

Swimming Rules

- 1. Health**
You have to be in good health to go swimming!
- 2. Pay attention to info signs**
At the wall in swimming pools are rules on signs which tell you what should and shouldnt do. You have to follow them!
- 3. Showering cooling**
Only go into the water after you went to the shower and cooled yourself down a bit!
- 4. Freezing**
Go out of the water if youre cold since you can get cramps!
Cramps are dangerous if youre in the water!
- 5. Ear illnesses**
If you have an ear ache or and ear wound you shoudn't go swimming!
- 6. Eating**
If you ate to much you should wait an hour before swimming again!
- 7. Harsh Sun**
Protect yoursefld from the sun(suncreme, cap, T-shirt)!
If youre hot you shoudn't jump into cold water!
- 8. Overconfidents**
Avoid being persuaded to doing things you don't want to do:
swimming far away, jump from high hights, diving deep etc.
- 9. Jumping**
Only jump wherever it is allowed!
You shoudn't put other people in danger!
Don't jump into water bodies you dont know! (there could be unseen dangers: deep water, strong currents ,etc)
- 10. Pay attention in the bath houses**
There are a lot of people in the bath houses so pay a lot of attention to your surroundings and other people. Call for help is someone is in Danger!