

SAFETY ON THE BEACH



Swimming Federation
of Latvia



EVALUATE YOUR
ABILITIES



CHOOSE A SAFE
SWIMMING PLACE



DO NOT LET CHILDREN
OUT OF YOUR SIGHT



IMPROVE YOUR
SWIMMING SKILLS



HELP OTHERS WITHOUT
ENDANGERING YOURSELF



DO NOT CONSUME
ALCOHOL



DO NOT USE INFLATABLES.
THEY ARE NOT SAFE



DO NOT SWIM
ALONE



PUT A SWIM VEST
ON THE CHILD



DO NOT SWIM DURING A STORM,
IN BIG WAVE CONDITIONS,
IN THE DARKNESS



WHEN AGREEING ON
THE RULES,
OBSERVE THEM!

DROWNING HAPPENS QUIETLY AND QUICKLY DROWNING CAN BE PREVENTED

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