



Deutsche Lebens-Rettungs-Gesellschaft e.V.

# Rules for Swimming

	<p>Prepare yourself for unexpected situations, while swimming by making yourself acquainted with the rules for self help and safety in water!</p>		<p>If you cannot swim then do not go beyond the level, where the water gets deeper than your chest!</p>
	<p>Swimming and bathing in the sea is associated with special dangers!</p>		<p>Never cry for help, when you are not actually in danger. Also please help others, when they are in danger!</p>
	<p>Take a cold shower before entering the water! Leave the swimming pool immediately, if you are feeling cold in there!</p>		<p>Shipways, docks, harbors, bridge piers, bulwarks and dams should not be used for swimming and bathing!</p>
	<p>Do not jump in the water, unless it is deep enough and is free of other swimmers!</p>		<p>Don't overestimate and exceed your abilities and strength in deep waters!</p>
	<p>Unknown waters may harbor danger!</p>		<p>Never enter the water with either a full or a completely empty stomach! Avoid intensive sunbathing!</p>
	<p>Avoid swimming in water that is marshy or swampy and is cover with vegetation (which might entangle the swimmer)!</p>		<p>Maintain hygiene in water and do not pollute (or make dirty) the water!</p>
	<p>After swimming, immediately dry yourself well and change into dry clothes!</p>		<p>Show consideration for other swimmers especially children!</p>
	<p>Air mattresses, rubber hoses, tire-tubes and inflatable rubber toys are dangerous toys, when swimming!</p>		<p>It is life threatening to swim during a thunderstorm!</p>