

# Swimming in the sea? Stay safe!

## Do's

- Only swim at beaches patrolled by lifeguards
- Check the beach flags
- Swim along the shore
- Be prepared for rip currents



## Don'ts

- Never swim alone
- Inflatable air mattresses, armbands etc. are forbidden: you could easily float away
- See someone in trouble? Do not enter the water yourself, alert the lifeguards
- Stay away from breakwaters



## Look out for rip currents, breakwaters and strong currents!

A rip current is a strong current close to the shore, which moves towards the sea. The location of rip currents can vary from day to day and they can arise anywhere along the coast. A rip current itself is not dangerous, but panic and exhaustion are. Strong rip currents can occur around breakwaters. Breakwaters are also covered in barnacles and mussels that can cause serious cuts.



## If you get caught in a rip current or strong current:

### Do's

- Call for help
- Float along with the current, save your energy
- Swim to the right or left if the rip current subsides



### Don'ts

- Don't panic
- Don't swim against the current, you'll waste energy

