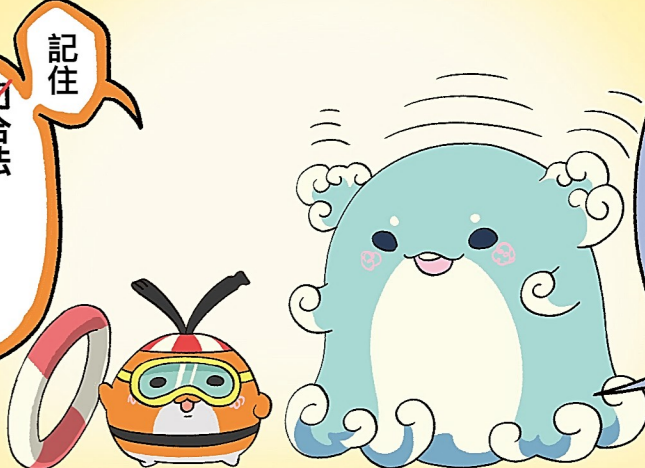
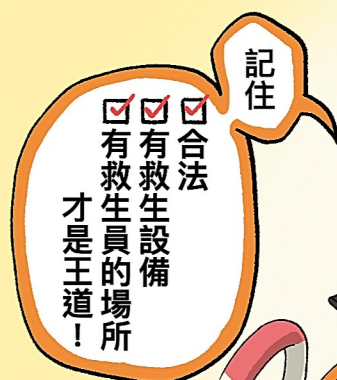
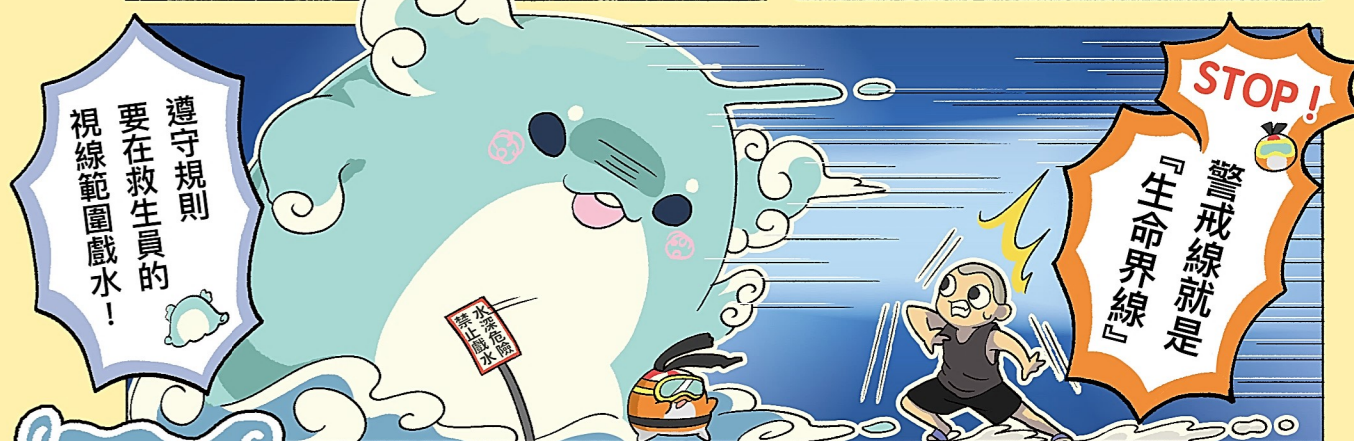
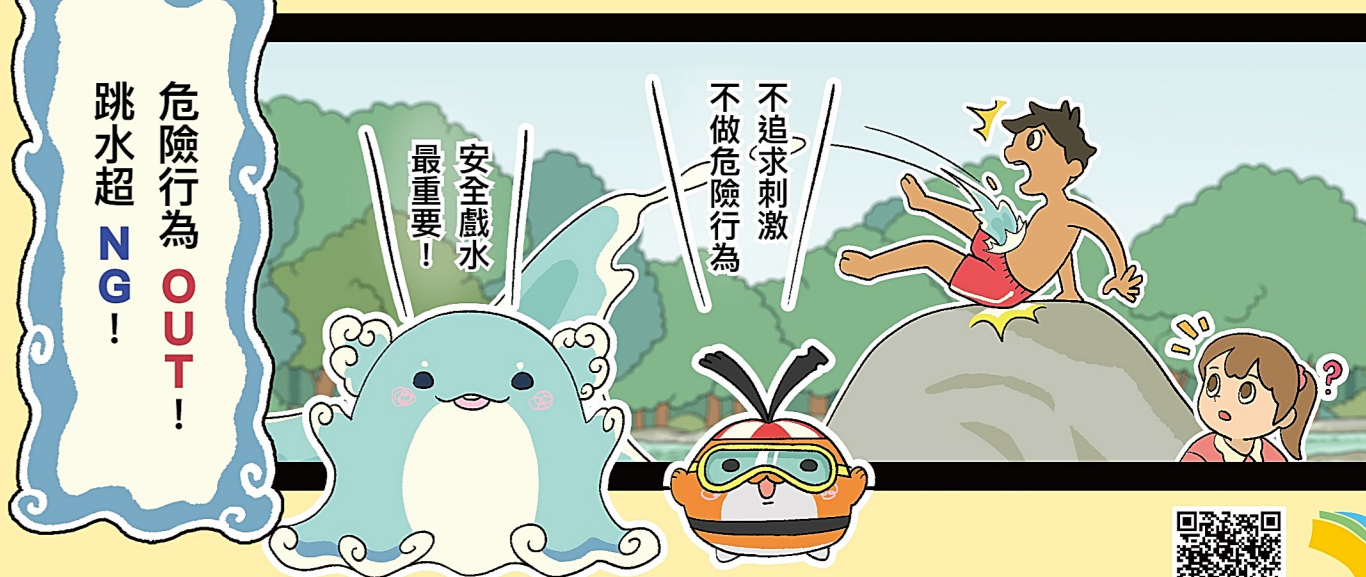
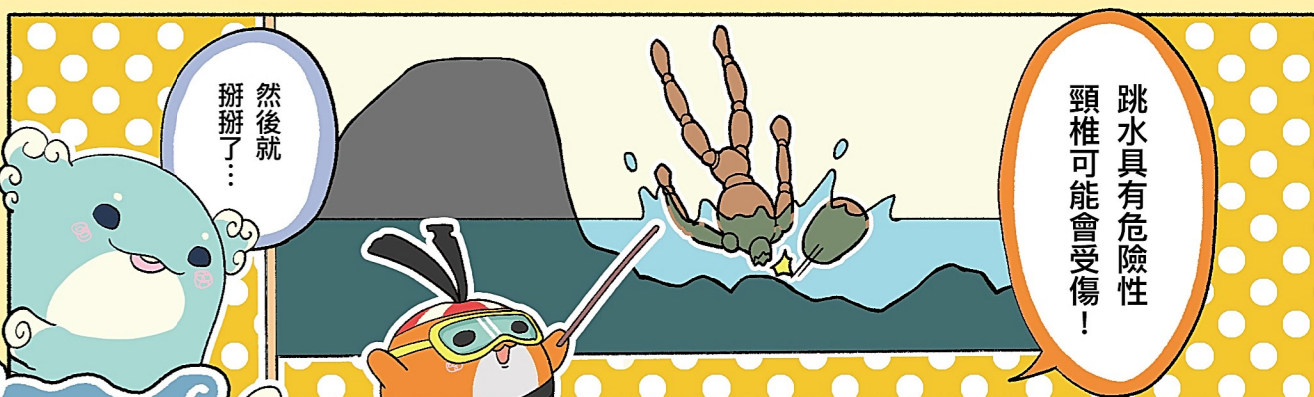
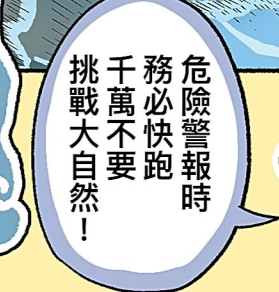
