

Water Safety Rules

Water bodies are dangerous at any time of the year. The most common dangers are strong currents (including underwater), deep pools, underwater cold springs.

It is strictly prohibited to:

- Swim and dive in unfamiliar places, at unequipped sites or sites, where swimming is prohibited
- Swim in strong winds, in extreme heat or under clear sun
- Swim while intoxicated
- Swim beyond the buoys or far from the shore
- Swim up to motor ships, boats and other water vehicles, as they can draw under the bottom, hit or cover with a wave
- Lose sight of each other

Morning or evening swimming is the best, when the sun is shining, but there is no danger of overheating. The water temperature must be at least 17-19°C. It is not recommended to stay in the water for more than 20 minutes or suddenly jump into the water after staying in the sun for a long time.

If someone is drowning:

- Immediately and loudly call for help “Person is drowning!”
- Call for emergency help (rescuers, ambulance, etc.)
- Do not rescue the person by entering the water if you have not been trained
- Throw a flotation device or a long rope with a knot at the end or extend a long pole
- Begin resuscitation if there is no breathing or pulse only if you know first aid rules

If you are drowning:

- Do not panic, take off extra clothes and shoes
- Shout and call for help
- Turn on your back, spread your arms wide, relax, take a few deep breaths
- If your leg is cramped, pinch the calf muscle several times or straighten your big toe
- Try to swim to the shore

If you are suffocated in the water:

- Do not panic, try to turn your back to the wave
- Press your arms bent at the elbows to the lower part of the chest and make several sharp exhales
- Clear the nose of water and make a few swallowing movements
- Having regained your breath, lie down on your stomach and move to the shore
- If necessary, call for help