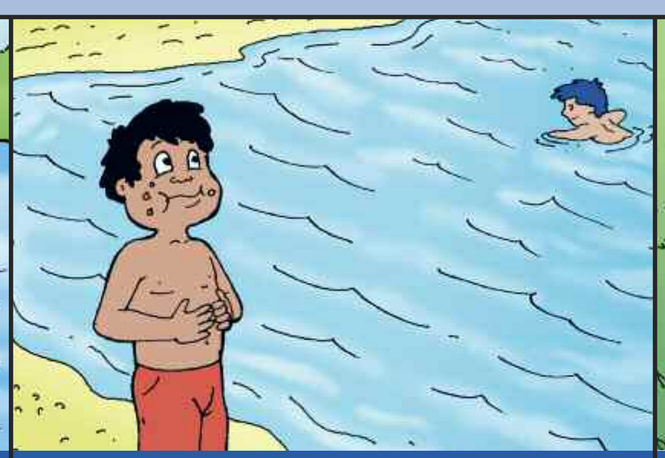
Swimming rules at the lake

Only go for a swim if you feel comfortable.



Never go for a swim with a completely full or empty stomach.

Cool down before you go into the water.

Only go into water as deep as your stomach if you cannot swim.

Immerse yourself, not others.

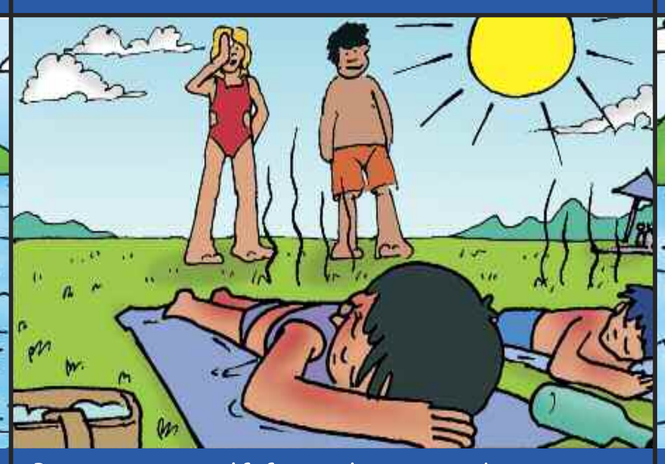
Be considerate of others, especially to children and the elderly.

Don't overestimate your strength.
Never swim alone too far out.

Jump into the water only if it is deep enough and clear. Do not jump headfirst!

Overgrown and marshy areas are dangerous.

Don't swim where there are ships, boats and surfers.

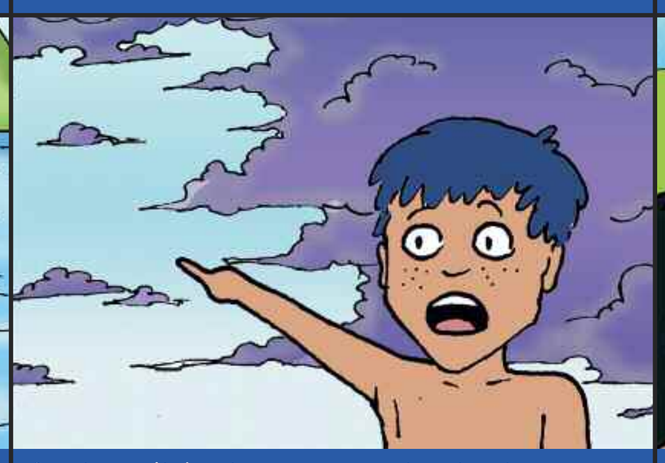


Protect yourself from the sun and stay in the shade.

Never call for help without reason.
Help others when they are in danger.

Air mattresses, bumper tubes and rubber rings do not provide you security.

Leave the water immediately when you are cold.



During a lightning storm, swimming is dangerous. Leave the water immediately.

Keep the water and its surroundings clean, and throw waste in the rubbish bin.

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Bundeszentrale für gesundheitliche Aufklärung

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336334; 12/15