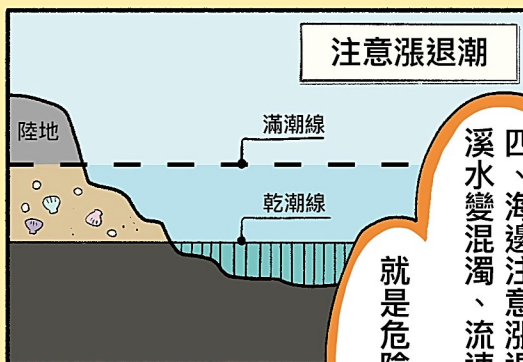
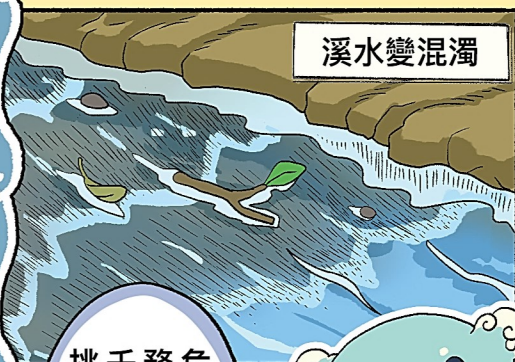
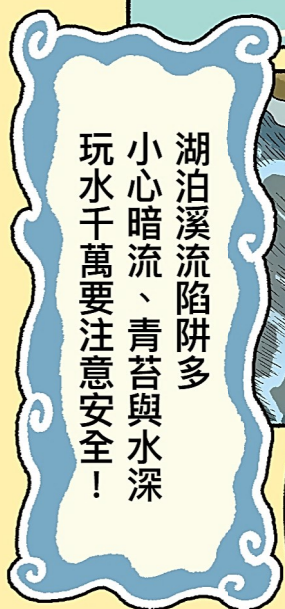
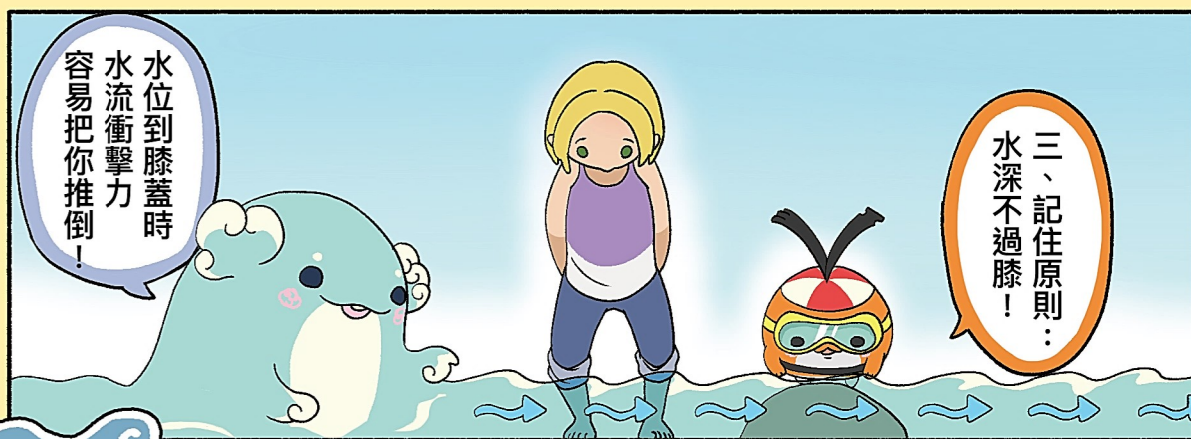
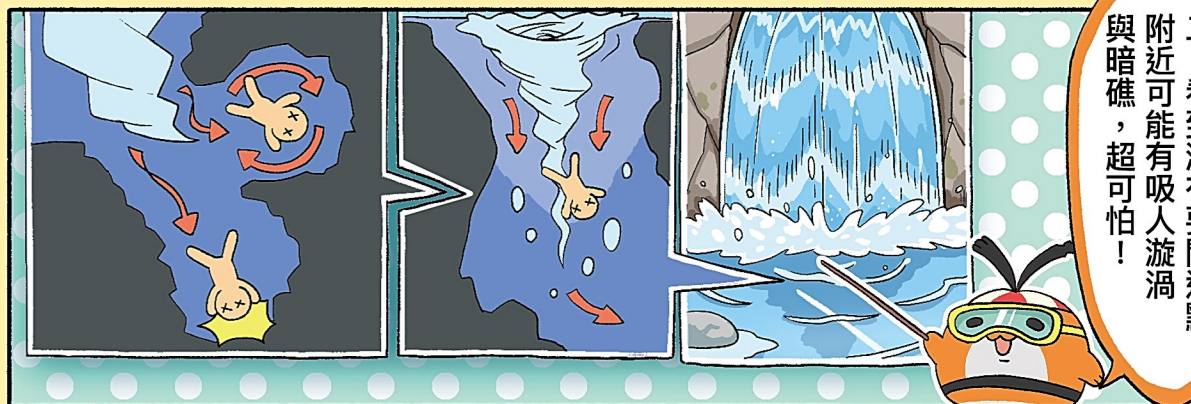
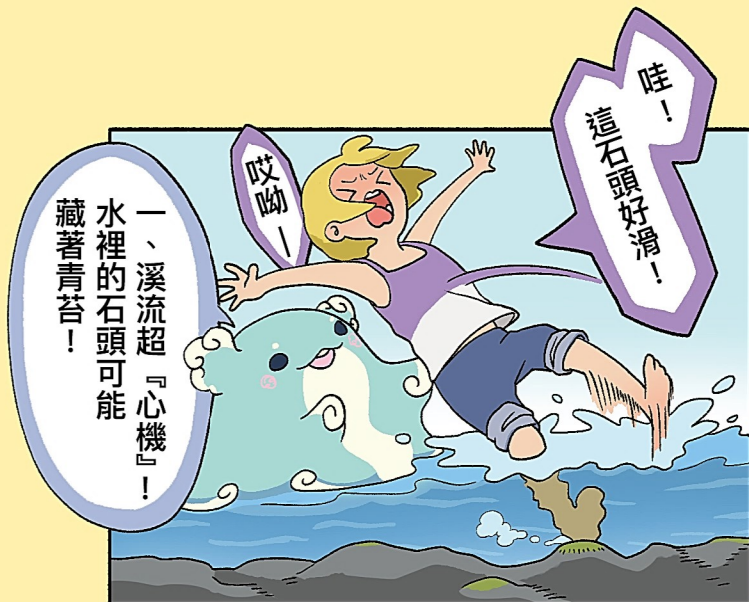


