



USEFUL TIPS FOR BATHERS



COMUNITÀ
del GARDA
Ente Territoriale Interregionale



It is always better to swim with a friend so that you are not alone in the event of difficulties.



Even if you are a good swimmer, do not overexert yourself.



Do not swim long distances alone to avoid unforeseen emergencies.



Do not swim unless you are in perfect physical and mental condition.



Do not enter the water when the red flag is displayed.



If you cannot swim, stay in very shallow water



Do not go beyond the buoys marking the safe bathing area.



Do not jump into the water from the rocks, piers, lake promenade or into shallow waters



Do not stray more than fifty metres from the beach using mats, doughnuts, floats or small inflatable boats, especially when the wind is blowing from the shore.



Consult the local safety regulations of the relevant authorities and the expected weather conditions in the sea area where you are.



Enter the water gradually after exposure to the sun.



It is advisable not to drink high-proof alcohol and to consume ice and iced drinks slowly



Do not take your SUP beyond the bathing waterline and always wear a life jacket.



It is advisable not to swim outside the bathing area.



Do not swim in the launch corridors.



Waves and low water temperatures should not be underestimated.



Do not swim in the launch corridors.



Do not stay too long in the sun. Wear sunscreen, a hat and a bandana to protect yourself from the sun's rays.



If you have cramps, stay calm, lie on your back and call someone.



It is important to wait at least 3 hours after your last meal before entering the water.