

## Bathers' safety at sea

In order to avoid that your sea holiday turns into a **nasty experience**, all you need to do is observe a few easy rules: **Swim only if you are in good health and sound psychological conditions**; wait three hours lunch or dinner and two hours after breakfast to swim. **Do not dive off cliffs** without checking first how deep the water is. **Under rough sea conditions** be particularly careful and do not swim near the cliffs. Do not swim if a red flag is flying. **Caution**: a red and yellow flag indicates there are no lifeguards on duty.

Observe general rules regulating bathing activities, such as:

Do not disturb other bathers; Do not take your pet to the beach (except where permitted); Do not pitch tents or light bonfires on the beach.

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