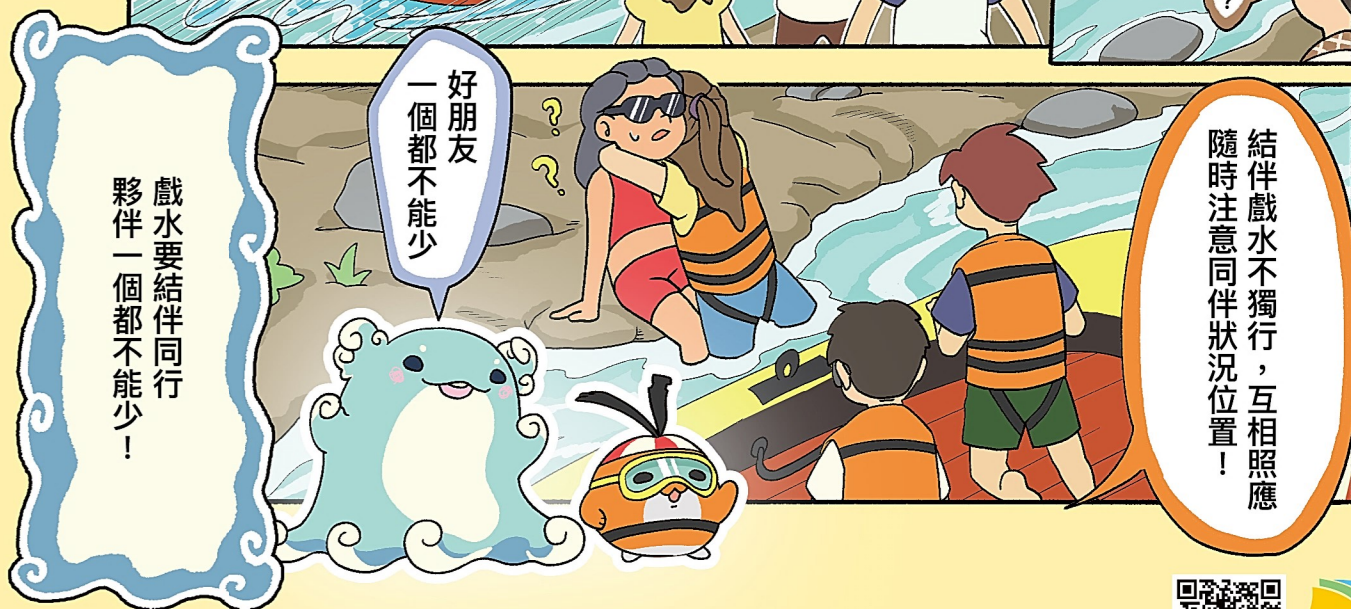
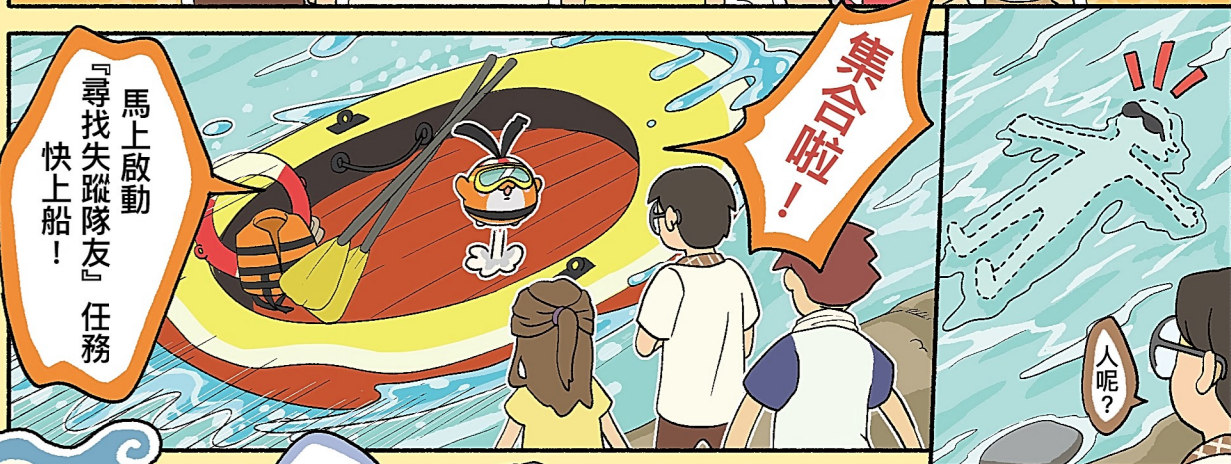
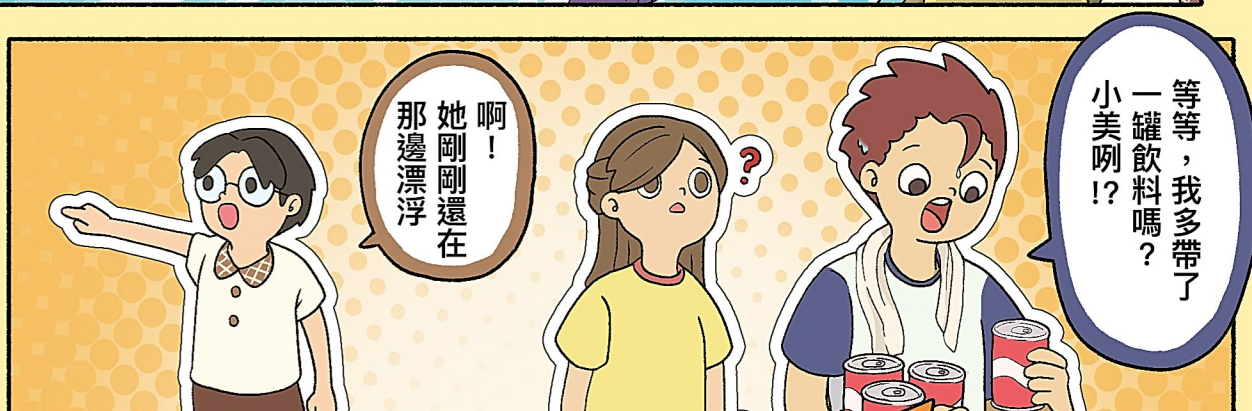
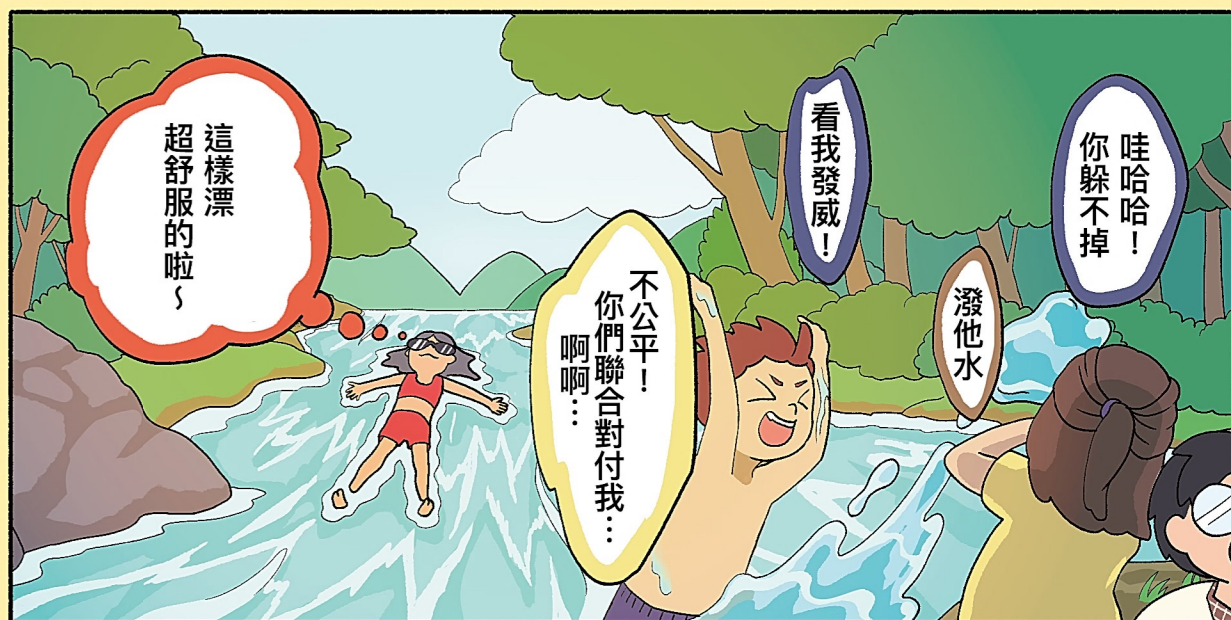
第二招



