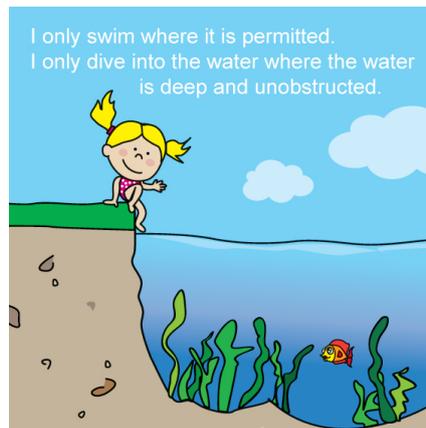
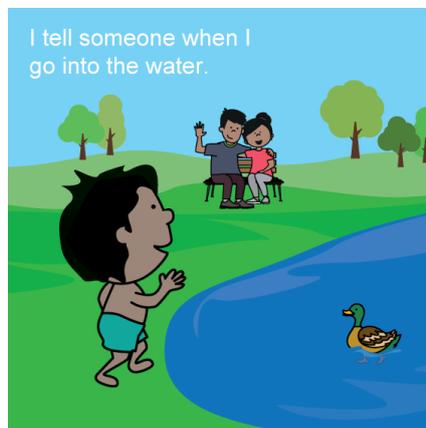
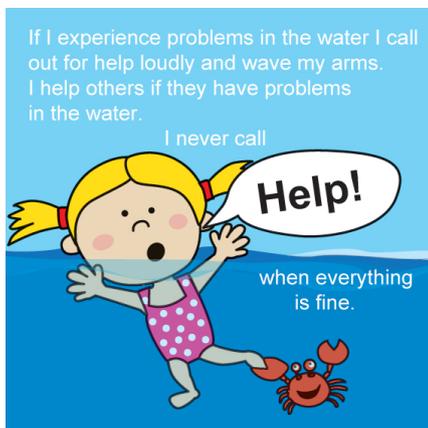


# Swimming Safety Tips

## Conduct in and around water



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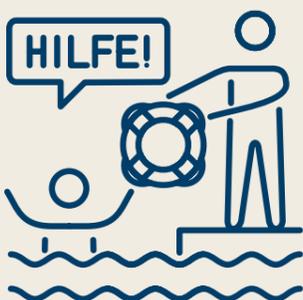




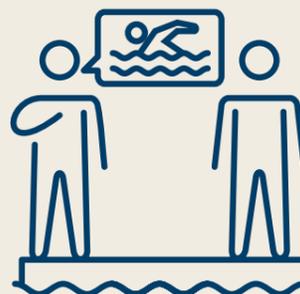
I only go swimming when I feel well.



I go swimming only if there is someone who can help me in the event that I experience problems.



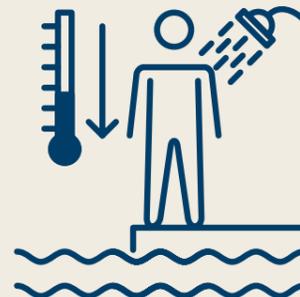
If I experience problems in the water I call out for help loudly and wave my arms.



I tell someone when I go into the water.



I don't go into the water hungry nor immediately after eating.



I cool myself down before going into the water.



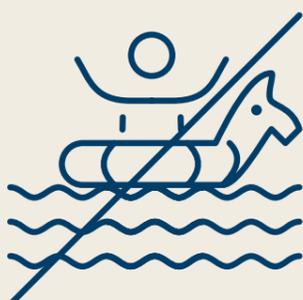
I only swim where it is permitted.



I am considerate!

I only dive into the water where the water is deep and unobstructed.

I don't run, I don't shove, and I don't push anyone under the water.



Swimming aids, swimming toys and air mattresses are not safe and do not protect me from drowning.



When I swim outdoors, I leave the water immediately if there is lightning, thunder, or if it is raining hard.

Swimming during a thunderstorm is dangerous to life.

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