

You must protect your eyes • wear sunglasses.	You must protect your skin with a cream.	You must drink plenty of water.
You mustn't swim very far.	Never swim alone.	You mustn't swim at least two hours after you've had a meal.
You must always wear a life jacket.	You mustn't boat in bad weather.	You must wear a hat because the sun is more dangerous if you are on water.
You mustn't jump headfirst into the water that is too shallow.	You must always find out how deep the water is.	You must take windsurfing lessons from a qualified instructor.
You mustn't get too close to swimmers.	You mustn't dive when there are other swimmers.	You mustn't push others into the swimming pool.
You mustn't duck each other in the swimming pool.	You must tell the lifeguard if you are a bad swimmer.	You must not splash when there are other people around.
<b>AT THE SWIMMING POOL</b>	<b>AT THE BEACH</b>	<b>WINDSURFING</b>
<b>BOATING</b>	<b>SWIMMING</b>	<b>DIVING</b>