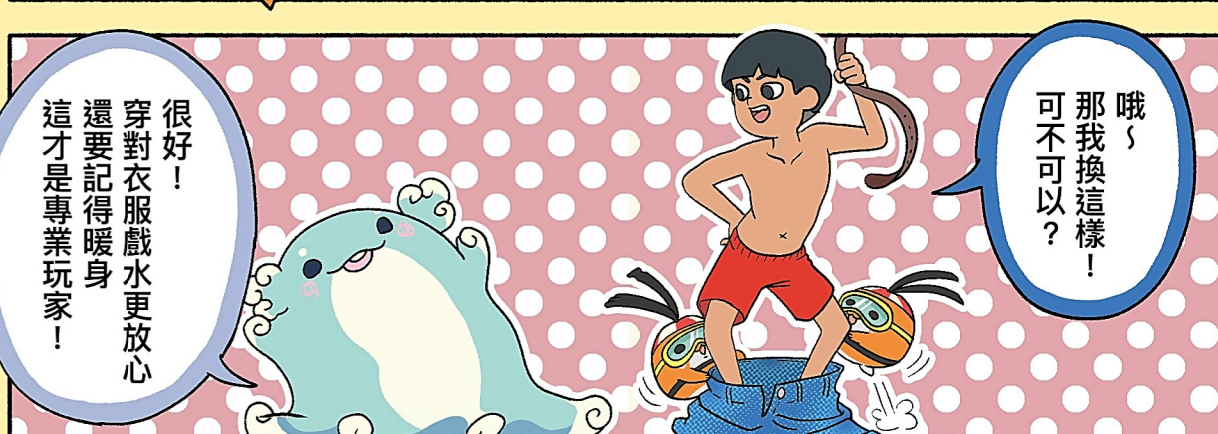
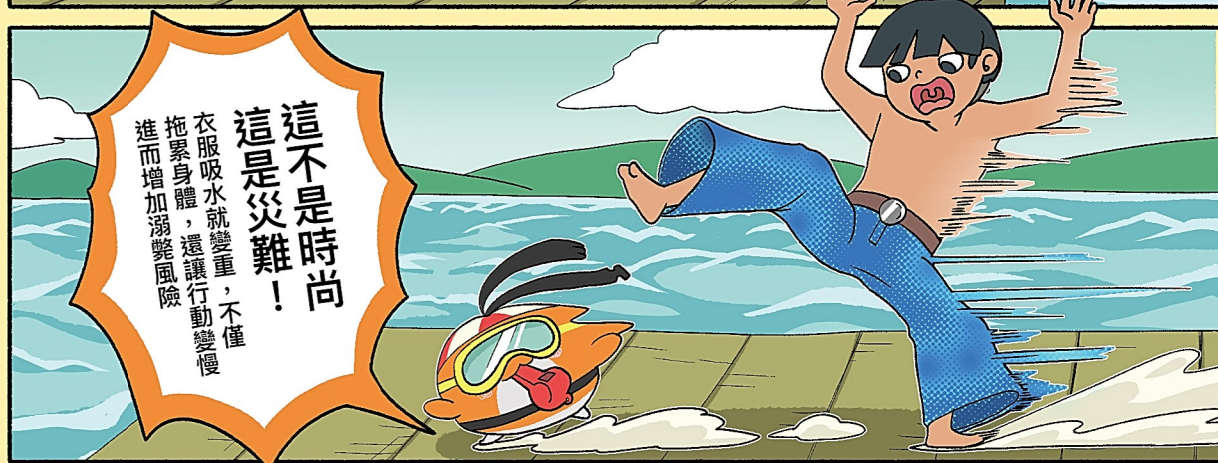
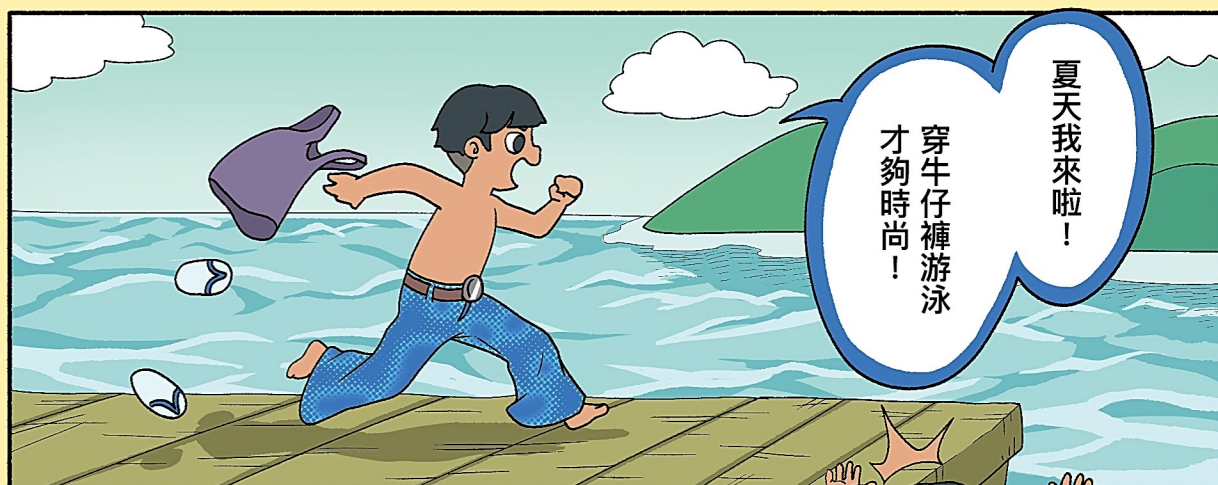
第三招



