

Basic Guidelines for Swimmers

Do not distance yourself too far from the shore, when your swimming abilities are not good.

Remember that it takes more energy and it is more tiring to swim back to shore.

Avoid swimming (3) hours after a meal. Eat lightly whenever you are at the beach.

Do not have any alcoholic beverages prior to entering the sea.

Do not swim in polluted areas.

Do not dive in areas where the depth of the water is unknown. Keep your eyes open under the sea.

Do not leave children unattended, specially the ones that cannot swim.

Get out of the sea if you feel faint or dizzy.

Do not panic if you find yourself tired of swimming. Stay on a horizontal position, relax and wait till your strength comes back. Then swim again towards the shore.

Do not panic if you get a cramp. Relax your body and slowly swim back to the shore.

Do not swim past the demarcation area in the sea as boats are allowed to pass by these areas.

If you hear someone calling for 'help' but you cannot help them, then you should also call out for 'help' till someone comes.

Do not stay too long under the sun, especially during the first days on the beach. Danger of sunburn is higher in the beginning of the season.