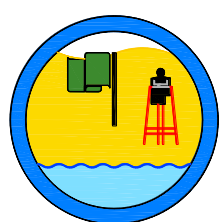


REGRAS GERAIS DE SEGURANÇA E RECOMENDAÇÕES

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.



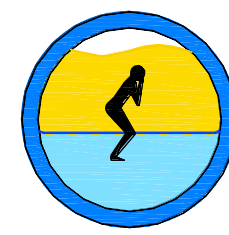
Após uma refeição normal ou ligeira aguarde pelo menos 3 horas antes de entrar na água.

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



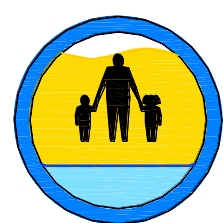
Conheça e respeite os sinais das bandeiras e obedeça às instruções dos nadadores-salvadores.

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.



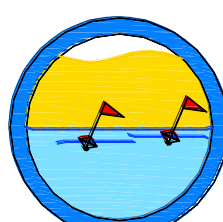
Procure sempre tomar banho ou nadar acompanhado e dentro dos limites da zona mais segura para banho indicada.

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



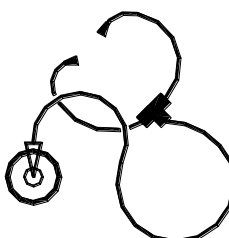
Previna a desidratação e a hipoglicémia através da ingestão regular de frutas, bebidas não alcoólicas e alimentos ligeiros.

Prevent dehydration and hypoglycaemia by ingesting regularly fruit or light snacks and drinking non-alcoholic beverages.



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.



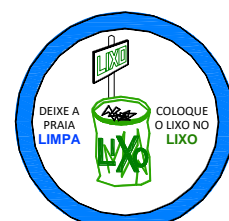
Esteja atento à existência de fundões, irregularidades dos fundos, correntes e obstáculos submersos.

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.

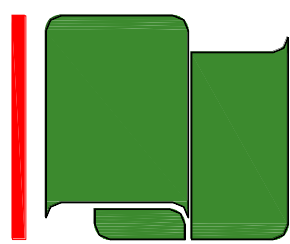


Deixe a praia limpa. Coloque o lixo no **LIXO**.

Leave the beach clean. Place litter in the garbage bins.

SIGNIFICADO DA SINALIZAÇÃO DE PRAIA

BEACH SAFETY FLAGS AND THEIR MEANINGS



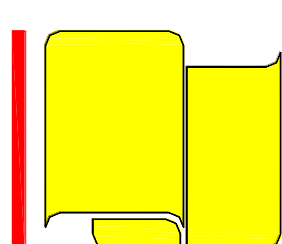
SEGURANÇA

É permitido tomar banho e nadar

• bathing and swimming are allowed

• la baignade et la nage sont autorisées.

• Baden und Schwimmen sind erlaubt.



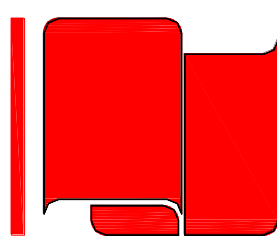
CAUIDADO

Cuidado, é proibido nadar

• be careful, swimming is prohibited

• attention, interdit de nager.

• Vorsicht, Schwimmen ist verboten.



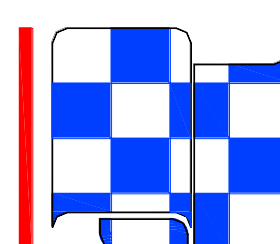
PERIGO

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.



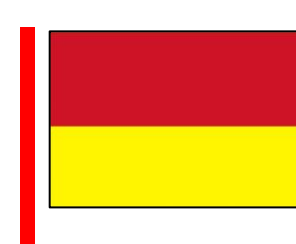
SEM VIGILÂNCIA

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.