
 Name:

 Emergencycontact

 Phone number:

General advice:

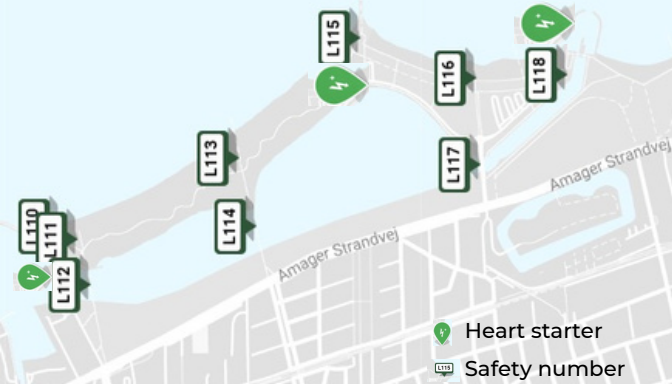
Read water, wind and weather conditions.

Swim according to ability. Leave the water with energy.


Always swim with at least 1 buddy, never alone.

Be visible – swim cap & sea bag.

Communicate before you jump in with swim buddy's and other people on the water and while in the water.



 Heart starter

 Safety number