



For safety

How to fun snorkeling



Produced by the Japan Coast Guard

In cooperation with: The River Foundation , Japan Marine Recreation Association , Japan Scuba Diving Association , Japan Professional Scuba Diving Instructors Association , National Police Agency , Consumer Affairs Agency , Fire and Disaster Management Agency , Japan Sports Agency , Maritime Bureau , Japan Tourism Agency ,

Learn about snorkeling gear and skills for safety and fun!

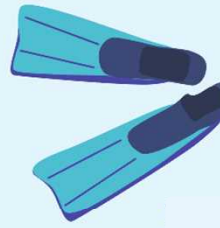
The four basic snorkeling items

Check for problems with these devices before using them.



Lifejacket(with whistle)

Chose suitable size and wear the lifejacket. Tighten and secure the buckles and straps, including the crotch strap.



Fins

Chose the right size for your feet, and wear the fins securely. Learn how to fin-kick properly.



Mask

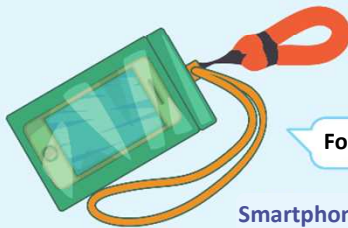
Chose the right size for your face shape, and wear the mask securely. Learn how to clear the mask when water enters it



Snorkel

Attach the snorkel facing in the right direction, and take slow, deep breaths. Learn how to clear it of water

Keep communication gear



Smartphone with protective case

A floatation strap can be attached.

For emergency calls!

Maintain warmth and body protection



Wetsuit



Surf shoes



Surf gloves

In a safe water area where your feet reach the bottom.

Practice basic skills



Mask-clearing

When water enters the mask, hold the top of the mask with your hand and exhale through your nose to drain it.



snorkel-clearing

If water enters the snorkel, exhale vigorously to drain the water.



Fin-kicking

Relax, and without bending your knees, kick with a large movement from the base of the leg.



How to change posture in the water

Twist your body from a prone position, orient yourself vertically, and "walk" with fins on.

Take care of your physical condition



Poor physical health



Drinking



Lack of sleep

Get the right knowledge



Attend workshops



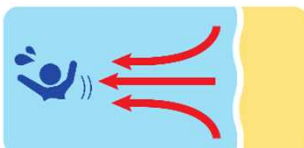
Check the weather forecast



Snorkel with a friend

Be aware of your surroundings

Check the area before entering the water.



Rip currents



Sudden rises in water or fast currents



Sudden drop-offs



Water Safety Guide Snorkeling pages

(In Japanese only)