



# The Blue Beret

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1971

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## CASEVAC EXERCISE

An important role which the helicopters fill at all times is to provide emergency medical evacuation facilities.

For this vital task it is necessary to have a standing procedure which is clearly understood by all concerned — both those in the air, and those on the ground.

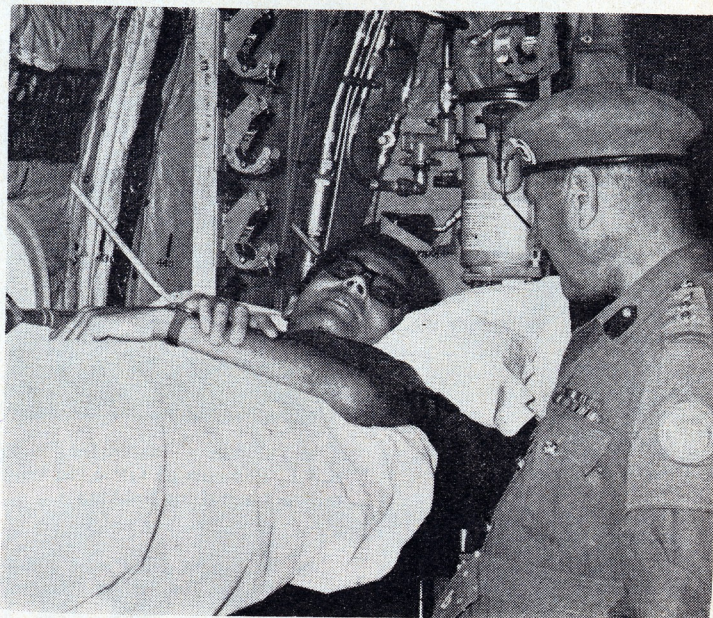
Simulated casevac training is taken very seriously by the emergency medical teams at the Austrian Field Hospital and by the helicopter crews. At a training exercise last week the following timings were recorded:

Emergency call made  
to 230 Squadron at 1015 hrs  
Helicopter airborne  
at 1018 hrs  
Helicopter arrives at  
AFH at 1021 hrs  
Helicopter airborne  
from AFH at 1025 hrs  
Helicopter arrives at  
Tjiklos at 1034 hrs  
Helicopter leaves  
Tjiklos at 1040 hrs  
Helicopter arrives at  
AFH with patients at  
1050 hrs

● An exercise casualty who is considered to have fractured his leg is being transferred from a helicopter to an ambulance car at the AFH. The third orderly is holding an infusion container which is used to combat shock.

Although this was only a training exercise when swift timing could be expected, a 35 minute interval from first call to hospital was nevertheless a very satisfactory performance, and one on which all personnel who took part are to be warmly congratulated.

For those UN personnel on lonely OP duty in isolated locations it can be comforting to know that in an emergency, expert medical attention is always readily at hand.



● Being seen off at Nicosia Airport by Colonel E. D. H. Williams, the Chief Medical Officer, is 1st Lieutenant T. Dalskov, a member of Dancon, being repatriated to Denmark as a medical casualty.

1st Lieutenant Dalskov incurred injuries in a road accident involving a jeep in which he was travelling. He was evacuated from Pendayia Hospital to Nicosia Airport in a helicopter of 230 Squadron RAF Detachment.

● The helicopter with the casualty comes in to land at the Austrian Field Hospital.

## BRITISH CONTRIBUTION TO UNFICYP

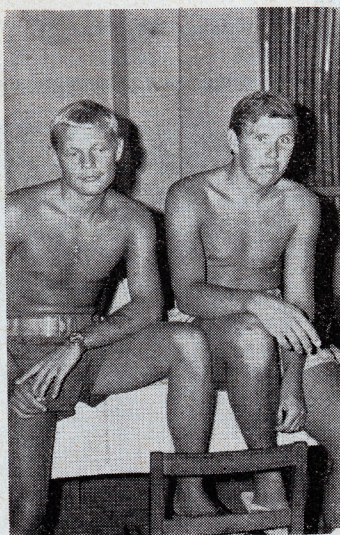
In a letter dated the 20th July to the Secretary General, U Thant, the Permanent Representative of the United Kingdom to the United Nations, has stated that the British Government is prepared to make a financial contribution in support of UNFICYP up to a total figure of £875,000 for the period of the renewed mandate. This figure will include both the extra costs of the British Contingent, and as before, a cash element which will not exceed the previous level of £625,000.





# DANCON NYT

## HELT ALENE - OG HELE UGEN ALENE MED..... SE, DET GØR FORSKELLEN

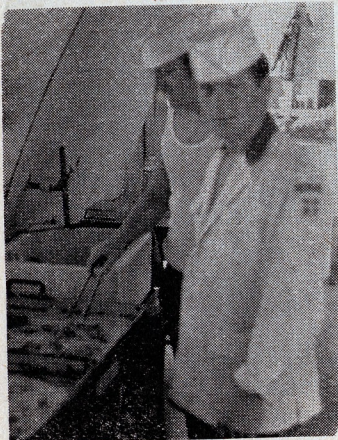


● KSerne Overgård og K.A.L. Pedersen på OP 4 ved vejen mellem Limnitis og Kokkina

