



Svenska
Livräddningsällskapet

Follow the recommendations of the Swedish Health Department regarding Covid-19 when you're visiting public swimming areas

Swimming safety

Tips compiled by the Coordinator for early activities for asylum seekers (TIA) in Skåne in collaboration with NAD, the municipality of Lund and the Swedish Life Saving Society

www.sjoraddning.se/sjosakerhet/badsakerhet



Länsstyrelsen
Skåne



Foto: Citizen Alliance of Grenoble/Facebook

Always have company when you go swimming



Don't jump or dive in unknown water

Do not overestimate your ability to swim. Swim along the beach.



Never push or hold anyone down in the water



Only call for help if you are in need



Foto: Marta Holmberg, TT

Don't play with lifesaving equipment. For life saving: Always have something between you and the person who needs help "the extended arm"

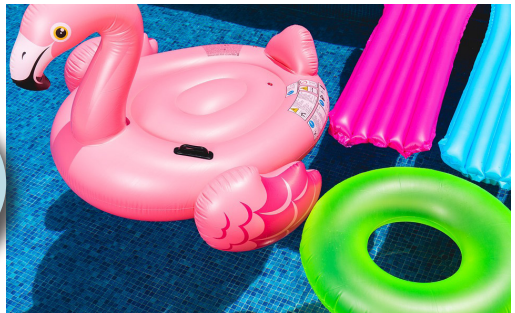


Foto: Sanna Alm, Strängnäs kommun

Do not swim under bridges and diving boards

**Do not run on bridges or pool edges
- You can slip**

Avoid inflatable toys on open water - they can quickly drift out into deep waters



Always inform where you are going to swim, and when you're coming back again



Avoid the sun in the middle of the day



Foto: Jullana Wiklund

Keep your eyes on children playing near or in the water - a child can drown in shallow water

Do not go swimming with alcohol in your body



Drowning is silent, pay attention if the face bobs at the surface, a glassy gaze and heads that disappear underneath the surface.



Keep in mind that it may be very different to swim in the ocean compared to a lake. It gets deep really quickly in a lake and big waves and streams in the ocean can cause many accidents even though it is shallow.



Always make sure where life-buoys and other life-saving equipment is, so you can quickly retrieve/ask someone else to retrieve if a accident occurs