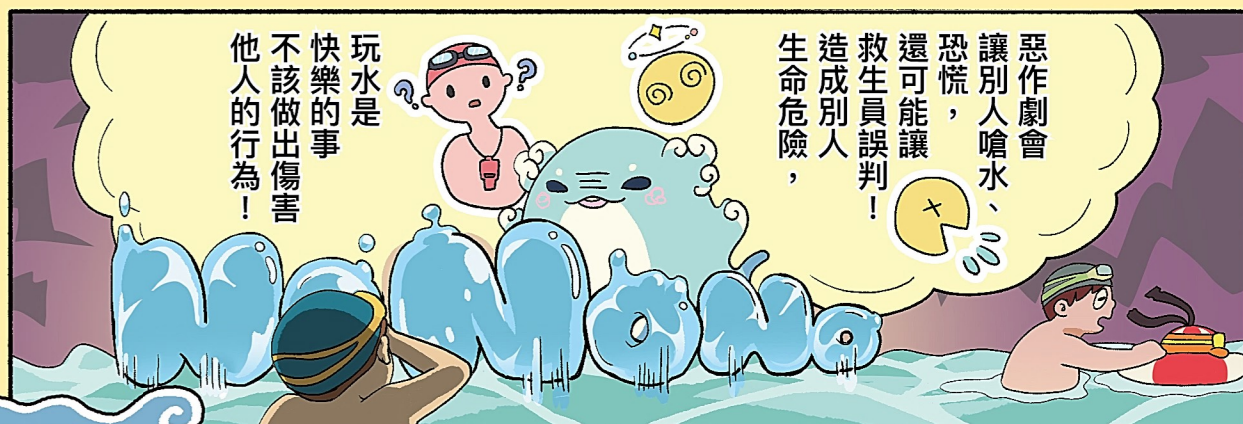
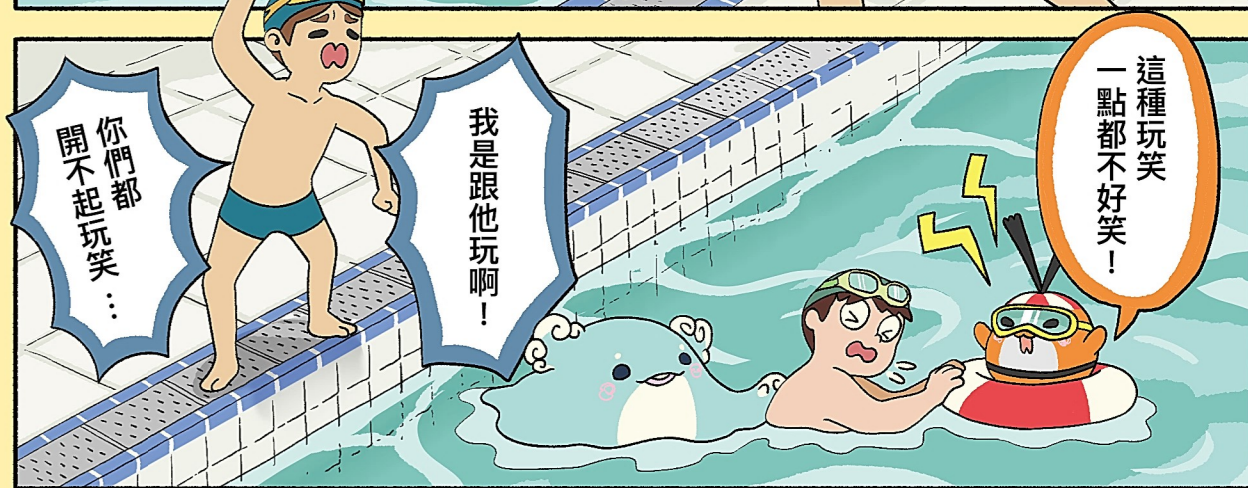
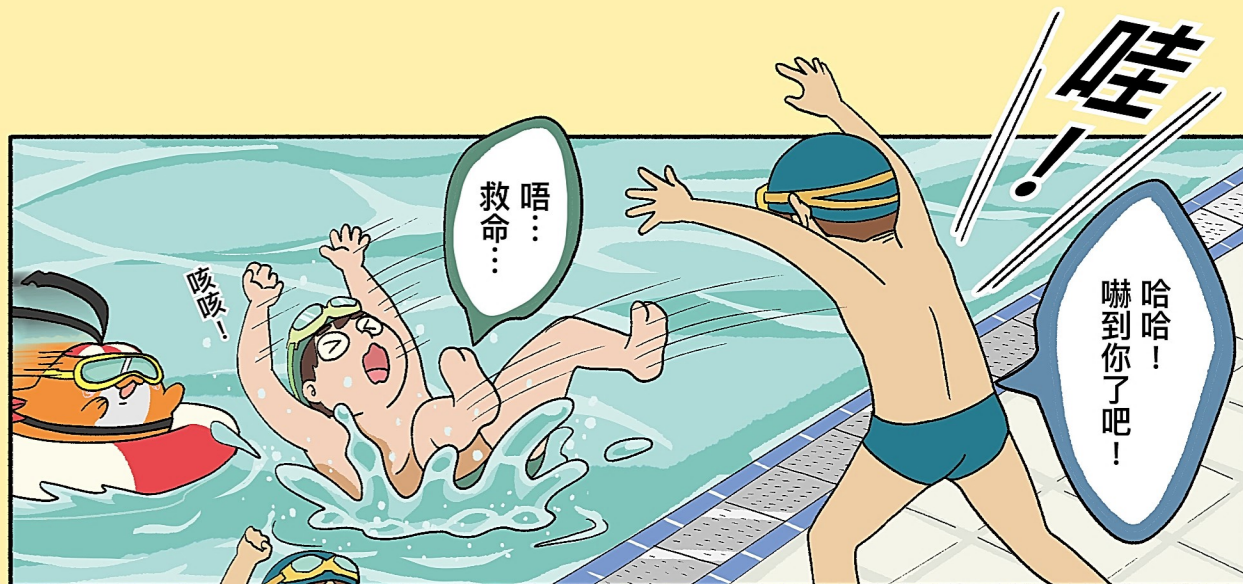
第四招



