

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.