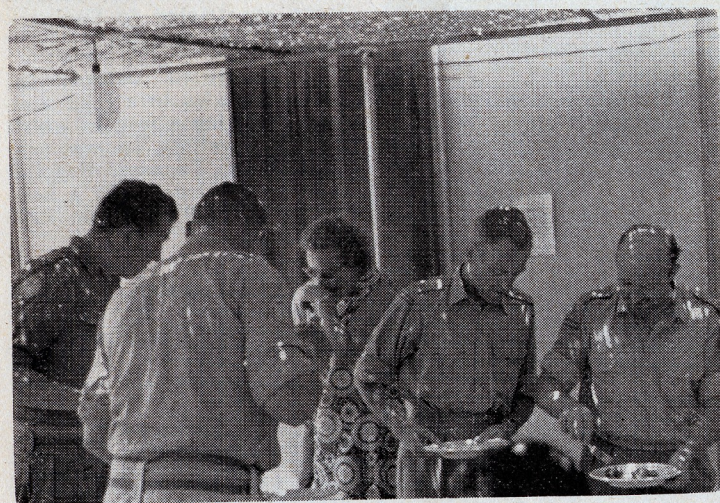
● Duften af dejlig mad ombølger kokkene Tingleff og "Bager"



### 1. TILBEREDES...



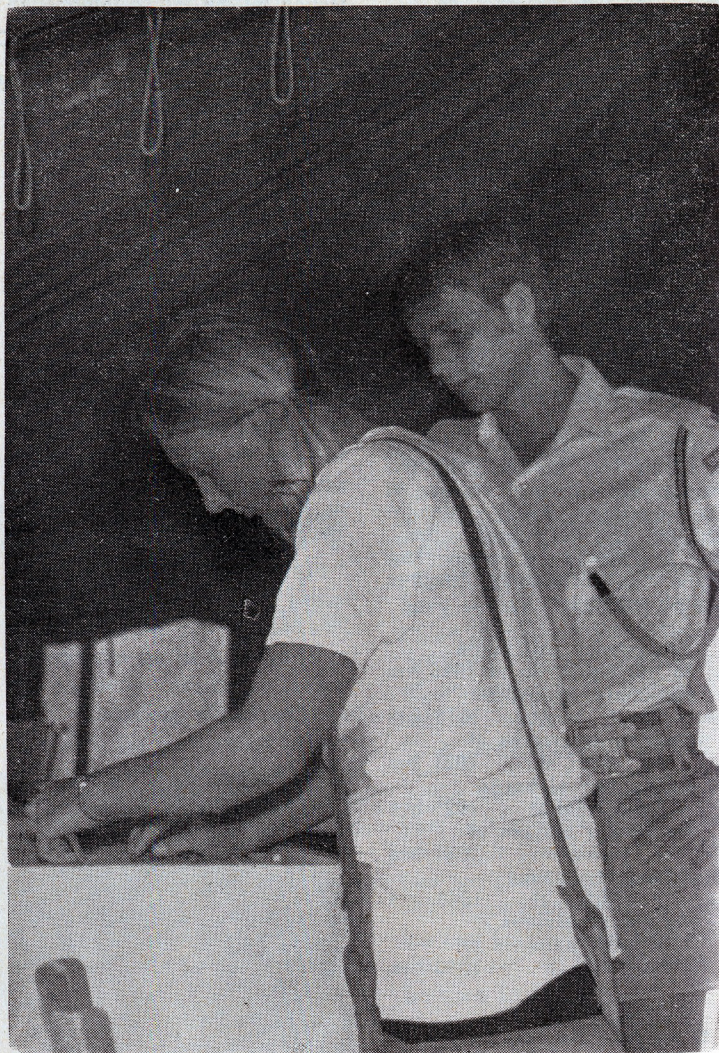
### 2. INDTAGES I FAST....



### 3. OG I FLYDENDE FORM....



● SGerne "Mc Donald", Hougård og Andersen hygger sig i SGmessen i Limnitis.



● KS T. Iversen og Lilly Sørensen søger efter en plade til næste Dancon-koncert.

● MAJ E.I.S. Christensen, OL Nørgård og frue samt OB Lohmann-Kragh og MAJ Meldgård tager for sig af retterne i den solspættede skygge under halvtaget ved officersmessen i Xeros under besøget for nylig hos Dancon.



### 4. SAMT SVEDES UD IGEN!



● KSerne J.T. Hansen, Jepsen, Martens og SGerne Rasmussen og Madsen runder et hjørne under morgen-FUT i XEROS-lejren

## INSPEKTION

Force Commander inspekterede den svenska kontingenten förra veckan. Han damp ner från skyn via helikopter. Efter en kort briefing togs han ut på ett föreläsningsprogram som omfattade FN-exercis, beskrivning av svensk signalmateriel (bilden t.h) svensk FN-plutons organisation och verksamhet där 4:e pluton stormade fram i rök och damm, under ledning av serg Harder.

Efter det visade force engineer, mj Thelander, förbättringarna i privatematsalen. Serg Kronberg demonstrerade sedan all den materiel som finns i våra kp-bilar samt den utrustning som bärs av en svensk soldat med blå hjälm.

Fv Larsson visade närstrid och kravall-exercis varvid inspektionsrundan avslutades med en demonstration av avgående doktorn, Ingemar Helin, som med hjälp av Tore Mas, Nils Lindroth och P-O Jönsson från The Oasis demonstrerade MMM-metoden.



SWEDCON NEWS  
Swedish Forces Photos

## FOTBOLLEN

Ja, fotbollsturneringen rullar vidare. För att ta det i rätt ordning har följande hänt: 2:a pluton slog 4:e med 7-6 efter sarslagning med straffar.

I nästa match möttes 1:a pluton och Civpol. En match som var mer än hård och innehöll en rad ojustheter. 1:a vann med 6-5 ånyo efter straffslag.

