

## 3 safety tips for diving!

1

Don't dive if you're not feeling well!



**Danger!**  
Don't go diving



- Diving while feeling unwell, while intoxicated, or with a hangover can lead to accidents or decompression sickness.
- Diver carelessness or aggravating pre-existing medical conditions can cause accidents. Take care of your health, plan your dives with plenty of time to spare, and be aware of diving risks to ensure safe diving.

2

Panic can be fatal!  
Take a course!



- Swallowing seawater due to lack of proper technique can cause accidents. Take a proper course, master the skills, and avoid panicking.



3

Pre-dive briefings are essential!



- Before diving, be sure to thoroughly discuss your dive plan and emergency procedures with your instructor. If an emergency occurs, stay calm, ascend slowly, and wait for rescue.

### Choose a MARU-YU operator

MARU-YU operators (marine leisure providers who take outstanding safety precautions) are recognized and certified by the Okinawa Prefectural Public Safety Commission as meeting the safety standards stipulated in the Water Safety Ordinance. For peace of mind, join tours run by certified operators.

Check it out here.



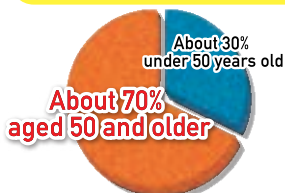
## For those aged 50 and over

Accidents resulting in serious injury or death occur more frequently among those aged 50 and over

Keep an eye on your physical condition and allow ample time for travel.

Recent trends show that a significant share of marine leisure accidents involve serious injury or death among people aged 50 and over. Marine leisure activities are physically demanding, so please allow ample time when making plans. If you are not feeling well, do not enter the water.

Age distribution of seriously injured, deceased, or missing persons



Age distribution of seriously injured, deceased, or missing persons in marine leisure activities over the past five years (2021-2025) (Total: 156 people)

\*Based on statistical data from the 11th Regional Coast Guard Headquarters



In case of trouble or emergency  
For marine incidents and accidents, call 118  
(11th Regional Coast Guard Headquarters)

- 110 (Okinawa Prefectural Police Headquarters)
- For firefighting or emergency services, call 119 (Fire Department)

To ensure you can respond in an emergency, always keep your smartphone in a waterproof case, etc.

Turn on GPS location services so that your exact location is known. Phone reception may be weak in certain coastal areas. Always check in advance.



### Other useful information



For other useful information, check the Okinawa Marine Safety Portal.



For general inquiries about this initiative, please contact the Marine Leisure Accident Prevention Project Unit  
Please contact Oriental Consultants Co., Ltd. ✉ (oki\_mls@oriconsul.com)

Don't miss this!

# To enjoy Okinawa's waters safely



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Over 100 people are involved in accidents each year in the beautiful sea waters of Okinawa. It is important to know the risks and take precautions.



Okinawa Prefecture



Okinawa Prefectural Police



11th Regional Coast Guard Headquarters



Okinawa Marine Leisure Safety Bureau



Okinawa Convention & Visitors Bureau

### Tip 1 Where are you going?

Are there lifeguards at that beach? Find out which beaches to visit!

Beaches without lifeguards or monitors pose risks from rip currents (reef currents) and dangerous marine life. In the event of an emergency, there is no rescue system in place. Research your chosen beach in advance.

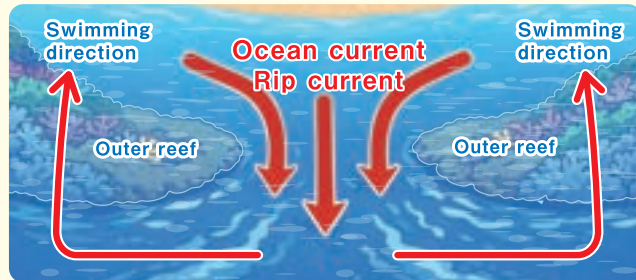
[Click here if you're looking for a beach with lifeguards](#)



#### Risks and precautions at beaches without lifeguards

##### Rip currents pull you out to sea

Be careful of rip currents that pull you out to sea. If you get caught in one, don't fight it—swim parallel to the shore. Even experienced swimmers find it difficult to swim against these currents. Rip currents mainly occur at the breaks in the white waves.



##### The ocean is full of dangerous marine life



Box jellyfish Portuguese man o' war Reef stonefish Crown-of-thorns starfish Sea snake

To protect yourself from dangerous marine life, wear long-sleeved rash guards and thick-soled sandals, or boots.

[Click here for more information on dangerous marine life](#)



### Tip 2 What should you bring?

A 5-piece snorkeling set



### Tip 3 Who are you going with?

Don't go alone—buddy up with at least one other person!

Most accidents occur when people are alone in the water. Enjoy snorkeling as "buddies"—stay close to each other at all times so you can help one another if something happens, and keep an eye on each other's well-being.

[Click here for more skills and tips to make the most of your snorkeling experience](#)



#### Floating technique 1 Forward float position



#### Floating technique 2 Back float position



It's important to find a comfortable position that allows you to breathe easily.

### Tip 4 What should you wear?

Wear your life jacket correctly!

Choose a life jacket that fits your size, fasten all the zippers, and if it has a crotch strap, make sure to secure it.

Tighten the belt until it's snug!

If there is a crotch strap, secure it!



### Tip 5 Weather at the beach changes quickly!

Weather at the beach changes quickly, so check the weather forecast in advance!

Check the weather forecast for wave height, wind direction, and tide levels. Depending on the conditions, you may need to decide not to go in the water.

### Tip 6 What should you practice in the water?

Learn the easiest way to float and the correct posture!

If you get caught by a wave or swallow seawater, you might start to panic. First, once you're in the water, practice adjusting your position in shallow water while wearing your life jacket.