

Snorkeling Safety Brochure

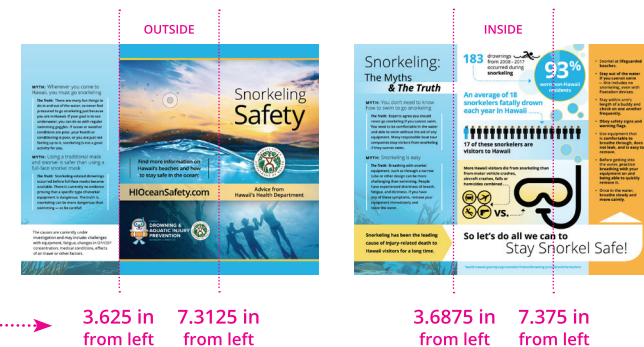
Printing Resource

IMPORTANT

Do not print this page. Due to trimming and folding, our safety brochure is best produced by professional printer. Please provide the following art and the printing specifications below to your printing vendor:

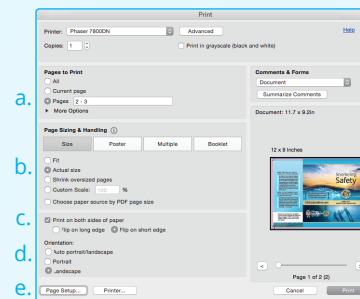
(trim and fold guides are visible on a layer in the following art, but should not be printed in the final document)

- 11" x 8.5" (flat) / 3.6875x8.5" (finished) tri-fold
- 4-color, double-sided print
- full bleed
- score (fold) lines



If it is necessary to print using an office printer, please note the following:

1. Brochure should be printed on oversized paper (12"x9" or 17"x11") at 100% sizing and trimmed to 11x8.5"
2. When printing from the Adobe dialogue, select and do the following:
 - a. Pages to Print > Pages > 2-3
 - b. Page Sizing & Handling > Actual Size (or Custom Scale: 100%)
 - c. Check "Print on both sides of paper" and select "Flip on short edge"
 - d. Orientation > Select Landscape
 - e. Set your printer and correct paper size under "Page Setup"



3. After cutting, you can hand-fold using the following steps:
 - i. Turn to the printed side that includes the front and back cover
 - ii. Fold Myth panel (left panel) behind the back cover, using its light blue color as a guide
 - iii. Flip the brochure to show Myth section and fold the left side (front cover panel) over to the right edge

TRIM LINE

MYTH: Whenever you come to Hawaii, you must go snorkeling

The Truth: There are many fun things to do in and out of the water, so never feel pressured to go snorkeling just because you are in Hawaii. If your goal is to see underwater, you can do so with regular swimming goggles. If ocean or weather conditions are poor, your health or conditioning is poor, or you are just not feeling up to it, snorkeling is not a good activity for you.

MYTH: Using a traditional mask and snorkel is safer than using a full-face snorkel mask

The Truth: Snorkeling-related drownings occurred before full-face masks became available. There is currently no evidence proving that a specific type of snorkel equipment is dangerous.* The truth is, snorkeling can be more dangerous than swimming — so be careful!

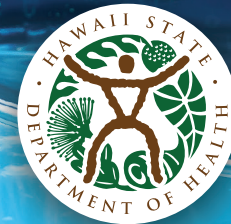
*Causes are currently under investigation and may include: challenges with equipment, fatigue, changes in O₂/CO₂ concentration, medical conditions, effects of air travel or other factors.

FOLD/SCORE LINE

FOLD/SCORE LINE

TRIM LINE

Snorkeling Safety



Find more information on
Hawaii's beaches and how
to stay safe in the ocean:

HIOceanSafety.com

Advice from
Hawaii's Health Department



HAWAII
**DROWNING &
AQUATIC INJURY
PREVENTION**
ADVISORY COMMITTEE



Snorkeling: The Myths & The Truth

MYTH: You don't need to know how to swim to go snorkeling

The Truth: Experts agree you should never go snorkeling if you cannot swim. You need to be comfortable in the water and able to swim without the aid of any equipment. Many responsible boat tour companies stop visitors from snorkeling if they cannot swim.

MYTH: Snorkeling is easy

The Truth: Breathing with snorkel equipment, such as through a narrow tube or other design can be more challenging than swimming. People have experienced shortness of breath, fatigue, and dizziness. If you have any of these symptoms, remove your equipment immediately and leave the water.

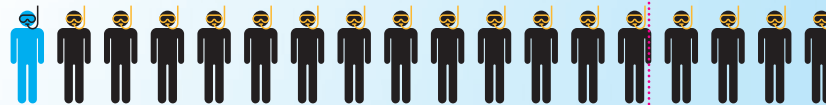
Snorkeling has been the leading cause of injury-related death to Hawaii visitors for a long time.

183 drownings from 2008–2017 occurred during snorkeling



93% were non-Hawaii residents

An average of 18 snorkelers fatally drown each year in Hawaii

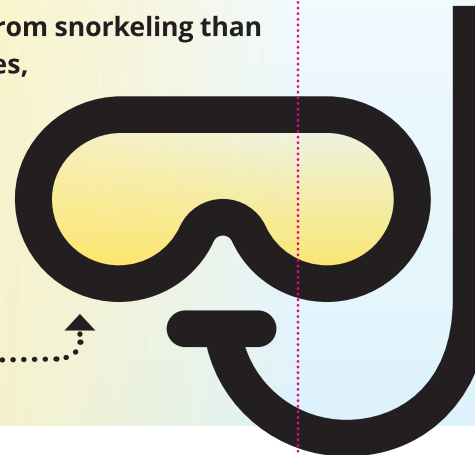


17 of these snorkelers are visitors to Hawaii

More Hawaii visitors die from snorkeling than from motor vehicle crashes, aircraft crashes, falls or homicides combined ...



VS.



So let's do all we can to Stay Snorkel Safe!

- Snorkel at lifeguarded beaches.
- Stay out of the water if you cannot swim — this includes no snorkeling, even with floatation devices.
- Stay within arm's length of a buddy and check on one another frequently.
- Obey safety signs and warning flags.
- Use equipment that is comfortable to breathe through, does not leak, and is easy to remove.
- Before getting into the water, practice breathing with your equipment on and being able to quickly remove it.
- Once in the water, breathe slowly and move calmly.