

A person is standing in shallow water, viewed from behind. The water is dark and calm, reflecting the overcast sky. The person is wearing a light-colored tank top and dark shorts. The horizon is visible in the distance.

*Safe and Well*  
*Safe and Well (spoken)*

*Written by Learn to Swim and produced by Acid Wilhelm*  
*All copyright and stuff is owned by Learn to Swim 2009*  
*[www.learntoswimrecordings.co.uk](http://www.learntoswimrecordings.co.uk)*

*For Jack.*