

**CANNOT
THEN DON'T DO LAH**

- Stop activities if you feel:
Chest pain, dizziness, fatigue
or nausea
- Inform your buddy and alert
the lifeguard



LAST WARNING AH

PLEASE FOLLOW RULES

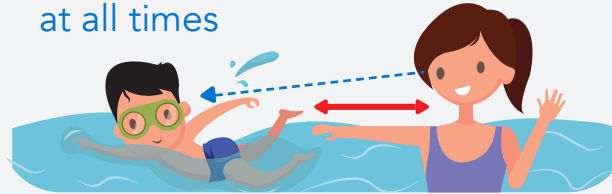


**BE SAFE.
SAFETY FIRST
AT SWIMMING POOL.**



**TOLONG,
PLEASE WATCH
YOUR KIDS**

- Keep your child within an arm's length
- Keep a lookout for your child at all times



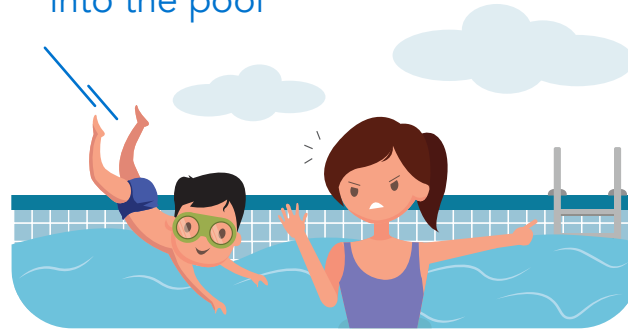
YOU JIO ME, I ONZ

- Always have a buddy to help look out for each other and stay safe



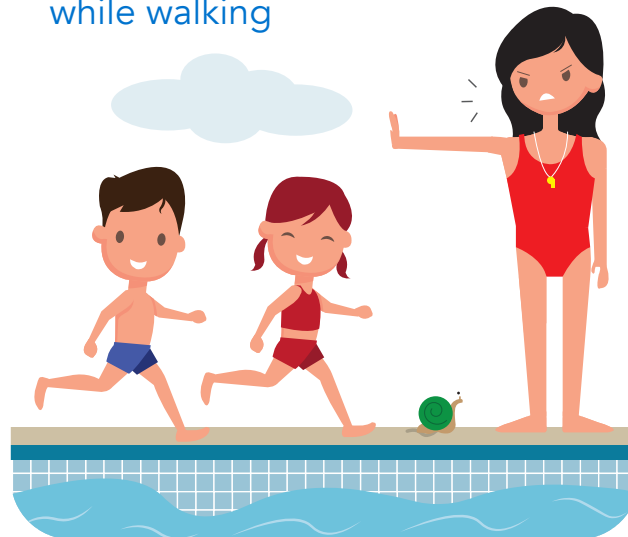
DON'T ANYHOW DIVE

- Restrain from diving into pool
- Please use the ladders to get into the pool



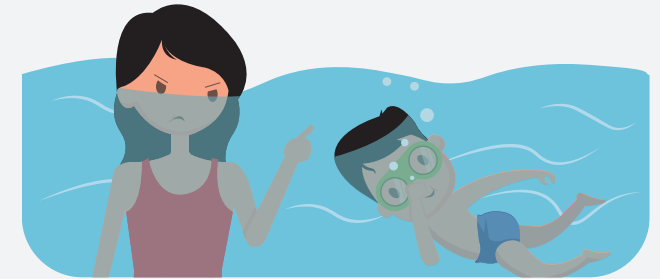
**STEADY LAH,
WALK SLOWLY**

- Walk slowly, running is off limits
- Be aware of your surroundings while walking



**DON'T PLAY PLAY,
DON'T HOLD YOUR
BREATH TOO LONG**

- Avoid pushing one's limit



**DON'T BE HERO,
GO SEE A DOCTOR**

- If unwell or on medication, rest and stop any physical activity



- If you have any doubt, always seek your doctor's advice

