

## INSTRUCTIONS

1- ALWAYS SWIM AT BEACHES PATROLLED BY LIFESAVERS.

2- ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS.

3- ALWAYS READ AND OBEY ALL BEACH SIGNS.

4- NEVER SWIM UNDER THE INFLUENCE OF ALCOHOL OR DRUGS

5- NEVER RUN AND DIVE INTO THE WATER.

6- NEVER SWIM AT NIGHT

7- NEVER SWIM ALONE

8- ALWAYS WEAR SUNSCREEN.

9- RAISE YOUR ARM IF YOU ARE IN TROUBLE

## REASONS

BECAUSE YOU MAY IGNORE DANGER

BECAUSE YOU CANNOT SEE WHAT IS HAPPENING IN THE WATER.

BECAUSE THEY SHOW WHERE THE LIFESAVERS CAN SEE YOU

BECAUSE THEY CONTAIN IMPORTANT SAFETY INFORMATION.

BECAUSE YOU CANNOT SEE THINGS UNDER THE WATER.

BECAUSE THEY RESCUE SWIMMERS IN TROUBLE.

BECAUSE THIS PROTECTS YOUR SKIN.

BECAUSE THIS SHOWS PEOPLE YOU NEED HELP.

BECAUSE THERE WILL BE NO-ONE TO HELP YOU.