

# Marine Emergency Call



**Wear a life  
vest at  
all times.**







**Make sure  
communication  
tools work**



**You need to  
be careful  
in the Okinawa  
seas as well.**



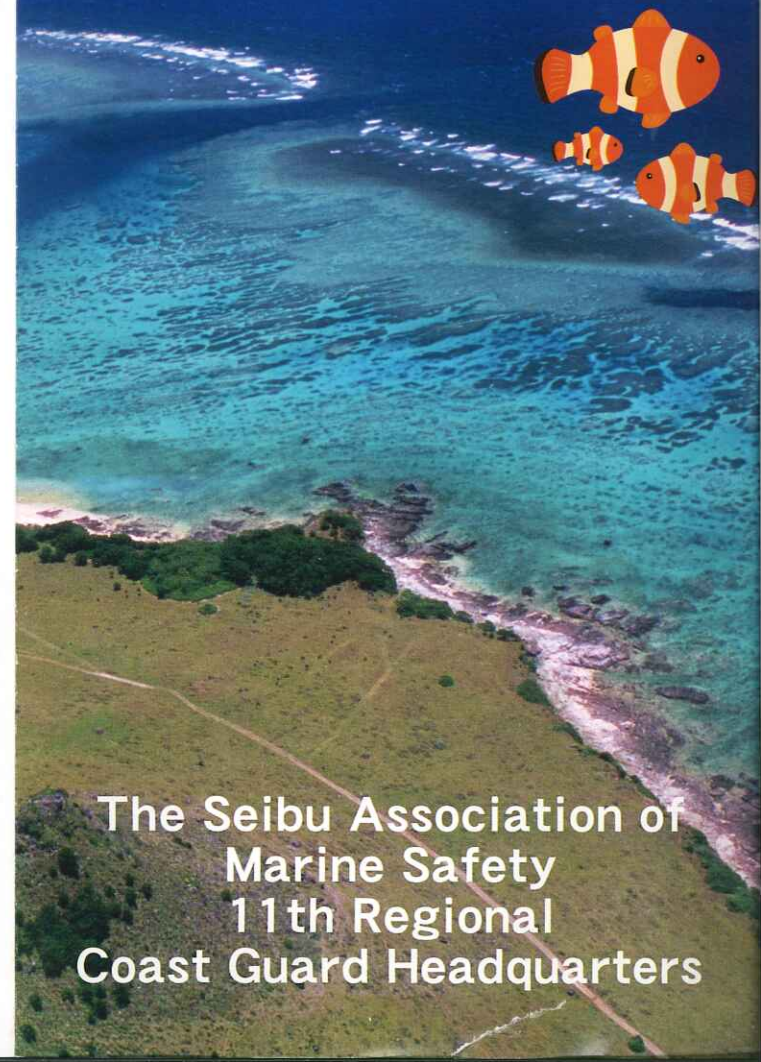
-  Many people have had accidents while scuba diving, snorkeling, and swimming.
-  An especially large number of tourists have had accidents while snorkeling. In particular, middle-aged swimmers increasingly get involved in marine accidents.
-  Scuba diving accidents are also increasing. Choking after swallowing sea water due to lack of basic skills and lack of management of health condition are the top factors.
-  Even in shallow water, you might get panicked and nearly drown when a reef current occurs then pulls you off shore.

**Be careful  
and make good  
memories at  
Okinawa beaches.**



*M*ARINETIME SAFETY  
INFORMATION  
IN OKINAWA

## To Enjoy and Stay Safe at the Beach in Okinawa



The Seibu Association of  
Marine Safety  
11th Regional  
Coast Guard Headquarters

# Watch out for reef currents!

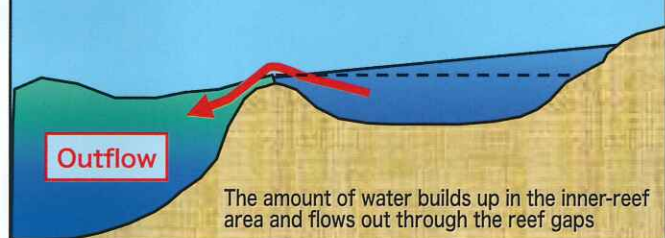
## What are reef currents?

They are strong channeled currents of water flowing away from shore. They occur in the gaps between the coral reefs.



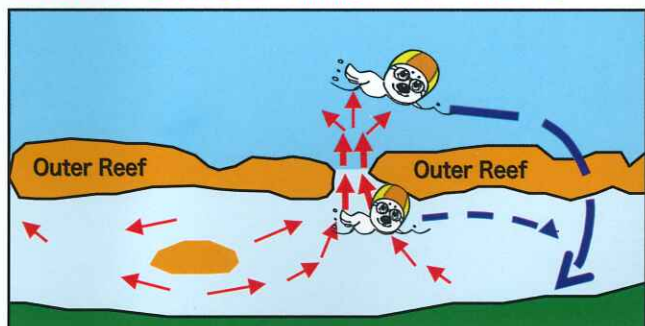
## Cause of the reef current occurrence

When the waves are breaking inside the reef



## How to Escape

If you feel that you are being carried away to the sea,



- 1 Don't swim against the current. Escape the current by swimming parallel to the shoreline across the current.
- 2 After you are out of the current, swim to the closest shore.
- 3 Most importantly, don't get involved in the current. Stay above the water.



# Snorkeling Tips

Snorkel looks simple and easy. However, if you use it wrong, you might swallow water, panic, or even get drowned. Learn the basic of how to use it for safe and fun snorkeling.



## 1 Mask Clear

Hold the top of the mask frame and gently lift up the bottom part as you breathe out from your nose so that the water inside the mask can go out.



## 2 Snorkel Clear

Blow out through the snorkel to get water out of your snorkel. If some water remains in your snorkel, try to breathe slowly to not swallow water, then blow out forcefully again.



## 3 Right Position

When you swim, keep your chin up so that your snorkel top can stay above the water.



## 4 Wrong Position

If you pull your chin down, the top of your snorkel submerges in water, then water gets in your snorkel. In this case, do not panic and clear the snorkel.

※ Make sure to put on a life vest and never go swimming alone.

# Scuba Diving Tips

Basic tips for you to enjoy beautiful Okinawa ocean.



Diving in a bad physical condition, drinking alcohol or hangover may cause an accident or decompression sickness.



Beginners and seniors often get choked by swallowing sea water due to lack of basic skills. Take a class and learn the skills in order not to panic.



Experienced divers have also had accidents due to carelessness or worsening of chronic disease. Manage your health condition and plan your diving well. Be aware of the risks and try to have a safe diving.



Make a diving plan and learn emergency procedures with your instructor before going diving. Don't panic even in case of emergency, ascend slowly to the water surface, and wait for a rescue.