Det gör att finalen spelas mellan 1:a och 2:a den 29/7 på planen i Old City. Båda lagen hoppas på en stor publik. I tröstturneringen slog Staben Trossen med 3-1.

Vi har också haft fotbollsutbyte med Britcon där vårt bataljonslag fick stryk med 3-2. Avgörandet föll under matchens sista 15 sekunder. Vår målvakt var ur slag men bra backsplå av främst Paulsson räddade målet från ytterligare påhållningar.

De svenska målen gjordes i 7:e minuten av Bo Sundkvist. Det andra målet gjordes av Dan Lust på nick efter hörna under första halvlekens sista minut. Vanligtvis målfarliga Johansson från kompexp hade en mellandag.



## AMBULANS FRÅN SVERIGE

Med sista SCACYPEN landade en ambulans på Cypern. Ett fordon som skänkts efter en svensk hjälpsats till ett litet sjukhus i staden Tafila i Jordanien.

Med ambulansen följde tre män: Överste Sven Lampell från Söderhamn, (bilden t.v.), major Bo Linddahl från Linköping samt dr Jan Bergström från Sölvesborg. Samtliga tre gjorde förra året ett besök i Jordanien i Röda Korsets regi. Ett besök som nu resulterat att de ensamma beslutade om en insamling. En insamling som fick en ambulans som mål.

Fordonet överlämnades på Beirut flygplats till jordanske läkaren Wali Moumanni, som därmed fick vad som tidigare saknats på hans sjukhus: Ett sjuktransportfordon.



● Det var mycket folk som medföljde SCACYPEN sista vändan. Bl.a fanns där en folkvald, riksdagsman Anders Gernandt från Arboga åtföljd av Jonas Nordenfeldt från UD. De hann under den korta tiden bl.a besöka såväl Mr Clerides som Vice president office i Nicosias Old City. Guide under Cyperndagarna var major Hans Akke.

● I veckan växlar medicinmännen. Dr Ingemar Helin lämnar CGC och ersätts av mj Lars Malmberg från Örebro. Ett tack till dr Ingemar som också varit bataljonens kontor i snart fyra månader. En ny sökes med ljus och lyckta. Dr Helin fick som tack bataljonens första Cypernmedalj för året.

## HÅRLÄNGD

Jaha, påstötningar har kommit redaktionen tillhanda. Därför publicerar vi ovan en interiörbild från en hantverkarens lokal. Känner någon igen arbetet som utförs.

Med andra ord är det en liten påstötning om att kapa hårlängden. Frisören hotar redan med att höja priset då svenska soldater har alltför mycket man för att sortera under "ekonomipris".

Någon har också undrat om lagom hårlängd endast gäller bataljonen. Svar Ja! Civpol sköter sig själva!



De mycket populära Troodos-resorna fortsätter. Fler får plats ombord på bussarna. Två resor återstår. Mj Akke är bas som vanligt.

Snart är den svenska medaljraden ett faktum. Den inträffar torsdag 5 augusti. Bl.a kommer FC att utdela medaljerna till chefen och ytterligare 16 man.

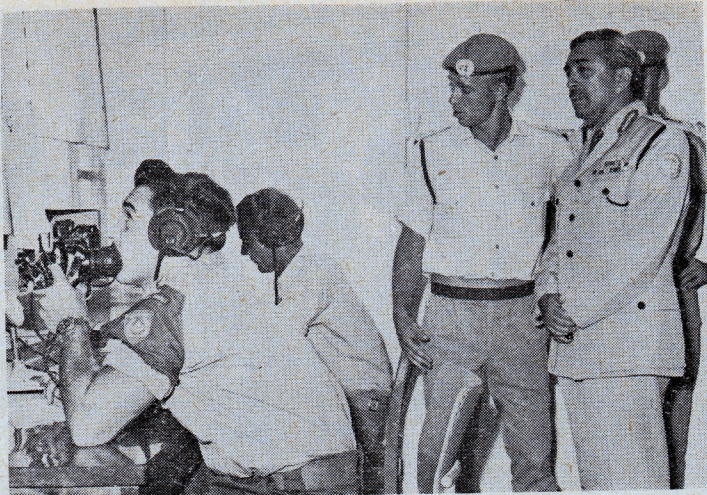


### FORCE COMMANDER VISITS 644 SIGNAL TROOP

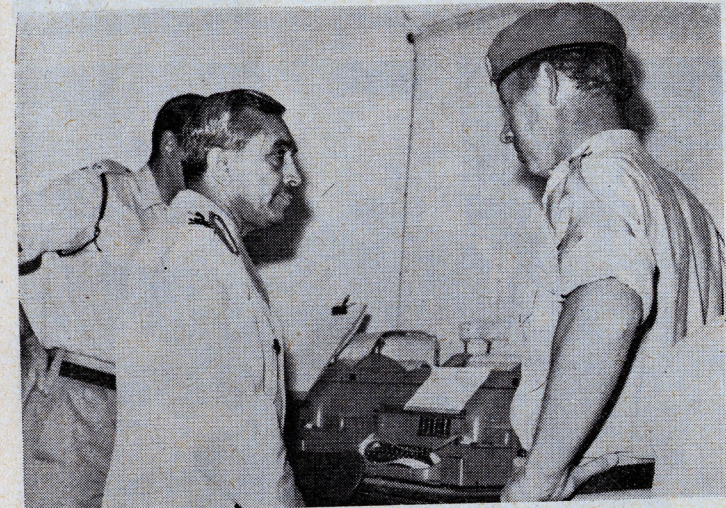
On 24 July 71 the Force Commander, Major General D. Prem Chand, paid a visit to 644 Signal Troop where the OC Captain George Finney, Royal Signals, showed him the static element of the Troop based in Blue Beret Camp.

