



I only swim if someone can help me if I have a problem.

If I have a problem in the water, I will shout for help and wave my arms. I will help others if they have problems in the water. I will never shout „Help!“ if everything is fine.

I am considerate! I don't run, shove or push anyone under water.



I will tell someone that I am going in the water.



I won't go in the water if I'm hungry or right after eating.

Swimming rules



I cool off before going in the water.



I only swim if I am feeling good.



Armbands, inflatables and lilos are not safe and do not prevent me from drowning.



When I swim outside, I get out of the water immediately if it is thundering, lightning or raining heavily. Swimming during thunderstorms can be fatal.



I only swim where permitted. I only jump into the water where it is deep and unobstructed.