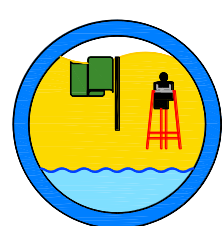


REGRAS GERAIS DE SEGURANÇA E RECOMENDAÇÕES

GENERAL SAFETY RULES AND RECCOMENDATIONS



Verifique se a praia tem nadador-salvador.
Prefira as praias vigiadas.

Make sure the beach has lifeguard.
Choose supervised beaches.



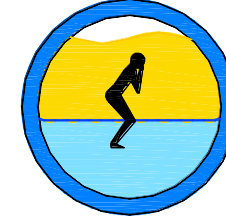
Após uma refeição normal ou ligeira aguarde pelo menos 3 horas antes de entrar na água.

After a normal or light meal wait at least 3 hours before entering the water.



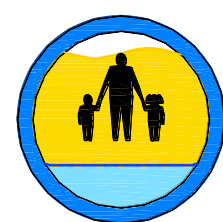
Conheça e respeite os sinais das bandeiras e obedeça às instruções dos nadadores-salvadores.

Know all beach safety flags and their meanings, comply with them. Obey to all the instructions given by lifeguards.



Evite o choque térmico ao entrar na água, molhando-se progressivamente.

Prevent thermal shock by entering the water slowly and progressively.



Vigie as crianças permanentemente e a uma distância próxima.

Actively supervise your children, closely and at all times.



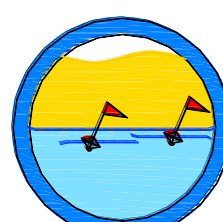
Procure sempre tomar banho ou nadar acompanhado e dentro dos limites da zona mais segura para banho indicada.

Never swim or bathe alone and keep within the limits of safest bathing zone indicated.



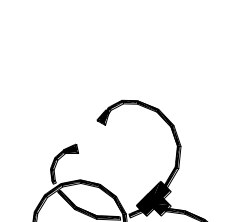
Nunca tome banho ou nade sob o efeito (ou ressaca) de drogas ou de álcool.

Never bath or swim under the effect (or hangover) of drugs or alcohol.



Respeite a sinalização existente no plano de água.

Comply with the existing information signs on the water, such as flags, signposts, buoys and rules conveyed by the Beach Regulations.



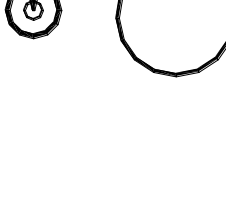
Consulte o seu médico sobre cuidados específicos a observar em caso de doença crónica, convalescença de acidente ou doença recente e em caso de toma de medicamentos.

Ask your doctor for specific precaution if suffering from chronic illness, if recovering from recent accident or disease or if under drug prescription.



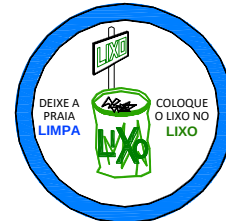
Esteja atento à existência de fundões, irregularidades dos fundos, correntes e obstáculos submersos.

Be aware of deep areas, bottom irregularities, currents and submersed obstacles.



Nunca efetue saltos para a água, exceto em local vigiado e especialmente destinado a esse efeito.

Never jump into the water unless the area is under surveillance and specially adapted for the purpose.

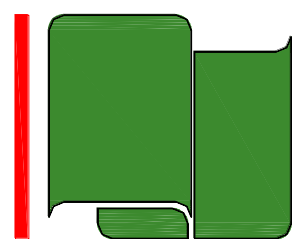


Deixe a praia limpa.
Coloque o lixo no **LIXO**.

Leave the beach clean
Place litter in the garbage bins.

SIGNIFICADO DA SINALIZAÇÃO DE PRAIA

BEACH SAFETY FLAGS AND THEIR MEANINGS



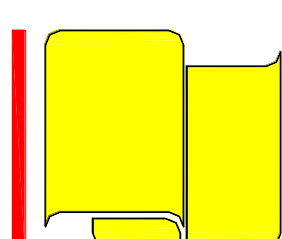
SEGURANÇA

É permitido tomar banho e nadar

• bathing and swimming are allowed

• la baignade et la nage sont autorisées.

• Baden und Schwimmen sind erlaubt.



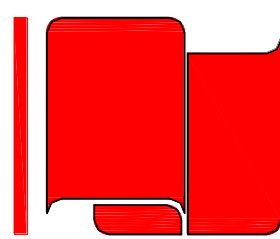
CAUIDADO

Cuidado, é proibido nadar

• be careful, swimming is prohibited

• attention, interdit de nager.

• Vorsicht, Schwimmen ist verboten.



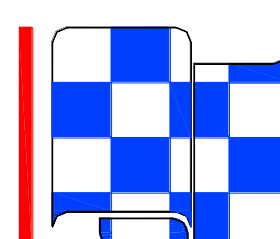
PERIGO

Perigo, é proibido entrar na água

• danger, entering the water is prohibited

• danger, il est interdit d'entrer dans l'eau

• Gefahr, es ist verboten, ins Wasser zu gelangen.



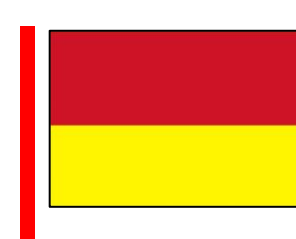
SEM VIGILÂNCIA

Praia temporariamente sem vigilância

• beach temporarily without lifeguard

• Plage temporairement non surveillée.

• Strand momentan nicht bewacht.



ZONA DE BANHOS

Delimitação da zona mais segura para banhos

• delimitation of the safest area for bathing

• délimitation de la zone de baignade la plus sûre

• Abgrenzung des sicheren Badebereichs.