



## 8 Ways to Safer Snorkeling

Recreational snorkeling is not a benign, low-risk activity. This is true both for experienced and inexperienced swimmers and snorkelers. The risk to visitors of drowning is relatively higher than most ocean sports.

- If you can't swim, don't snorkel.
- Always snorkel with a buddy.
- If in doubt about your cardiovascular health, don't go out.
- Choose snorkel devices thoughtfully. Avoid constrictions in mouthpiece caliber, which may increase airway resistance to inhalation.
- Learn to use the simplest snorkel device safely before trying more complex models and before venturing to depths greater than that which allows standing with water at chest level.
- It may be prudent to wait until several days after arriving in Hawai'i by air to attempt a snorkel venture.
- Shortness of breath can be a sign of danger. Stay calm, stand up, remove snorkel, get out of water immediately.
- Beware of drifting away.