Split into two parts, the operating and maintenance sections under WO II (Yeoman of Signals) Wright and Staff Sergeant (Foreman of Signals) Hill respectively, the Troop provides teletypewriter and telephone communications for UNFICYP and also an access into the Defence Communication Network (Worldwide).

(L to R) Force Commander and Captain Finney in the Teletypewriter Room.



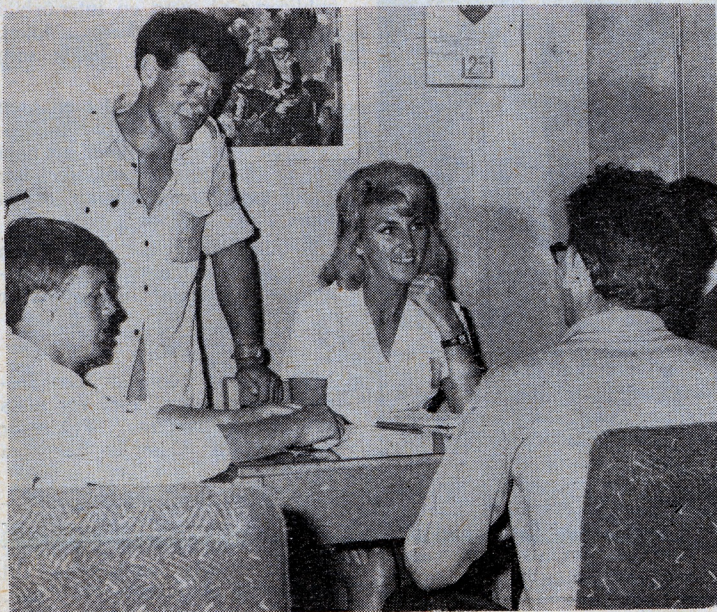
(L to R) Signalman Gignac, Royal Canadian Signals, Lance Corporal Broom, Royal Signals, Lieutenant P. F. Meaning, Royal Signals (Radio Officer), Force Commander.



### WRVS AT POLEMIDHIA CAMP

Miss Betty Wynn below is in good company chatting to a group of Gordon Highlanders in the WRVS room at Pole-

midhia Camp. Betty Wynn arrived in Cyprus just as the Gordons arrived, which was a pretty wise move on her part! She does a great job touring the outstations, as well as arranging social evenings and outings for "The Jocks". Seen in the photograph with Betty are Privates Morrison, Gillies and McPherson. Outnumbered by more than 600 to 1 Betty copes remarkably well!



### BRITCON NEWS

### THE BAVARIAN BAND

The Gordons' Military Band are an adaptable group. By day they may be seen on the square rehearsing for a formal parade, and in the evening they may be putting on a concert, or playing at a dance.

The band can also produce two smaller dance groups: One plays "The Pops" while the other, some of whom are seen above, play Bavarian music. Dressed for the part, this popular gimmick goes down very well wherever they play. On the sax is Sergeant Massie, Staff Sergeant Forsyth on the trumpet and Sergeant Greig on the tuba.



### "JACKS OF ALL TRADES"

"Jacks of all Trades" are the Royal Engineer Detachment at HQ UNFICYP. (L to R) Lance Corporal Ward, plumber and pipe fitter, Corporal Myers,

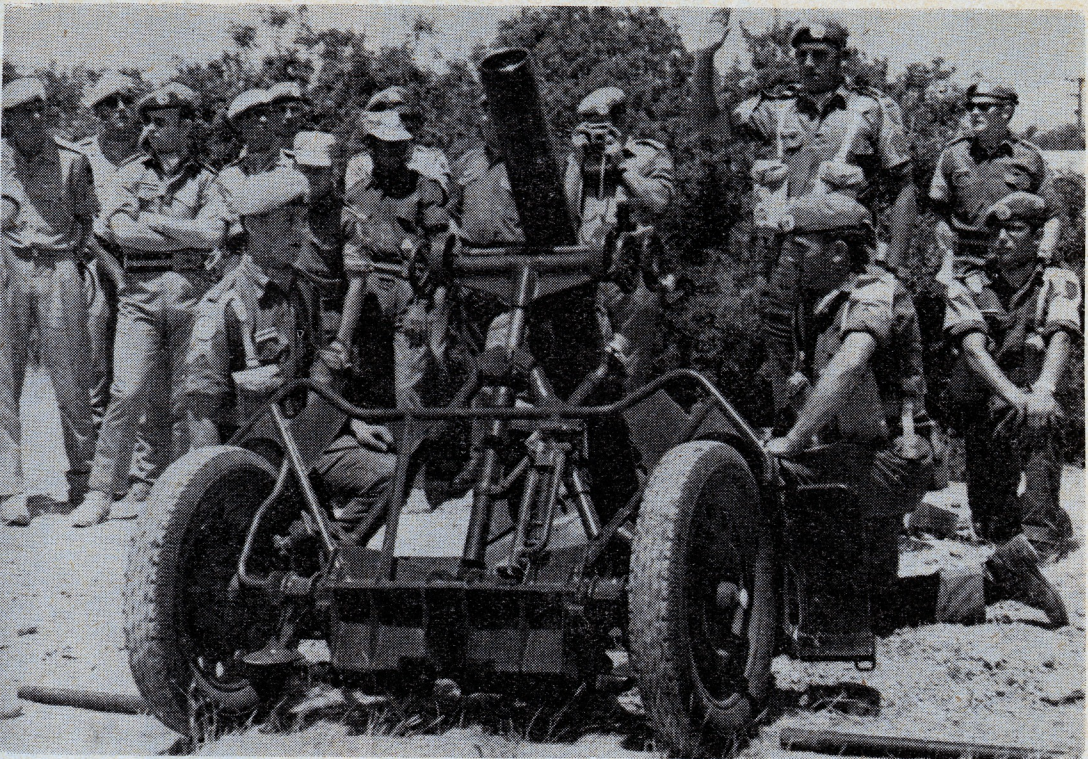
electrician, WO I Wheeler, "the boss"! Corporal Rainey, the outgoing electrician, and Lance Corporal Richardson, carpenter. They manage to look and keep cheerful despite the problems of overloaded circuits and under pressured water supplies!