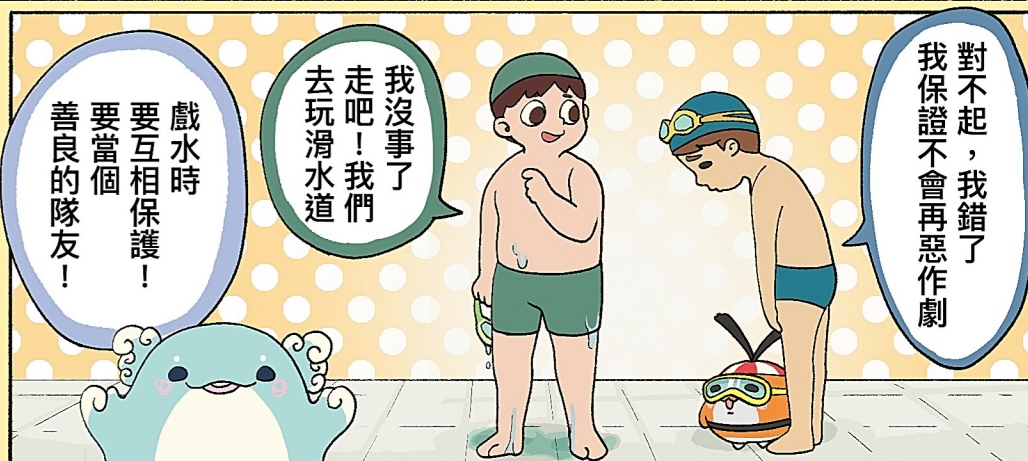
第五招



第六招



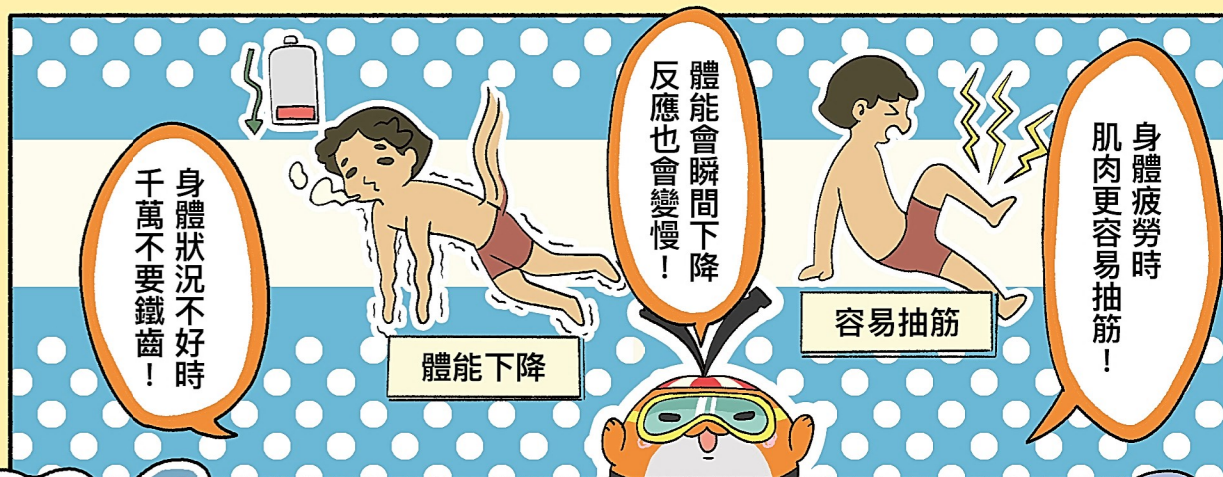
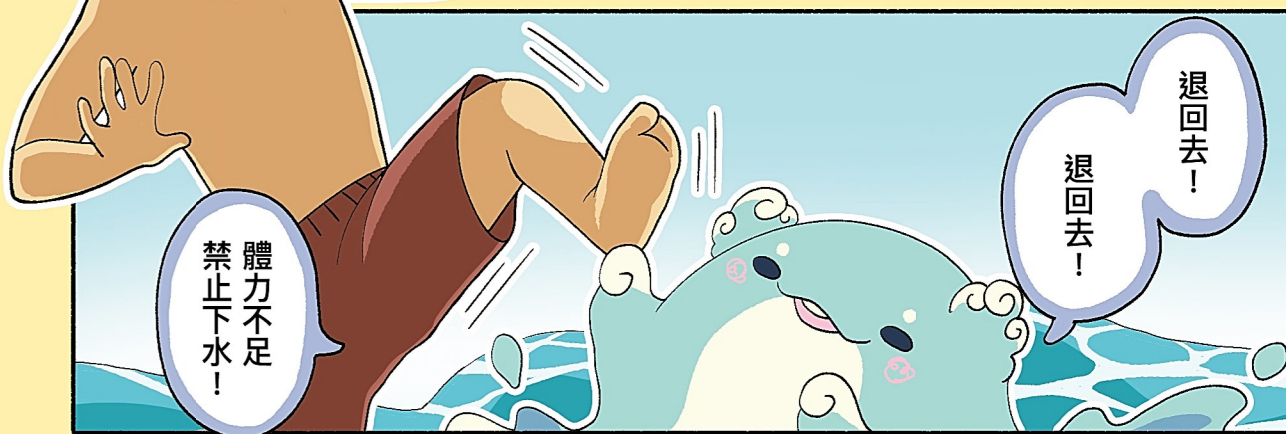
水中嬉鬧惡作劇
超不OK!
