SWIM SAFE®

How to put a wetsuit on

1

Change into your swimwear

2

Make sure zip is at the back

3

Put one foot through at a time

4
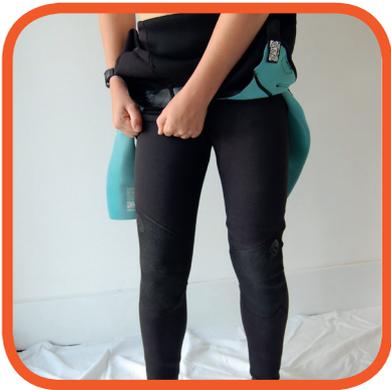
Carefully pull up your wetsuit to your waist

5

Pull the wetsuit up and put one arm in at a time

6

Do the zip up and the velcro. You might need some help

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SWIM SAFE®

Safety signs at the beach

DO NOT SWIM

DO NOT DIVE

DO NOT JUMP

DO NOT SURF

DO NOT USE INFLATABLES

DO NOT USE MOTORISED CRAFT

STRONG WINDS

SUBMERGED OBJECTS

SUDDEN DROP

SURFING

DEEP WATER

STRONG UNDERCURRENTS

DEEP SHELVING BEACH

LARGE SURF OR HIGH BREAKING WAVES

SHALLOW WATER

TIDES

WATER CRAFT ZONE

SWIM BETWEEN THE FLAGS

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