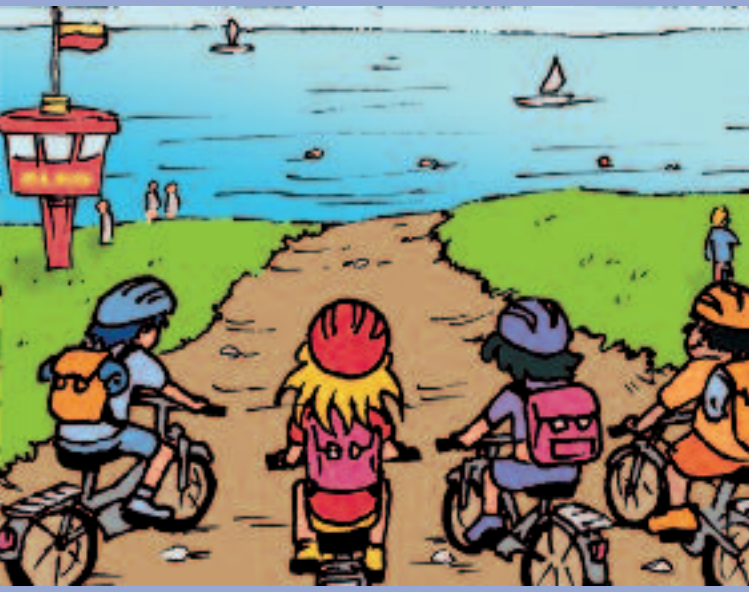
Swimming Rules



Swimming rules at the pool ...

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.

The swimming pool is slippery, go slowly.

Do not push others into the water, even when you are playing.

Immerse yourself, not others.

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

Don't endanger anyone by jumping into the water.
Never swim in the diving area.

Jump into the water only if it is deep enough and clear.

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

Leave the water immediately when you are cold.

... and additional at the lake

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.

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.

Do you know how to act in an emergency?

If somebody needs help it is important to act correct and fast. **Help without hesitation.**
Maybe someday you'll also need help and then you're grateful if somebody helps you in a fast way.

If you help personally, **watch out that you don't overestimate your strength** and that you stay safe. If there are other people nearby, call them for help.

You can also save life by phone:
Call the emergency number 112.
You can call this number with your mobile phone for free and even without SIM card.

In case of an emergency call, please keep in mind:

Where did it happen?
What happened?
How many people are injured?
What kind of injuries did they receive?
Wait for queries!

Water has no safety net ...

VERSICHERUNGSKAMMER BAYERN

Ein Stück Sicherheit.

... for this reason the collaboration of DLRG and the “Versicherungskammer Bayern”, an insurance company, exist. They support you whenever you need them and are always there for you.

It is important that you learn how to swim and that you pay attention to the rules for swimming:

no matter what kind of swimming stroke you want to learn – the DLRG will teach you. The DLRG e.V., which means “German Life Saving Society”, is kindly supported in their work with children and youth by the “Versicherungskammer Bayern”.

Because we have the same goal: Minor accidents, more safety!

Working in partnership with:

DLRG Jugend

www.dlrg-jugend.de

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DLRG

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