



SNORKELING

Safety Guide

Outdoor Activity Provider

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KEY BENEFITS

Marine Discovery

Observe fascinating underwater life and coral ecosystems up close.

Physical Exercise

Low-impact cardiovascular workout that improves swimming fitness.

Stress Relief

Calming experience with rhythmic breathing and peaceful underwater views.

Accessible

Suitable for most ages and swimming abilities with basic instruction.

KEY HAZARDS & CONTROL MEASURES**Drowning**

- ✓ Assess swimming ability before activity
- ✓ Provide buoyancy aids for weaker swimmers
- ✓ Buddy system enforced at all times
- ✓ Qualified supervision with rescue capability

Currents & Rip Tides

- ✓ Check tide and current conditions
- ✓ Brief on rip current escape techniques
- ✓ Define snorkeling boundary area
- ✓ Cancel in unsuitable conditions

Marine Life

- ✓ Brief on local marine hazards
- ✓ "Look don't touch" policy
- ✓ Rash guards and reef-safe footwear
- ✓ First aid for stings available

Sun Exposure

- ✓ Reef-safe sunscreen applied
- ✓ Rash guards for back/shoulder protection
- ✓ Regular hydration breaks
- ✓ Limit time in water during peak sun

Boat Traffic

- ✓ Snorkel in designated areas
- ✓ Use dive flags and marker buoys
- ✓ High-visibility snorkel gear
- ✓ Support boat maintains watch

Equipment Failure

- ✓ Equipment checked before use
- ✓ Proper fitting demonstrated
- ✓ Mask clearing skills taught
- ✓ Spare equipment available

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Conditions

- | | |
|--|---|
| <input type="checkbox"/> Weather suitable | <input type="checkbox"/> Tides and currents checked |
| <input type="checkbox"/> Water visibility assessed | <input type="checkbox"/> Marine hazards identified |

Equipment

- | | |
|---|--|
| <input type="checkbox"/> Masks fitted and clear | <input type="checkbox"/> Snorkels checked |
| <input type="checkbox"/> Fins appropriate size | <input type="checkbox"/> Buoyancy aids available |

Participants

- | | |
|---|---|
| <input type="checkbox"/> Swimming ability confirmed | <input type="checkbox"/> Buddy pairs assigned |
| <input type="checkbox"/> Safety briefing completed | <input type="checkbox"/> Sunscreen applied |



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