### THE HEAVY MORTAR TROOP

The Heavy Mortar Troop of the 20th Irish Infantry Group, is the only self-contained Artillery Unit in UNFICYP. The Troop is armed with four 120mm French Brandt Heavy Mortars.

This mortar fires a 13kg bomb up to 7,000 metres. The danger area of the bomb is 550m, and HE, Smoke or "PEPA" (a rocket booster which gives an extra 1500m) can be fired. A four-gun Troop can put nearly 1,000 lbs of lethal projectiles into the air before the first bomb lands on target.



### IRCON NEWS

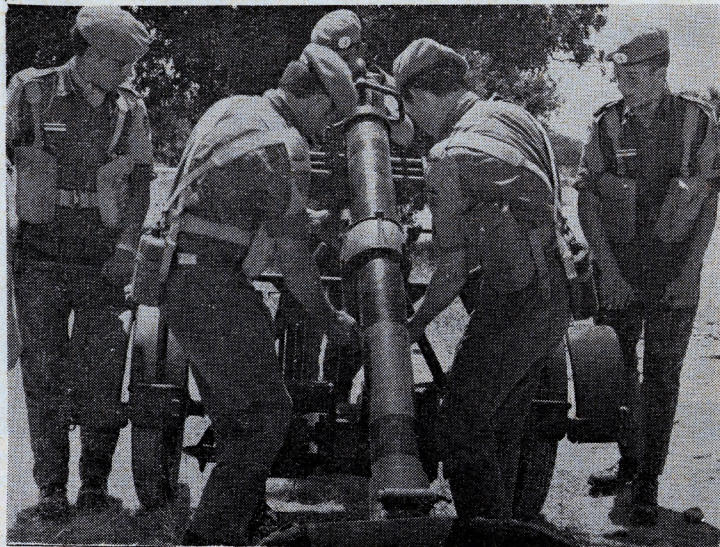
The personnel of the Heavy Mortar Troop are drawn almost exclusively from the 1st Field Artillery Regiment stationed in Ballincollig, County Cork. Most of the NCOs have already seen UN service both in the Congo and in Cyprus.

The Commander of the Troop is Captain M. Shannon, who has previous ONUC and UNFICYP service, with Lieutenant Enda Breslin as Gun Position Officer. Sergeant Tom Walsh combines the duties of Troop Sergeant with that of Officers' Mess Sergeant in Zyyi Camp. The four NCOs in charge of the Mortars, or the "Number

Ones" as they are usually called, are Sergeants Hugh Cassidy, Mick Kelly, Steve Geary and John Molloy, all veterans of Congo and Cyprus. One of the brains of the outfit is Sergeant Bill Keating, Surveyor Sergeant, whose normal speech is in terms of angles, ranges,

degrees and mils. The gunners have already established themselves in the sporting field in Cyprus and some of them have been very prominent in Ircon soccer and volleyball.

The Troop have to a certain degree almost abandoned their

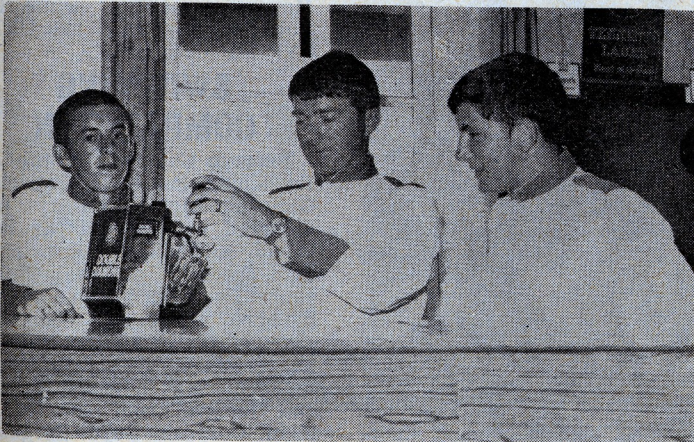


Into Action.

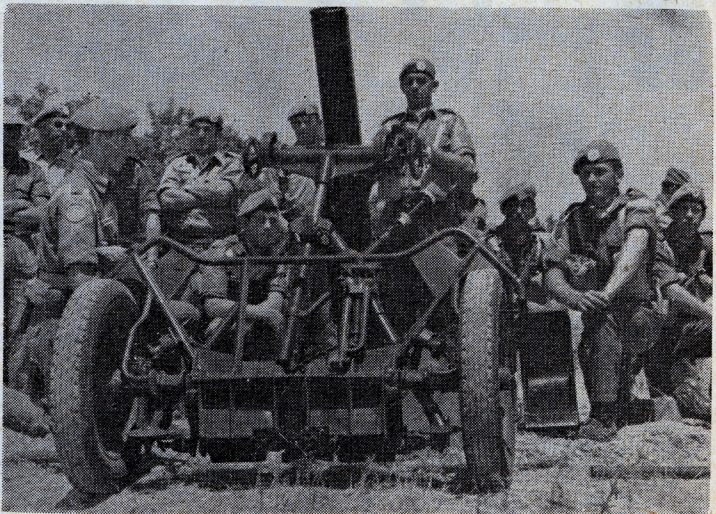
"Fire!"

