



NATIONAL WATER SAFETY PROGRAM

Safe Greece

This is to confirm that

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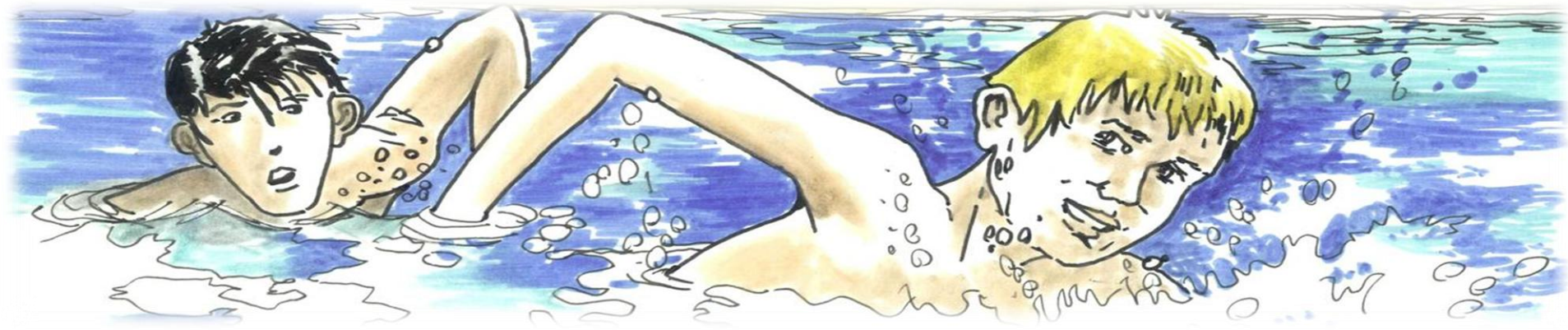
attended a presentation getting awareness about water safety and lifesaving sport.  
The activity “Safe Greece” has the support of the above organizations.

The Presenter

Stathis Avramidis, PhD

The Venue Director

Creator of the National Water Safety Program

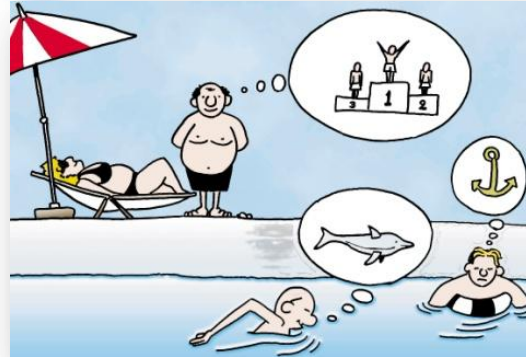


# Water Safety

# Lifesaving Sport



Swim 3 hours after your last meal to avoid been sick.



Swim always parallel to the coast.



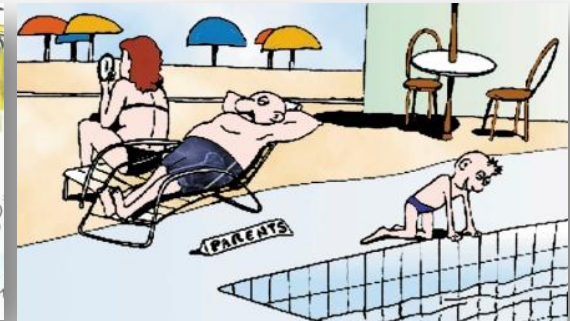
Avoid dangerous games around the water.



Swim in areas supervised by a lifeguard.



Always listen the lifeguard advices.



Never swim alone. Always be supervised by an adult.



Stay fit for saving a live by having lifesaving sport training.



Carry the manikin maintaining its head always above the water surface.

