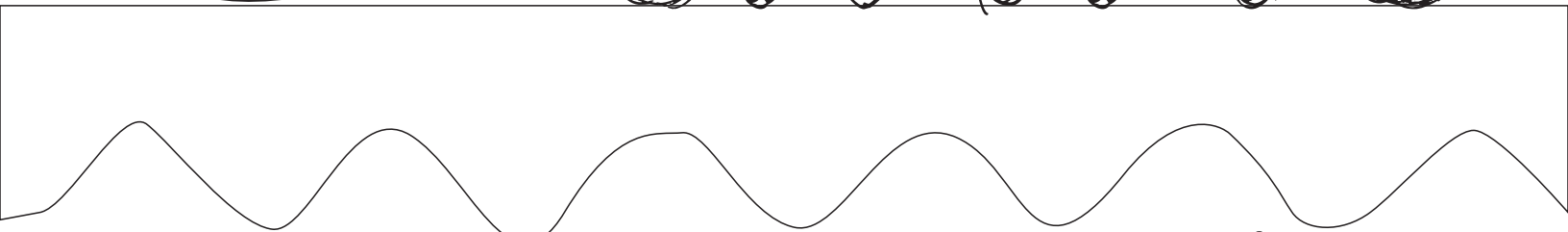


KNOW YOUR LIMITS



DON'T SWIM if YOU ARE:
too tired
too cold
too far from safety

DON'T SWIM if there IS:
too much sun
too much strenuous activity

