



Your radio at the beach?
... Radio Balneare!



To keep out... of deep trouble!

SAFETY RULES... FOR A PEACEFUL SUMMER.



If you can't swim, don't go into water deeper than your belly button.

Shallow water keeps you safe, with your feet firmly on the ground.



Always swim with a buddy.

Always swim with someone: they can lend a hand or get help if something goes wrong.



Always follow the beach flags:

Green = Safe to swim

Yellow = Potentially hazardous weather and sea conditions

Red = Danger Do not enter the water



Wait at least three hours after eating before swimming.

Avoid the risk of indigestion: wait until you've digested before swimming.



If you get lost, go to the nearest lifeguard.

Stay calm: the lifeguards are here to help and get you back to your family.



Stay off the rocks.

They're slippery and dangerous: you could fall and get seriously hurt.



If you're overheated, enter the water slowly and avoid sudden dives.

A sudden change in temperature can make you feel unwell.



When you're in the sun, protect yourself with sunscreen and a hat.

Shield your skin and head from heat and harmful UV rays