directors, plotting boards and dial sights, wireless sets, etc., and have taken to the very necessary tasks of administration in the field. Their chief tasks are the day to day running of the various Messes in Zyyi. They contribute greatly to the traditional "Failte" (Welcome) that Irish specialise in. Already, quite a few "Maitres d'Hotel" have emerged. Leading sportsman in the unit is Gunner Paddy Kelleher from Cork City. Paddy recently played soccer as centre forward for UNFICYP and scored a goal for his side against a Cyprus Lawyers Selection.

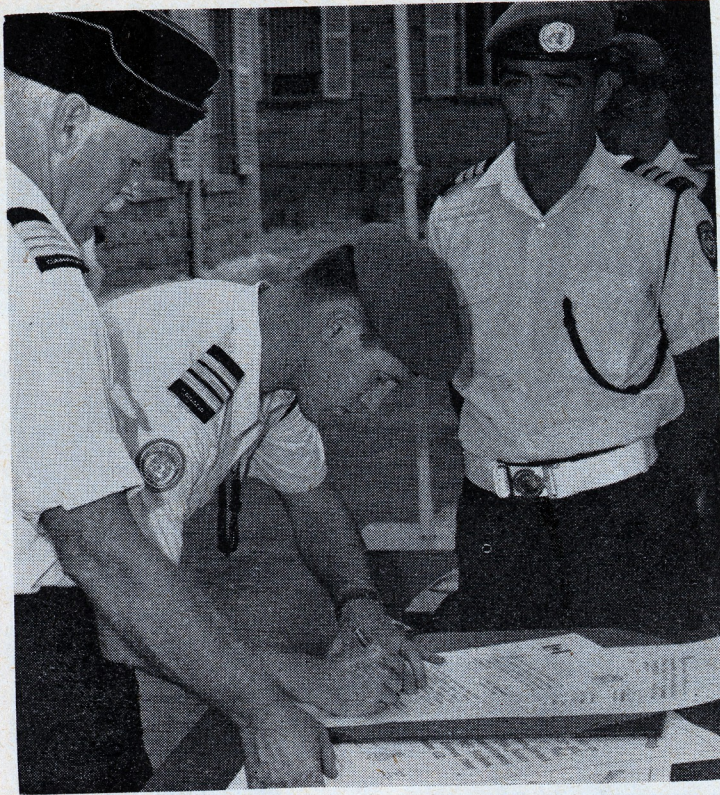
Awaiting a correction from the Command Post.



Sergeant Hugh Cassidy (centre) displays his expertise at pulling a pint to Gunners Kelleher (left) and O'Callaghan.







## CHANGE OF COMMAND

Lieutenant Colonel C. W. Hewson signs the document giving him command of the 1st Battalion PPCLI. Looking on (Right) is former Commanding Officer Lieutenant Colonel W. E. J. Hutchinson. Also officiating at the ceremony at Wolseley Barracks was the Colonel of the Regiment, Major General (retd.) C.B. Ware. Colonel Hewson came to Cyprus from Mobile Command Headquarters in Montreal where he was a senior staff officer. Colonel Hutchinson has been posted to Washington to take up the duties of Canadian Liaison Officer to the Pentagon.

## CANCON NEWS

Canadian Forces Photos



● Lieutenant Arnold Lavoie discusses water problems with a Cypriot goatherd on the outskirts of Nicosia. Lieutenant Lavoie is the economics officer with the 1st Battalion PPCLI and he has dealings with both Greek and Turkish Cypriots in attempting to solve some of the economic problems in Cyprus.

## LAND SEA AND AIR

Three members of the Canadian Contingent in Cyprus talk about old times at CFB Trenton where all three were stationed before being posted here. The three are, Sea Element Sergeant D. B. Scobie of River Hebert, Nova Scotia, (left), Air Element, Corporal J. N. Rainville of Waterloo, Quebec, (centre), and Land Element, Sergeant H. W. Robertson of Guelph, Ontario. Sgt. Scobie is a physical educational and recreational instructor, Cpl. Rainville works in the Movements Office while Sgt. Robertson is with the UNFICYP MP Company.

## SWIMMING COMPETITION

Reserve Company of the 1st Battalion Princess Patricia's Canadian Light Infantry was declared winners of the Battalion swimming competition held recently at the Chimo Club. The winning team consisted of back row, left to right, Privates Collins, Boyce, Leger, Corporals LeBigot and Jackson, and Privates Hansen and Gordon. Front row, left to right, Corporal Boyd, Sergeant Villiger, Privates Todd, McLean, and Beilman, and Master Corporal Conley.



## FORCE COMMANDER VIERAILI



Force commander vieraili Finconissa 20.7.1971. Ohjelmaan kuului komentajan pitämä briefing ja sen jälkeen tarkastuskiertä Kykkossa, Farmilla, Pilerissä ja Tjikloksessa.