當個善良的隊友!



戲水時
要互相保護!
要當個
善良的隊友!

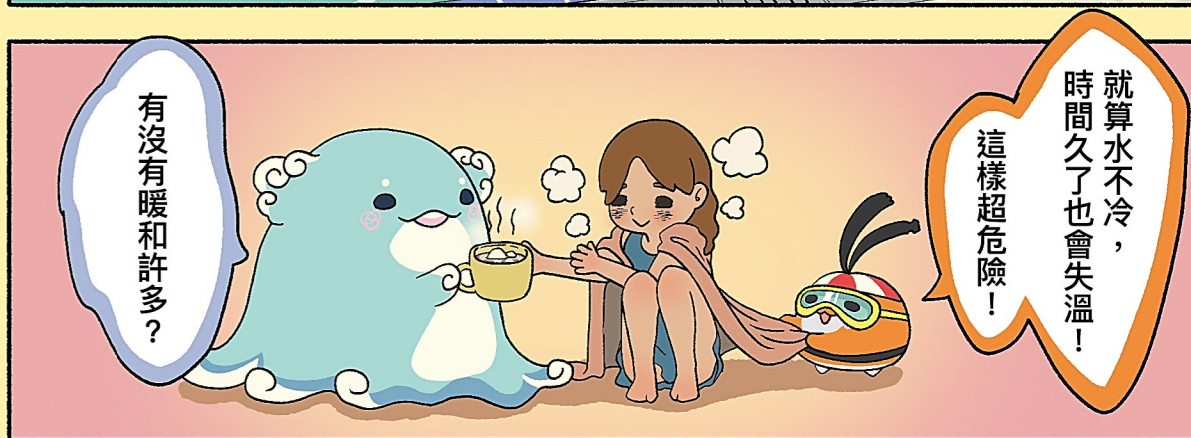
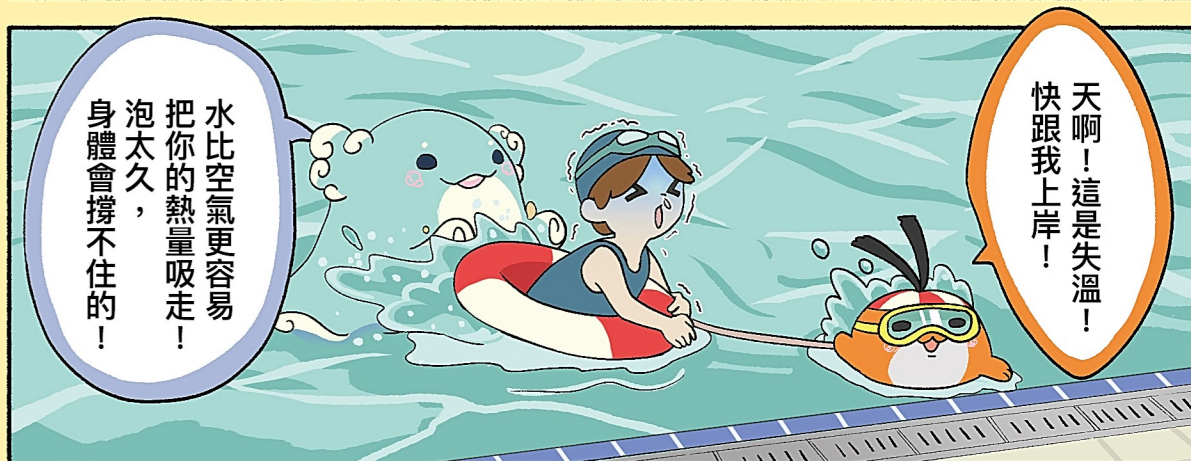


第七招



體力不足禁止下水!
睡飽再來當水上英雄!





