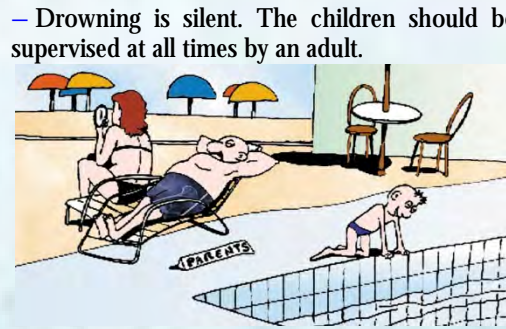


– Go to the toilet and always wash your hands with soap before you leave.



– Swim 3 hours after your last meal to avoid drowning or to become sick.

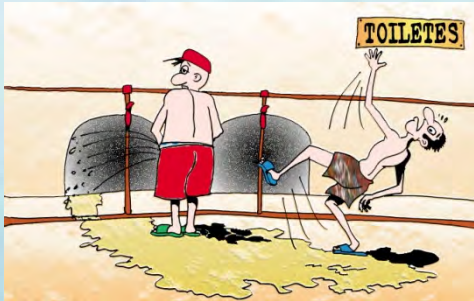


– Drowning is silent. The children should be supervised at all times by an adult.

– When you finish your swimming, place on your skin a sunscreen with SP 30 or higher.



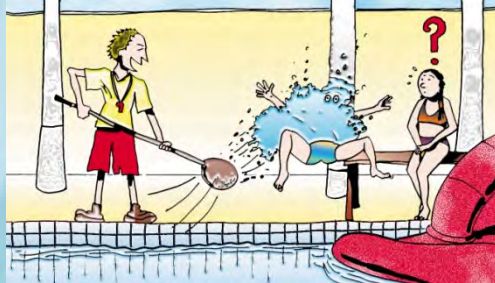
– If you use waterslides, obey the lifeguard instructions.



– We care for a new baby's diaper right before the entrance into the pool and we check regularly. If you notice any content from the baby's bowel please take the baby immediately out of the water and let the pool operator know about it.



– Avoid dangerous games in slippery floors.



– If you feel cold, get out of the water and cover yourself with a towel.



– If someone is in danger, notify a lifeguard or call 112.

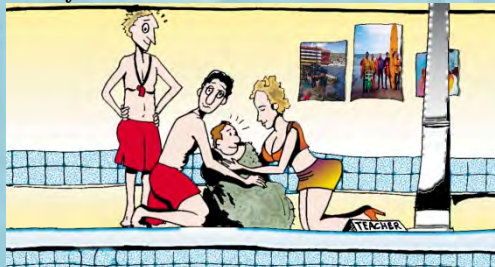


– Always swim parallel to the coast.



WATER SAFETY MEASURES

– Do not consume alcohol before swimming or while you are in the water.



– If you do not know swimming, wear a lifejacket.



This leaflet is part of the "Hellenic National Water Safety Program", that was implemented by the Secretariat General of Public Health of the Ministry of Health in Greece, with the support of several organizations: Hellenic Federation of Underwater Activity, Pan-Hellenic Union of Doctors, Union of Greek Athletes with Extraordinary Achievements, Union of Qualified Physical Educators, National School of Public Health, Hellenic Centre for Disease Control and Prevention, Princess Charlene of Monaco Foundation, International Swimming Hall of Fame, International Awards Giuseppe Sciaccia, A Chance for Children Foundation.



– Do not dive head first.