



USEFUL GUIDE TO SWIMMING ON LAKE GARDA



Produced by the Hoteliers' Association committed to promoting best practices for a high-quality stay.



CLOTHING_wear a hat, sunglasses, and lightweight clothing during the hottest hours.



SUN_use eco-friendly sunscreens to protect yourself and respect the lake.



HYDRATION_drink water regularly and avoid alcohol and overly cold beverages.



SIGNAGE_respect the signs and indications present in each Municipality along the Garda Riviera.



DIGESTION_wait at least 3 hours after meals before swimming.



IMMERSION_always enter the water gradually to lower body temperature and thus avoid potential risks.



DISTANCE_do not swim too far from the shore, especially if you are alone or with children.



INFLATABLES_do not drift far from the shore with air mattresses or inflatable rings; they can become dangerous. Children must always wear life jackets on boats and pedal boats.



DIVING_avoid diving in unknown areas; always check the bottom before diving.



BUOYS_respect the designated swimming areas and signal your presence with safety buoys if swimming in open water.



NAVIGATION_keep a safe distance from motorboats.



EFFORT_do not overexert yourself; stop if you feel tired or fatigued.



SHADE_on particularly sunny days, before and after swimming, seek areas sheltered from direct sunlight.



Number for emergencies and safety communications – 112

National emergency number for water rescues: 1530 (free, available 24/7)

Coast Guard: +39.0365 21300 / 0365 293147 / 366 6557399

VHF Radio Channel: Canale 16



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