

**BE SAFE.
ONLY
ONE
LIFE
IN THIS GAME.
Pay attention to your kids!**



**BE SAFE.
KNOW
LIMITS,
NOT NO
LIMITS.**

Don't swim when you're unwell.



BE SAFE.

DON'T

BE A

HERO.

GO SEE A

DOCTOR

If you feel unwell.

BE SAFE.

CANNOT

THEN DON'T

DO LAH.

Stop activities if you feel:

Chestpain, nausea,

dizziness or fatigue.

BE SAFE.

**JIO ME,
I ONZ.**

**Always swim
with a buddy.**

BE SAFE.

DON'T HOLD

YOUR

BREATH

FOR TOO LONG.

You're not a fish!



BE SAFE.

**WATCH
YOUR
KIDS!**

Not your mobile devices.



BE SAFE.

**DON'T
ANYHOW
DIVE**

**Restrain from diving
into the pool.**



BE SAFE.

STEADY LAH,

WALK

SLOWLY.

Running is off limits.



BE SAFE.

**TOLONG,
WATCH
YOUR
KIDS!**

**Keep your child within
an arm's reach.**

