

# 1 HEALTH

If you want to swim, you need to be in good health.



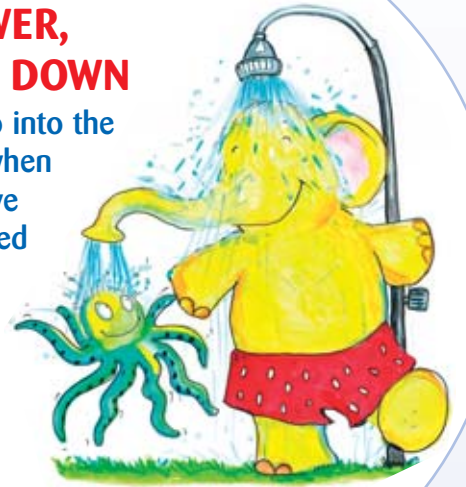
# 2 READ THE SIGNS



The signs tell you what's allowed and what's not. You have to follow the rules for your own safety and the safety of others!

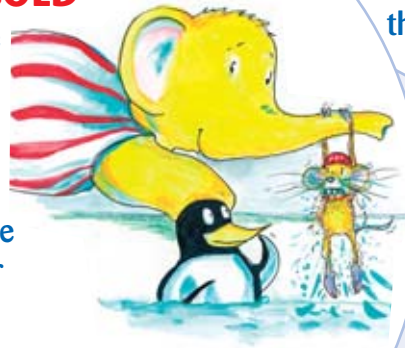
# 3 SHOWER, COOL DOWN

Only go into the water when you have showered and cooled down!



# 4 FEELING COLD

Get out of the water if you feel cold – you can get a cramp. Cramps can be dangerous for swimmers!



# 5 EAR PROBLEMS

If you have earache or an ear injury, you can't swim, jump or dive into the water!



# POOL RULES

# 6 EATING

If you have eaten a lot, wait for an hour before you go into the water.



# 7 STRONG SUN

Protect yourself from sun with sun cream, a cap or a T-shirt. If you are too hot, don't jump into the water



# 8

## OVERCONFIDENCE

Don't let others talk you into doing anything you're not capable of – like swimming alone or jumping into the deep end, or diving.



# 9 JUMPING

Only jump into the water where it's allowed. You are not allowed to put others in danger! Don't jump into a body of water you don't know – there might be hidden dangers!



# 10 SAFETY IN THE FUN POOL

In the fun pool there are often a lot of people. Watch the people around you! Call for help if someone is in danger!

