

When it comes to sporting activities, swimming in the pool can be great exercise but also very dangerous .This simple guide will show and explain the rules you need to follow in and around water

## Safe Splashing

- 1) Do not play or run around the pool. The surface is wet and you might slip.



- 2) You probably know how to swim, but some people DON'T. Do not push anyone in because you can put them in danger.



- 3) You shouldn't eat before swimming because it can lead to stomach cramps and a risk of drowning.

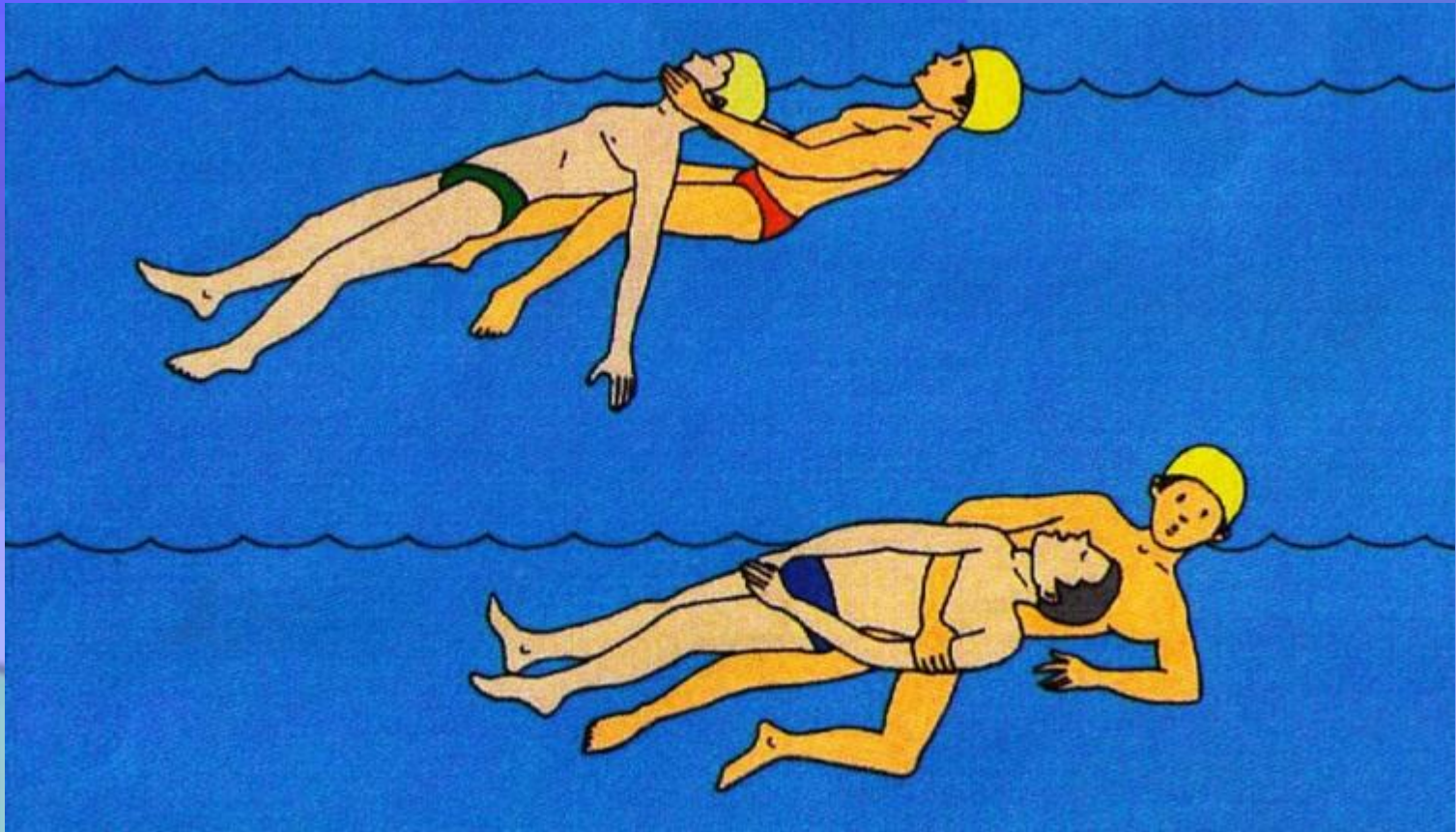




- 4) Make sure you know where the lifeguards are and call them if you get into trouble. They are there to save lives so always do what they say.



- 5) Always pay attention to the NO DIVING signs around the pool. ONLY dive in designated areas.





- 6) NEVER jump in like this! Dive-bombing can be a lot of fun but it can also put other swimmers in a lot of danger.