長時間浸泡在水中，
體溫會快速流失，
容易抽筋或體力透支！

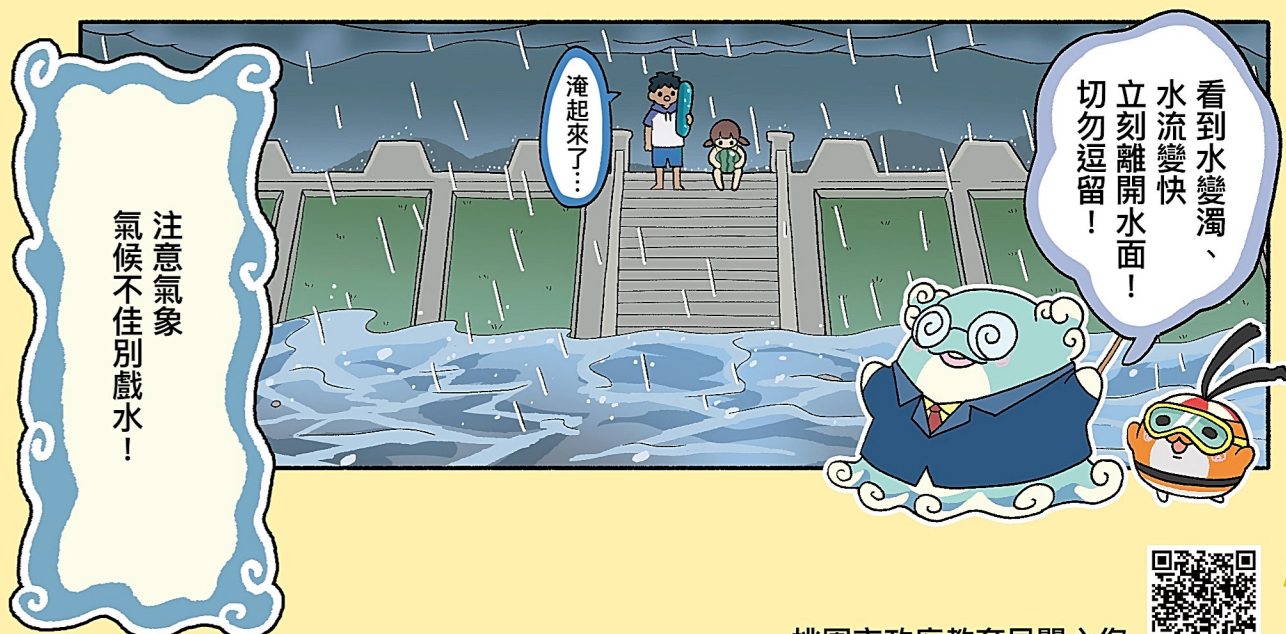
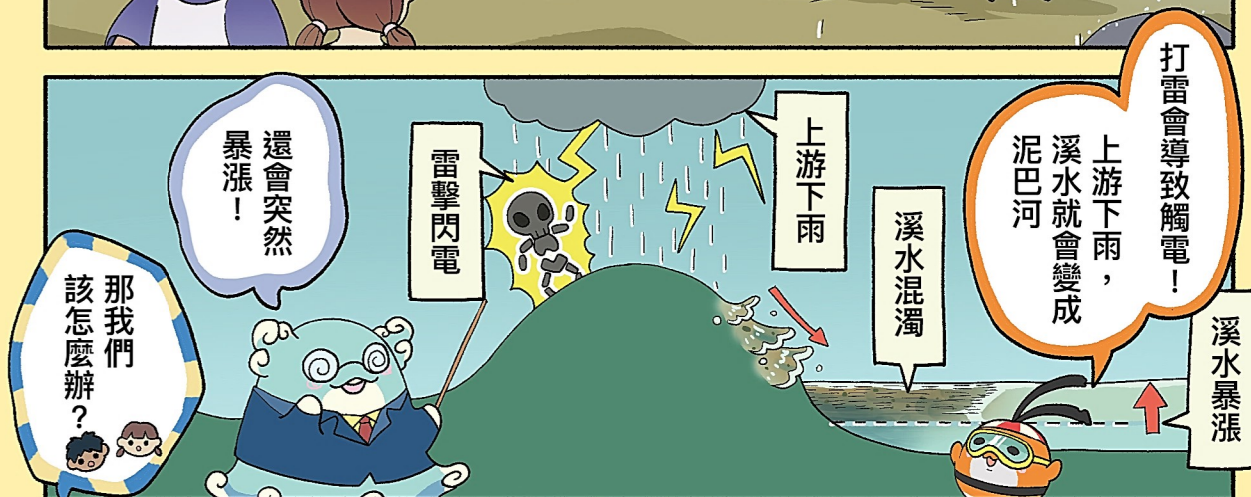
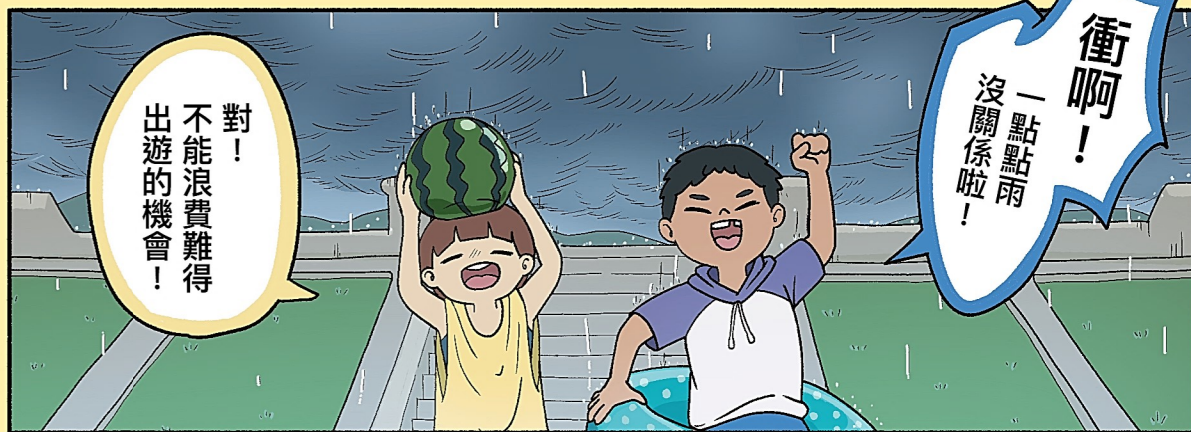
感覺冷了就要立刻上岸
先擦乾身體
再換上乾衣服！

跟著我的節奏
動滋動滋

玩水時
要隨時保持活動

來！





第十招

