
 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.



Hjertestarter

Indgangsparti ved klubhuset, Cafe Sundet.
Hjertestarteren er døgnaaben.



Redningsnummer