



RULES FOR BATHING



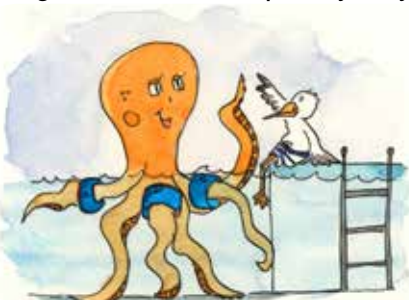
I only go swimming if I feel well. Before I go swimming, I take a cool shower.



I do not go into the water with a full or a very empty stomach.



If I cannot swim on my own, I only go into water as deep as my belly.



I help others when they need it. I only call for help when I am in actual danger.



I pace myself and take a break when I need it.



I am not permitted to swim where there are boats and ships.



Swimming during a thunderstorm is extremely dangerous.



I have to leave the water and seek shelter indoors.

I keep the water and the pool area clean and throw all waste in the waste bin.



Inflatable swim aids are not guaranteed to provide me safety in water.



I only jump or dive in the water where it is allowed. For jumping and diving the water has to be deep enough and clear of obstacles.

