

DANGER TO LIFE!

6 SWIMMING SAFETY RULES:



SLRG SSS



Only allow children near water if supervised – young children should be kept within arm's reach!



Never go into the water if you are under the influence of alcohol or drugs! Never swim with a full or very empty stomach.



Never jump into the water if you are overheated! – Your body needs time to adjust.



Do not dive into cloudy or unknown areas of water! – The unknown can be dangerous.



Airbeds and swimming aids should not be used in deep water! – They do not offer any protection.



Never swim long distances alone! – Even the best swimmer can experience an attack of weakness.