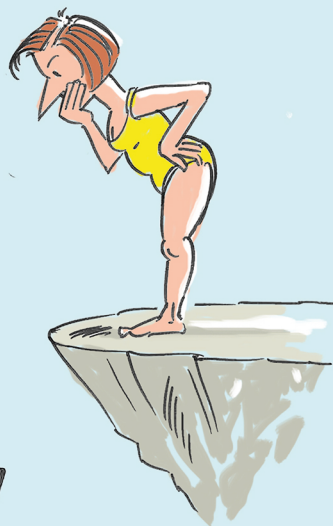
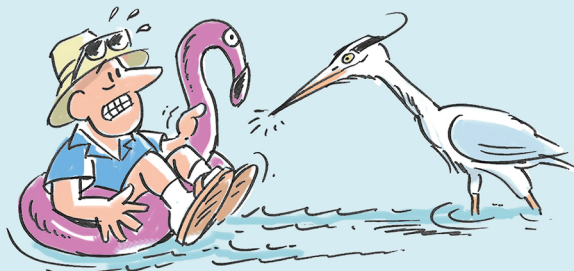


DE 9 BADEVETTREGLENE

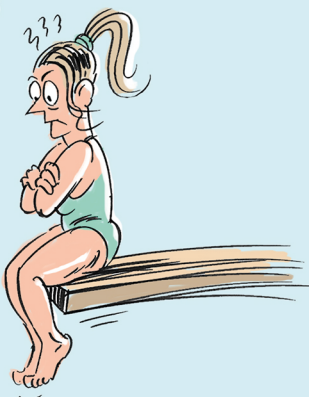
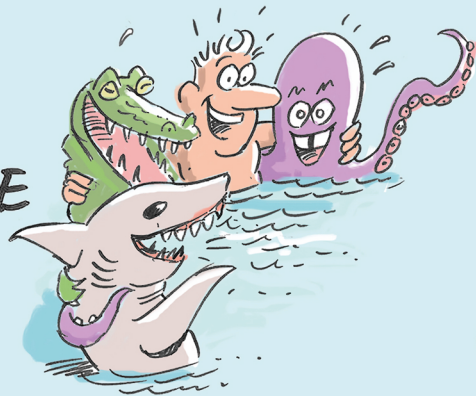
9 SWIMMING SAFETY RULES

1. LÆR Å SVØMME
LEARN HOW TO SWIM



2. FØR DU GÅR UTI, FORSIKRE DEG OM AT DU KAN
KOMME OPP IGJEN

BEFORE YOU ENTER THE WATER, MAKE SURE
YOU CAN GET BACK OUT



3. BAD HELST SAMMEN MED ANDRE
DO NOT GO SWIMMING ALONE

4. STUP BARE DER DET ER DYPT
ONLY DIVE WHERE IT IS DEEP ENOUGH

5. SVØM LANGS LAND
SWIM/STAY CLOSE TO SHORE



6. SVØM IKKE UNDER BRYGGE
ELLER FORAN STUPEBRETT

DO NOT SWIM UNDER DOCKS
OR IN FRONT OF DIVING BOARDS



7. DYTTE IKKE ANDRE UT I VANNET OG DUKK
ALDRÍ NOEN UNDER VANN

DO NOT SHOVE OTHERS INTO THE WATER,
AND NEVER PUSH OR HOLD SOMEONE'S HEAD UNDER WATER

8. HOLD DEG PÅ LAND HVIS DU FØLER DEG KALD
ELLER UVEL

STAY OUT OF THE WATER IF YOU FEEL COLD OR OR UNWELL



9. ROP PÅ HJELP BARE HVIS DU ER I FARE-
ALDRÍ ELLERS!

ONLY CALL FOR HELP IF YOU ARE IN DANGER

