



## SWIMMING GUIDELINES – IN NAANTALI

### 1. Take care of safety

- Swim only if you can swim
- Do not swim alone – bring a friend
- Supervise non-swimming children at all times (keep them within arm's reach)
- Follow the instructions of the lifeguard

### 2. Know the conditions

- Familiarize yourself with beach signs before swimming
- Be aware of water depth, the bottom, and possible currents
- Do not dive into unknown water

### 3. Swim properly and safely

- Swim parallel to the shore
- Stay within designated swimming areas
- Avoid swimming in boat lanes or near water traffic
- Do not swim under the influence of alcohol or if you feel unwell
- Leave the water if you feel tired or cold

### 4. Take care of others

- Help someone in distress if needed
- Call for help in an emergency (☎ 112)
- Use rescue equipment (e.g. a lifebuoy) when necessary

### 5. Act responsibly on the beach

- Keep the beach clean – take your litter with you
- Be considerate of others
- Follow general beach rules, guidelines, and signs