

# SUMMER TEMPTATION

### Why To Communicate?

- More than 250,000 people drown every year, as per International Life Saving Federation [ILSF]
- They are unsupervised
- No knowledge of depth or environment
- Physical condition of the individual
- No immediate life support available
- *Tidal waves are very high from the month of June till September*

### Water Safety Rules

- Learn how to swim
- Never swim alone
- Always have 'Life Guards'
- Don't dive into shallow water
- Swim only in clear weather
- Don't jump into the water without having a floatation device or a ring, best is just throw it near to person and call for help
- Know your local emergency numbers

### Beginners Swimming Workout

- Don't swim for more than 15-20 minutes in the initial stages
- If you are feeling tired, switch over to low intensity strokes
- Practice breathing exercise in-between workouts
- Rolling with each stroke is very necessary while swimming