



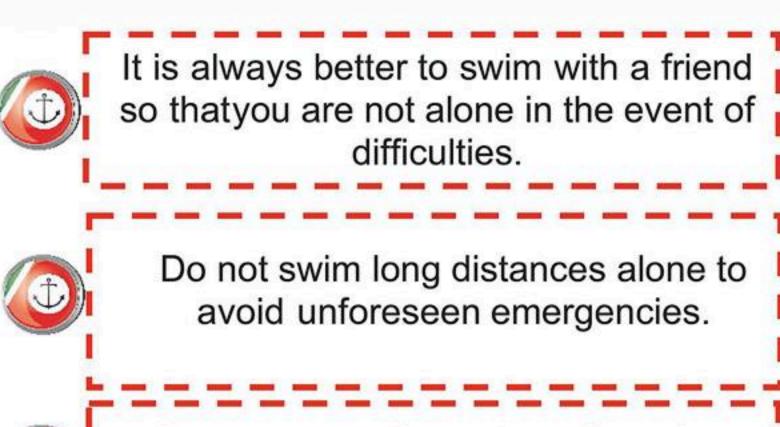
USEFUL TIPS FOR BATHERS

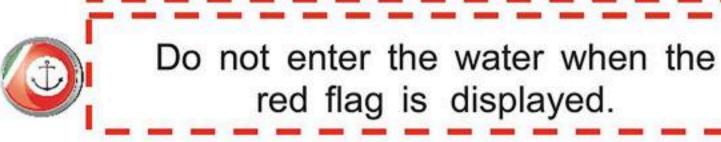


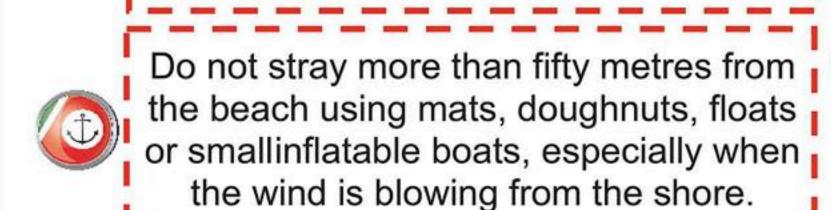












Do not go beyond the buoys marking

the safe bathing area.

Enter the water gradually after exposure to the sun.

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

Do not swim in the launch corridors.

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

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

Do not swim unless you are in perfect physicaland mental condition.

If you cannot swim, stay in very shallow water

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

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

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

It is advisable not to swim outside the bathing area.

Waves and low water temperatures should not be underestimated.

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

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