

TIPS

- 1. Avoid going alone, stay with groups, there will be more potential help available and a higher opportunity of prompt response in the event of an emergency.
- 2. Obtain information on the day's weather and sea condition.
- 3. Postpone activities if unfavorable weather is predicted.
- 4. Inform family or friends where you are going, what activity is planned, with whom and what time you expect to return.
- 5. Do not allow your children to swim alone. Accompany them all times and watch over them until they are out of the water.
- 6. Securing the buoyancy by wearing life jacket or wetsuits. It difficult to find submerged body.
- 7. Take necessary training from professional when using equipment such as underwater mask, snorkel, fins, paddle boat, SUP etc, to make sure your skills are adequate for the condition.