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Keine Stimmen

Rules in the water



This article contains the swimming, river and ice rules of the SLRG.

You can find out how to plan a water activity here.

Swimming rules

1. Only allow children in the water under supervision - keep small children close at hand!
2. Never enter the water under the influence of alcohol or drugs! Never swim on a full or completely empty stomach.
3. Never jump into the water overheated! - The body needs time to adapt.
4. Do not jump into murky or unknown waters! - The unknown can be dangerous.
5. Air mattresses and buoyancy aids do not belong in deep water! - They offer no safety.
6. Never swim long distances alone! - Even the best-trained body can become weak.

River rules

1. Inflatable boat users must be equipped with a life jacket!
2. The payload indicated on the boat must not be exceeded.
3. Do not tie boats together! - They are no longer maneuverable
4. Unfamiliar river sections must be explored first before setting off!
5. Only good and experienced swimmers should venture into open waters (rivers, ponds and lakes).
6. Hypothermia can lead to muscle cramps. The colder the water, the shorter the stay in the water!

Ice rules

1. Only enter ice surfaces if they have been cleared by the authorities.
2. Rescue equipment (ladders, poles, rings, balls, lines, etc.) are not toys.
3. The instructions of the regulatory bodies and the authorities must be strictly adhered to.
4. In the event of cracks caused by thaws, mass gatherings must be avoided.

5. Self-rescue in the event of ice! - Spread out your arms immediately and try to get out in the same direction you came from.
6. Ice collapse! - Alert other helpers immediately and only approach the victim in a prone position with a rescue device.

Proof of source

All rules have been published by the SLRG (Swiss Life Saving Association).

Picture credits

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