附件2

新版防溺10招-「五不五要」

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| --- | --- | --- |
| 五不 | 不長時 | 8 |
| 不疲累 | 7 |
| 不跳水 | 2 |
| 不落單 | 4 |
| 不嬉鬧 | 6 |

|  |  |  |
| --- | --- | --- |
| 五要 | **要合法** | 1 |
| **要暖身** | 5 |
| **要注意** | 9 |
| **要冷靜** | 10 |
| **要小心** | 3 |