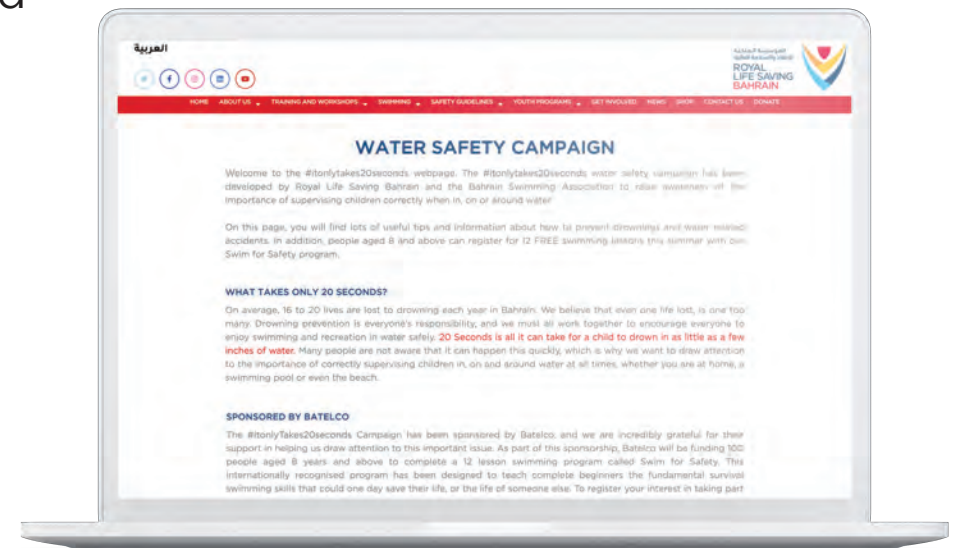


5 WAYS YOU CAN HELP SUPPORT THE CAMPAIGN!

5- VISIT/SHARE OUR WEBSITE TO FIND OUT HOW TO KEEP YOUR LOVED ONES SAFE THIS SUMMER!

- Click on the link below to find out more about the campaign & get tips on how to stay safe this summer:
<http://www.rlsbahrain.org/itonlytakes20seconds/>

- Share the link with others to raise awareness and help educate on water safety!





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