



USEFUL TIPS FOR BOATERS



Remember that safety starts at the dock. Before going out to navigation, please check:

-  That you have enough fuel for the outward and return journey, taking into account any unforeseen circumstances that may arise at sea.
-  Inform family members, friends or acquaintances of the navigation you are undertaking, including the expected time of return.
-  The state of charge of the batteries, if any, and the functioning of the radiotelephone, if any
-  Switch off the engine and use the oars when you are within 300 metres of the beach or in areas of water where bathers are present.
-  The safety and marine equipment, the equipment on board in relation to the navigation to be carried out and the number of persons on board
-  Never carry more people than the boat is licensed for and distribute the load well on board.
-  Have the engine's efficiency checked regularly
-  Respect divers' buoys (red flag with white diagonal stripe) by slowing down and passing at least 100 metres away.
-  Always check the weather conditions on the route to be taken
-  Check the safety regulations issued by local municipalities and authorities.
-  Be aware of any obstacles to navigation (shoals, semi-submerged rocks, currents, etc.)

 **On Lake Garda the maximum speed limit is 20 knots during daytime and 5 knots at night-time beyond swimming waters**

 **Always take a fully charged smartphone with you in order to be able to call the emergency number 1530 when in need of immediate help by the Italian Coast Guard**



USEFUL TIPS FOR BATHERS



COMUNITÀ
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It is always better to swim with a friend so that you are not alone in the event of difficulties.



Even if you are a good swimmer, do not overexert yourself.



Do not swim long distances alone to avoid unforeseen emergencies.



Do not swim unless you are in perfect physical and mental condition.



Do not enter the water when the red flag is displayed.



If you cannot swim, stay in very shallow water



Do not go beyond the buoys marking the safe bathing area.



Do not jump into the water from the rocks, piers, lake promenade or into shallow waters



Do not stray more than fifty metres from the beach using mats, doughnuts, floats or small inflatable boats, especially when the wind is blowing from the shore.



Consult the local safety regulations of the relevant authorities and the expected weather conditions in the sea area where you are.



Enter the water gradually after exposure to the sun.



It is advisable not to drink high-proof alcohol and to consume ice and iced drinks slowly



Do not take your SUP beyond the bathing waterline and always wear a life jacket.



It is advisable not to swim outside the bathing area.



Do not swim in the launch corridors.



Waves and low water temperatures should not be underestimated.



Do not swim in the launch corridors.



Do not stay too long in the sun. Wear sunscreen, a hat and a bandana to protect yourself from the sun's rays.



If you have cramps, stay calm, lie on your back and call someone.



It is important to wait at least 3 hours after your last meal before entering the water.