Water Safety Guidelines

Check the water temperature.

Never jump in the water when you’re hot. Cool down first.

Don’t swim on a full stomach.

Don’t go in the water when you’re overtired.

Don’t swim or dive near a diving-board.

Never run along the side of the pool.

Leave the water immediately if you start to feel cold. Dry yourself well.

Never push anyone in the water.

Leave the water if it’s windy, stormy or if there is sea spray.

Don’t go in the water if you’re under the influence of alcohol, medication or drugs.

If you can’t swim, NEVER rely on inflatable swimming floats.

Never jump into unknown or murky waters.

Pay attention to warning signs, boundaries, barriers and buoys.

Don’t dive if you have a damaged eardrum or a cold.

Keep away from water plants.

Keep away from weirs and whirlpools.

Never go swimming alone.

In an emergency, call out loudly for help!

Keep away from ships and water traffic.

Be careful of the special dangers by and in the sea.

Never swim long distances without an accompanying boat.