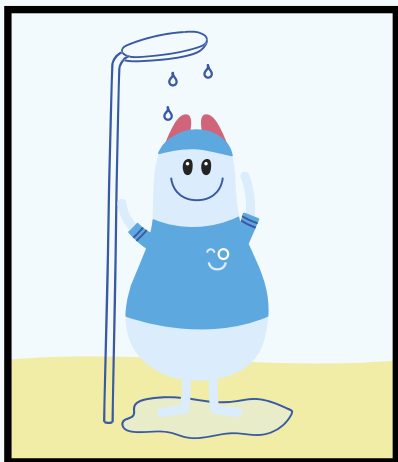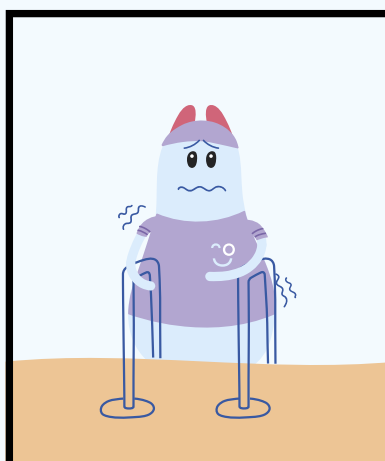# swimming rules

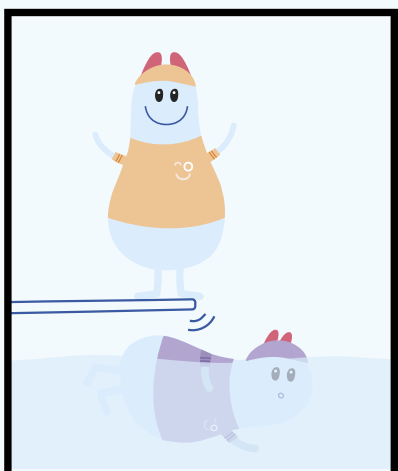Cool off your body before going into the water

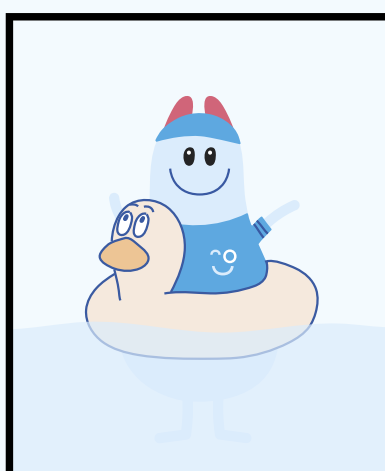Leave others alone and do not hold them under water

Only go swimming when you are feeling well

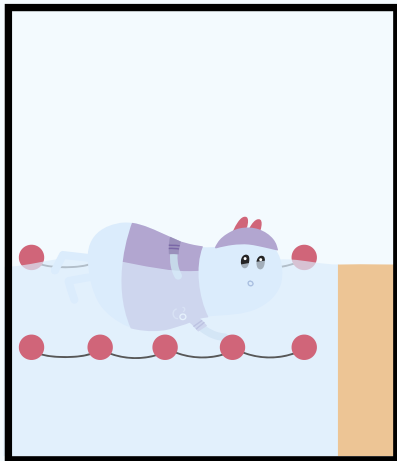When you are cold leave the water immediately

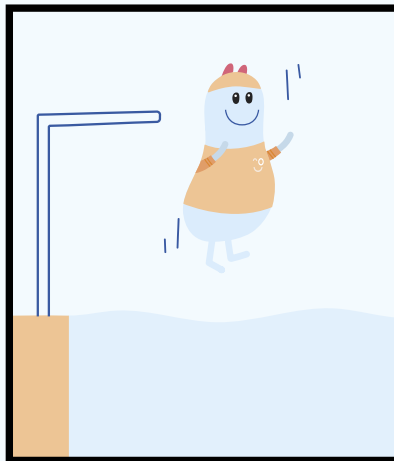Before jumping into the water, check that you are no danger to others.

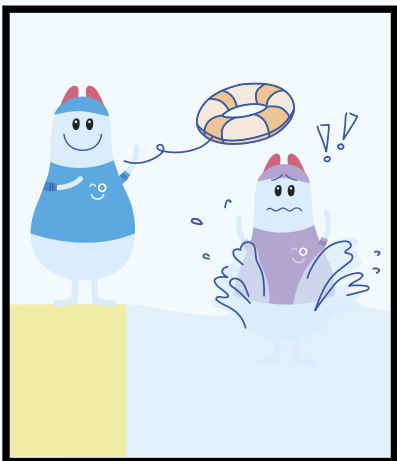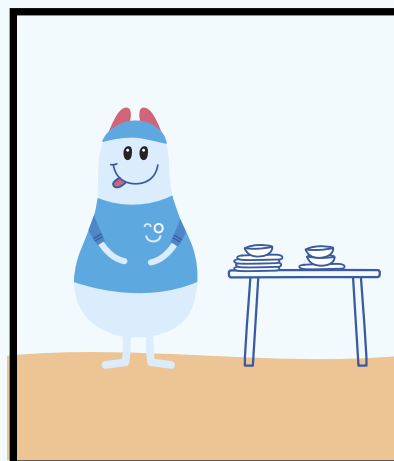Air mattresses and other floating devices do not provide security in the water

Baderegeln

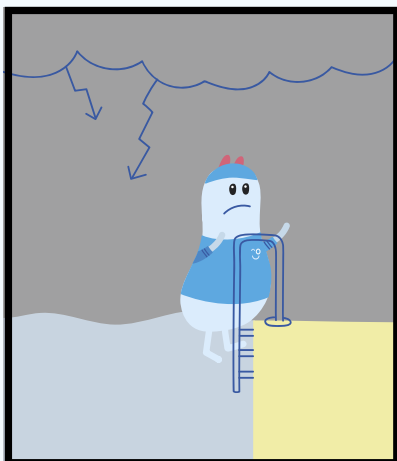Conserve your energy so you can always reach land

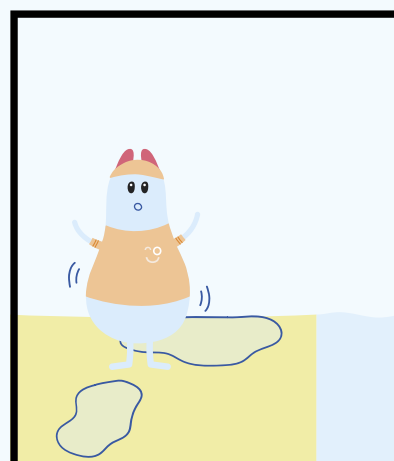Only jump into the water, when it is deep enough.

Only call out for help, when you need it and help other people who need your help.

When your belly is too full, do not go into the water.

During a thunderstorm, do not enter the water, or leave the water immediately

No running at the pool! Danger of slipping on the wet floor.