## UI TURVALLISESTI

Useimmat hukkumistapaukset olisi voitu välttää noudattamalla varovaisuutta. Jotta säästymme niiltä täällä ja kotimaassa, on syytä kerrata taas uimaohjeet:

1. Älä ui koskaan yksin
2. Älä ui ennenkuin tunti on kulunut edellisestä aterista
3. Älä ui, jos voit pahoin tai olet humalassa
4. Älä mene syvemmälle kuin missä jalkasi tapaavat pohjaan ellet ole hyvä uimari
5. Älä ui myrskysäällä
6. Varo pyörteitä ja merivirtoja. Jos joudut virtaan, ui sen poikkisuuntaan, ei vastaan, kunnes olet virtauksen ulkopuolella
7. Älä sukella liian matalassa vedessä



Viestihuollon porukka tutkimassa Risto-radion ihmeellisyksiä. Kuvassa vasemmalta oikealle yliv Jokinen, jääk Kuisma, kers Niinikoski, alik Kettunen ja jääk Leppänen



Sotilaspoliisikomppanian suomalaiset kasvot ovat vaihtuneet osittain uusiksi. Vasemmalta oikealle kuvassa ovat alik Lampi, alik Pellikka, alik Mikkola ja alik Lehtonen. Kuvasta puuttuu alik Olkkonen, jolla on pysyvä komennus Nicosian ulkopuolella.

## RADIO - OHJELMAA

Suomalaisilla on omaa radio-ohjelmaa saarella: joka viikko torstaisin ja joka kolmas sunnuntai. Näistä jokaviikkoista ohjelmaa kuunnellaan varmaan enemmän. Sensijaan tuo joka kolmas sunnuntai lahetettävä ohjelma jää pienemmälle huomiolle.

Torstaipäivään kuuluu kolme hyvää asiaa: pannukakku ja hernerokka, posti ja suomiradio. Ohjelmassa luetaan lähetettyjä tervehdyksiä YKSP:ssä palveleville

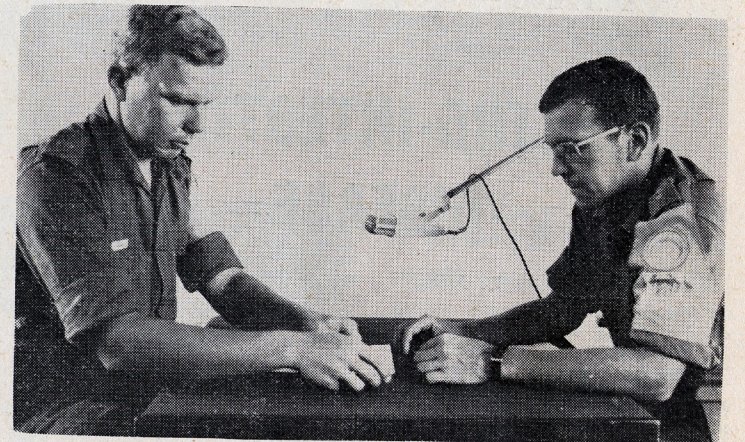
ja soitetaan toivelevyjä. Jos haluat saada terveisiä eetterin kautta, lähetä kotiin osoite OY YLEIS-RADIO, Kesäkatu 2, 00260 Helsinki 26. Kuoreen tai mieluummin korttiin merkintä "YK-konsertti". Ohjelma lähetetään joka torstai klo 20.00.

Joka kolmas sunnuntai samaan aikaan lähetetään Kyproksen radiossa täällä valmistettu suomenkielinen ohjelma. Tämän ohjelman toimittamisesta vastaa lomaupseeri sotilaspastorin avust-

mana. Kuluneiden kahden rotatiokauden aikana on tämä ohjelma ollut "poimintoja levystöstä"-tyylinen. Varsin niukasta levyvarastosta on valittu muutamia kappaleita joiden tiimoilta on keskusteltu. Jos sinulla on hyvä idea jommankumman ohjelman parantamiseksi tai jos ne ovat mielestäsi jostain syystä aivan määnttejä, olemme ilahtuneita ehdotuksista. Voit jättää ne jommallekummalle syylisistä.

Molemmat ohjelmat lähetetään aaltopituudella 620 kHz, siis keski-aalloilla. Tämän lisäksi Suomen Yleisradio lähettää suunnattuja radio-ohjelmia joka päivä. Tavallisella matkaradiolla voi täälläkin kuunnella uutis-lähetyksiä, joskaan kuuluvuus ei ole keuhuttava ilman erikoislaitteita.

## FINCON NEWS



Täällä ikioma ohjelmanne, mikrofonin ääressä pastori ja lomaupseeri... Joka kolmas sunnuntai klo 20.00 lähetettävä suomenkielinen ohjelma äänitetään paikallisen radioyhtiön studiossa.

## VIESTIHUOLTO TOIMII

Monet tärkeät toiminnot tässä suomalaisessa pataljoonassa tapahtuvat "salassa". Jollakin tavalla vain viestiyhteydetkin pysyvät kunnossa. Tutustumme tällä kertaa hiukan viestihuoltoryhmän työpäivään.

Viestihuollon valtakunta on jännittävän näköinen sekamelska joka koostuu levällään olevista laitteista, varaosista, virvoitusjuoma pulloista, kolveista ja mittareista. Itse asiassa ei voi puhua sekamelskasta. Esineet näyttävät löytäneen oman paikkansa. Huoltoryhmän johtaja yliv Jokinen ei ehdi kauaa oleskella täällä, nytkin hän lähtee seurajansa kanssa viemään kahta generaattoria. Martins Moundissa palaa sähkövalo taas kohta kun rikkiäinen generaattori vaihtuu uuteen. Suomesta tulleiden generaattoreiden tilalle ei olekaan mitään lähetettävää, vanhat käytetään varaosiksi.

