

# Rules for Bathing

Only go bathing if you feel well. Cool off and shower before you go into the water.



Never go into the water with a full or completely empty stomach.



If you are a non-swimmer, only go into the water up to your midriff.

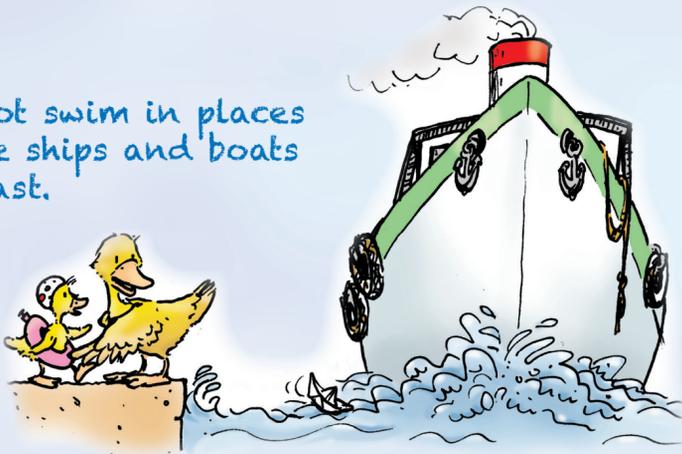


Never call for help if you are not really in danger, but help others if they need it.



Do not overestimate yourself and your strength.

Do not swim in places where ships and boats go past.



Bathing is extremely dangerous during thunderstorms. Leave the water immediately and seek for the protection of a permanent building.



Keep the water and its surrounding area clean; throw waste in the rubbish bin.



Inflatable swimming aids do not guarantee safety in the water.



Only jump or dive into the water if it is deep enough and clear of obstacles.