

Safety in the Sea

The sea is beautiful, but you must always be prepared. Pay attention to the weather and your physical condition.



Call 118 to report accidents in the sea

Snorkeling

5 safety points

1 It looks easy, but it takes practice

Learn how to use the snorkel, mask and fins.



2 Floating isn't easy

Wear a life jacket and wetsuit for more buoyancy.



3 The sea is beautiful, but hazardous

Swim in designated areas, check the weather and tides, and don't take risks.



4 Watch your physical condition

Know your limits and don't go in if you're not in good condition. No drinking alcohol. Accidents involving the middle-aged are increasing.



5 Don't go alone

When you go in the sea, never go alone. Take a break after an hour. Taking appropriate breaks and drinking enough water is also important.



Accidents happen

Learn from an expert or a snorkeling instructor. Be sure to carefully practice first, in shallow waters where you can stand.



If you lower your chin, the tip of the snorkel goes under and lets water in.



Blow out hard to clear the water from the snorkel.



Keep your chin up so the tip of the snorkel stays above the water.

Reef currents

What is a reef current?

It's a strong current that flows out between gaps in a reef. They often occur where a deep channel is formed between coastal reefs.



If you feel yourself being carried out to sea

- 1 Don't swim against the current. Swim parallel to the shore across the current.
- 2 When you get out of the reef current, aim for the nearest land.
- 3 It's best to avoid getting caught in reef currents at all.

The 11th Regional Coast Guard Headquarters and Ishigaki Coast Guard Office provide Okinawa Reef Current information at their websites.

For ocean safety information

<https://www6.kaiho.mlit.go.jp/11kanku/kisyuu.html>