

- wear swimming goggles / glasses
- swim when there is a lifeguard or an **animal** / **adult** around
- od warm-up exercises before / after swimming
- leave the water at the first sign of lightning / wind
- oall for help when there is an emergency / ant



- walk / run around the pool
- swim when you do not feel well / sick
- swim right after thinking / eating
- swim when there is a / no "no swimming" sign
- pretend to be drowning or cry for help / wink in jest