



# Sun, Swimming and Safety

## Sun

### Wear a Hat

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of your neck - areas that are particularly prone to overexposure to the sun.

### Wear Protective Clothing

Wear lightweight, loose-fitting clothing as much as possible. Tightly woven cloth is best, but any clothing is better than none at all.

### Use Sunscreen

Apply at least a SPF 15+ broad spectrum sunscreen to all exposed areas of the skin as the last line of defense against the sun. Sunscreen should not be relied upon as the only form of sun protection and should be reapplied liberally every two hours.

### Wear Sunglasses that Block 99-100% of UV Radiation

Sunglasses can help protect your eyes from sun damage. The ideal sunglasses don't have to be expensive, but they should block 99-100% of UVA, and UVB radiation. Check the label to see if they do. Wrap-around sunglasses are best because they can protect your eyes from all angles.

## Swimming

Swimming in the ocean takes different skills, so before you get your feet wet, it's best to learn how to swim in the surf. You should also swim only at a life-guard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards.

While you're enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you're confident in your swimming skills, make sure you have enough energy to swim back to shore. For more information on Water Safety

Click on the link



## Safety

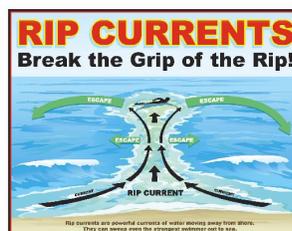
**Have young children or inexperienced swimmers wear approved life jackets in and the around water. No one should use any other type of floatation device unless they are able to swim.**

**Don't dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.**

**Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.**

**Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave sea life and animals alone.**

When at the beach, check conditions **before** entering the water. Check to see if any warning signs are up or ask a lifeguard about water conditions, beach conditions, or any potential hazards.



**IF CAUGHT IN A RIP CURRENT**  
◆ Don't fight the current  
◆ Swim out of the current, then to shore  
◆ If you can't escape, float or tread water  
◆ If you need help, call or wave for assistance

**SAFETY**  
◆ Know how to swim  
◆ Never swim alone  
◆ If in doubt, don't go out



WARNING - NO SWIMMING BEYOND THE REEF DUE TO STRONG AND UNSAFE CURRENTS.

警告：潮の流れが強く危険なので、リーフの外側では泳がないこと。

경고 - 산호 방파제 너머는 물살이 강해 위험하니 방파제 밖에서 수영하지 마십시오.

警告 - 请勿游至礁石以外海域，小心暗流！

Внимание! Не заплывайте за рифы. Сильное течение.

