

## **SAFETY AND BEHAVIOUR RULES**

### **RESPIRALIA 2012**

#### **“XIII SWIMMING TOUR AROUND FORMENTERA AGAINST CYSTIC FIBROSIS”**

- ✓ IT IS MANDATORY TO WEAR THE RESIPRALIA SWIMMING CAP DURING WHEN SWIMMING.
- ✓ HANDICAPPED PEOPLE WILL WEAR A YELLOW SWIMMING CAP. PAY ATTENTION, THEY CAN NEED YOUR HELP.
- ✓ YOU MUST SWIM IN GROUP. IT IS FORBIDDEN TO SWIM ALONE
- ✓ EVERY 3-4 SWIMMERS MUST USE 1 BUOY.
- ✓ DO NOT SWIM FAR AWAY FROM THE SWIMMER WITH THE BUOY. YOU MUST HAVE A BUOY CLOSE TO YOU EVEN YOU SWIM IN GROUP.
- ✓ HANDICAPPED PEOPLE WILL SWIM WITH ANOTHER SWIMMER. IF NECESSARY, AN INTERPRETER WILL FOLLOW HIM FROM A BOAT.
- ✓ TEAM’S CAPTAIN WILL KNOW WHO IS SWIMMING FROM HIS TEAM EVERY MOMENT AND WILL CHECK THAT EVERYONE IS LOCATED. LIKEWISE, HE WILL BE RESPONSIBLE OF HIS TEAM’S BUOYS.
- ✓ EVERY TEAM WILL COORDINATE AS MANY RELAYS AS NECESSARY.
- ✓ EVERY SWIMMER WILL DOVER INTO WATER PROPERLY AND IN ORDER FROM THE VESSEL. IT WILL BE ALWAYS FROM THE FORE OR AFT BUT NEVER HEADFIRST!
- ✓ IN CASE OF EMERGENCY AT SEA: CALL YOUR RELAY MATES, TAKE THE BUOY AND MOVE YOUR ARM OUTSIDE THE WATER TO BE ABLE TO BE SEEN FROM THE ORGANIZATION BOATS. BE CALMED, HELP WILL BE COMING.
- ✓ IF YOU NEED A RELAY, YOU WILL RAISE UP YOUR ARM FIRMLY WITHOUT BALANCING IT.
- ✓ IT IS FORBIDDEN TO THROW GARBAGE OR ANYTHING ELSE TO THE SEA.
- ✓ IT IS FORBIDDEN TO SMOKE OR DRINK ALCOHOL ON THE BOATS.
- ✓ IT IS FORBIDDEN TO SMOKE AT THE INSTITUTE.
- ✓ THE SWIMMER WILL BE RESPONSIBLE TO BRING ANY MEDICINE HE/SHE NEEDS. THE RESPIRALIA 2011 ORGANIZATION WILL BE NOT RESPONSIBLE TO DELIVER IT.
- ✓ THE SWIMMER WHO PREVIOUSLY KNOWS THAT HE/SHE IS PRONE TO SEA SICKNESS, HE/SHE WILL BE LIABLE TO TAKE ANY MEDICINE TO PREVENT IT. THE RESPIRALIA 2011 ORGANIZATION WILL ONLY DELIVER THIS KIND OF MEDICINE IN CASE OF EMERGENCY.
- ✓ IT IS RECOMMENDED THE USE OF VASELINE TO PREVENT POSSIBLE BURN INJURIES WHEN SWIMMING
- ✓ RECOMMENDATIONS:
  - ALWAYS SWIM WITH SWIMMING GLASSES TO BE ABLE TO SEE JELLYFISHES AND AVOID THEM. YOU CAN GET THE NEW ANTIJELLYFISH SUIT TO SWIM SAFELY.
  - USE HIGH PROTECTION SOLAR CREAMS AND VASELINE ON FRICTION AREAS

- AVOID SWIMMING AFTER EATING
- HYDRATATE YOUR BODY CORRECTLY
- STRETCH BEFORE AND AFTER SWIMMING
- TAKE THE MINIMUM EQUIPMENT IN RUCKSACKS GROUPING THEM BY TEAMS

PLEASE, ALWAYS RESPECT THE INDICATIONS OF THE LIFEGUARDS OR ORGANIZERS, SO THEY HAVE THE LAST WORD

THANK YOU VERY MUCH FOR YOUR COLLABORATION!