Huoltoryhmään kuuluu puhelin-, sähkö- ja radioasentaja. Pataljoonan radioiden sisuskaluihin on perehtynyt jääk Kettunen. Hänen työpöydällä onkin aina pari Ristoa hajoitettuna osiin. Siviiliammattiltaan hän on radio- ja tv-asentaja.

Sähköjohtoja vetelee jääk Leppänen, myös siviiliammattiltaan sähköasentaja. Messien tuuletinmet ja viallisten generaattorien korjaaminen ovat pitäneet Leppäsen viime aikoina täystyöllisenä. Tembloksen sähköt uusittiin hiljattain. Valmistuva Kykon jääkärisauna tulee teettämään paljon töitä Leppäselä.

Huollon "kolmas mies" onkin tuttu muista yhteyksistä. Jääkäri Kuisma kanssa olemme tavanneet useamman kerran urheilusukelluksen merkeissä. Kuisma on kokenut sukeltaja. Kokemusta hänellä on myös ammatissaan. Suomessa hän asenteli automaattia, täällä hän hoitelee puhelinasentajan vakanssia. Kuulemma hapettuminen ja liian kova käsittely ovat puhelinasentajan viholliset numero yksi. Aikaisemmin Kuisma oli täällä vuonna 67 radioasentajana.

Viestihuollon työkenttä lienee yksi kiinnostavimmista työntekijän kannalta tässä pataljoonassa. Työtä riittää joten on syytä toivoa etteivät ihmiset polttaisi proppujaan, ainakaan viestiyhteyksien takia.



MP NOTEBOOK

ACCIDENTS —  
UNFICYP

Week Ending  
24 JUL 71 — 3

Same Period  
Last Year — 8

Total This Year — 166

Same Period  
Last Year — 208

Main Cause Of Acci-  
dents This Week:  
"INATTENTION TO  
DRIVING"



## GASTRO-INTESTINAL DISEASE

The Manual of Army Health  
quotes the old tag:

"Dairies, drains, drinking  
water, the dust of dried dejecta,  
the repulsive regurgitation,  
dangerous droppings, and the  
filthy feet of faecal-feeding  
flies fouling food" to indicate  
the main causes of this group  
of diseases which includes  
cholera, typhoid, dysentery,  
jaundice, food poisoning and  
"Gypsy tummy".

While pasteurised milk deli-  
vered in cartons and the con-  
trol of drains and of water  
supplies have removed much  
of the risk imposed by the first  
three quoted causes, it is still  
wise to remember that these  
are very much present in de-  
veloping countries. Unfortuna-  
tely infected dust, the fly and  
the rodent still succeed only too  
frequently in trifling with the

contents of our gastro-intesti-  
nal tracts despite all efforts to  
keep our food free from them.

Few of us have failed to as-  
sist at one of those mass ca-  
sualty demonstrations when the  
awful truth gradually dawns on  
the assembly be they school-  
boys, officers taking part in an  
atomic exercise or wedding  
breakfast guests, that the cook

has had his little joke at our  
expense and that the majority  
of us are going to have an un-  
happy and embarrassing next  
few hours. Not so long ago in  
the SBA two young ladies who  
prepared a buffet supper for a  
teenage beach party which  
successfully incapacitated the  
majority of their guests, were  
subsequently known as the  
BORGAS!

Those medieval poisoners  
knew precisely what they in-  
tended to do. The feckless food  
hand'er is usually ignorant of  
the danger of a little dirt in  
food in a hot country. If only  
he would learn!!

● A troop of armoured cars  
of "A" Squadron The Royal  
Hussars patrolling through a  
village in the Karpas penin-  
sular during a recent exercise  
with Swedish ground troops.

The Force Reserve vehicles  
have become a familiar sight  
around the island in recent  
weeks carrying the UN flag  
into some of the more remote  
country areas.

## FSO's VOLLEYBALL LEAGUE

By September, the winners  
of the Force Signal Officers  
Volleyball League will have  
been presented with their me-  
dals and the FSO's Volleyball  
Cup.

At the moment however, the  
result is still in doubt. Ircon  
are leading with Fincon close  
on their tail.

The League Table to date is:

|            | P | W | L | F  | A  | Pts |
|------------|---|---|---|----|----|-----|
| IRCON      | 8 | 8 | 0 | 16 | 0  | 16  |
| FINCON     | 9 | 7 | 2 | 14 | 4  | 14  |
| CANCON     | 7 | 4 | 3 | 8  | 6  | 8   |
| BRITCON    | 7 | 3 | 4 | 7  | 9  | 6   |
| F. RESERVE | 6 | 3 | 3 | 8  | 8  | 6   |
| 644 SIGS   | 9 | 2 | 7 | 6  | 13 | 4   |
| SWEDCON    | 5 | 2 | 4 | 2  | 8  | 2   |
| DANCON     | 5 | 0 | 5 | 1  | 10 | 0   |

## SWIM SAFELY

Drowning fatalities occur  
every year. In nearly every  
case they would have been  
prevented if the persons con-  
cerned had taken elementary  
precautions.

There are some basic rules  
which should be always ob-  
served by EVERYBODY.

Here they are:

1. Don't enter the water un-  
less there are at least two  
of you.
2. Don't enter the water if  
you do not feel well.
3. Don't enter the water if  
you are under the influence  
of alcohol.
4. Don't enter the water for  
at least one hour after  
having a meal.
5. Don't go out of your depth  
until you can swim well.
6. Don't indulge in rough play  
in or near the water.
7. Don't swim when the sea  
is rough.
8. Don't swim where there are  
eddies or currents.
9. Don't dive in shallow water.
10. Don't dive where you may  
injure yourself and or an-  
other person.
11. Learn how to float and how  
to tread water.

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