

BATHING RULES

1. Learn to swim
2. Never swim alone
3. Only use certified life vests
4. Do not jump or dive until you know how deep the water is
5. Do not push others into the water and never hold another person's head under the water
6. Leave the water if you feel unwell or cold
7. Call out for help if you need help; do not call for help as a joke
8. Never swim if you have been drinking alcohol or are intoxicated in any way



Larvik
kommune



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