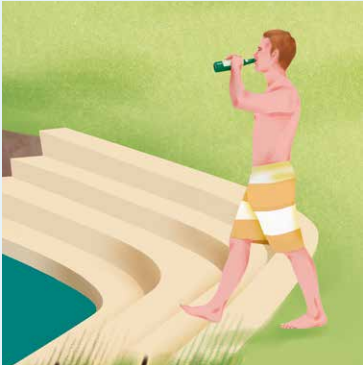


SLS SWIMMING SAFETY RULES



- Persons who accompany children are responsible for their supervision and must be able to swim.
- Young children entering the water must be accompanied.



- Persons under the influence of alcohol or drugs must not enter the water.



- Never jump or dive into the water if you are overheated: cool yourself off first.
- Protect yourself from strong sunlight: go into the shade.



- Jump/dive into water only if it is deep enough and free of obstacles.
- Never jump into cloudy or unfamiliar water. Marshy areas are dangerous.



- Inflatable mattresses, water wings, inner tubes and other swimming aids cannot ensure safety. Never go into deep water with them.



- Do not overestimate your abilities. Never swim long distances alone.
- Get out of the water immediately if you feel cold.



www.swimmingrules.ch

FUN IN, ON AND AROUND THE WATER

How to have a safe bathing experience

Further information	www.migesplus.ch/bathing-safety
Written by	Marc Audeoud (SLS), André Frei (VHF)
Published by	<ul style="list-style-type: none">• Association of indoor and outdoor pool operators VHF• Swiss Lifesaving Society SLS• Swiss Red Cross SRC
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To order see	www.migesplus.ch/bathing-safety
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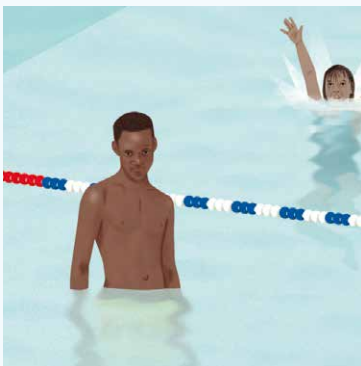
Version: 01|2016



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www.migesplus.ch/bathing-safety





- If you cannot swim, do not go more than waist-deep into the water.
- Remain within the area designated for non-swimmers.



- Do not push anyone into the water and do not dunk anyone under the water. Even in play.



- When bathing, wear only bathing shorts, a bathing suit or a bikini made of fabric suitable for swimwear – and never bathe in ordinary clothing.



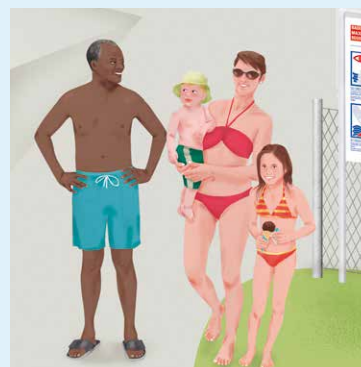
- Take a shower before you enter the water.



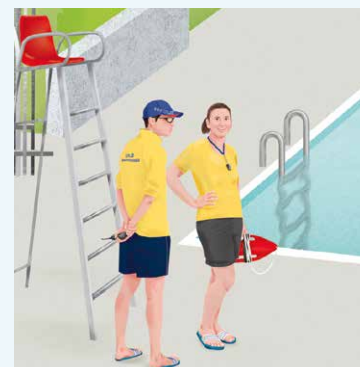
- Floors at the swimming facility are wet and slippery. Walk slowly.



- Use the starting blocks or diving board to jump or dive in.
- Pay attention to the signs posted by the swimming pools.



- Be considerate of others, especially children and the elderly.



- If you have a concern, contact the staff. They will be happy to help you.
- Follow instructions issued by the staff. Persons who engage in improper behaviour towards others will be required to leave.



- Bathing during a thunder-storm is extremely dangerous. Leave the water immediately.



- Do not bathe in areas where there is ship, boat or surfer activity.



- Keep the water and the surrounding area clean.
- Throw waste, such as plastics (PET), aluminium cans or paper, into the waste bins provided for the purpose.



- Read the bathing and house rules. If you have questions, ask the staff charged with supervising the bathing site.
- Photography and video or audio recording are prohibited at the swimming facility.

