

Behaviour by and in water السلوك الواجب بجانب المياه وفيها

انتبه الى درجة حرارة المياه
Pay attention to water temp.!

Never jump into water when you are hot!
Cool down beforehand!
لا تقفز الى المياه ابدا وانت ساخن! عدل درجة حرارة جسمك قبل التبول الى الماء

Do not swim on a full stomach!

لا تقفز الى المياه وانت متعب!
Do not go into water when tired!

لا تسبح ولا تغطس في المنطقة المخصصة للقفز
Do not swim or dive in jumping area!

لا تركض بجانب حمام السباحة
Do not run at the side of the pool!

Get out of water immediately when you are cold!
Dry yourself completely!
لا تسبح بعد الاكل ومعدتك ممتلئة

لا تدفع الآخرين مطلقا!
Never push others!
Hups

Get out of the water in thunderstorms or stormy weather!
اخرج من المياه في حالات العواصف الرعدية والطقس العاصف

Don't go in the water under the influence of alcohol or drugs!

As a non swimmer, never use inflatable rings etc as a swimming aid!

Never dive into unknown or cloudy water!

Note warnings, boundaries, barriers and buoys!

Donot dive with ear problems or with a cold!

Avoid water plants

Avoid weirs and eddys!

Never swim alone!
Swim long distance with a support boat!

In an emergency call early and loudly for help!
HILFE

Watch out for special dangers in the sea!

Keep clear of ships and watercraft!