

# Safe swimming tips

Do you want to stay safe and have fun at the beach?

- Always swim near the shore
- Insist on riding only in boats/ dhows with life jackets
- Do not accept swimming lessons from strangers
- Keep and maintain sight of your children at all times as they swim and play
- Do not leave children to swim without supervision;
- Do not drink alcohol or use drugs especially when going to swim in the sea;



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For safe and efficient water transport

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# Preserve Our Marine Environment

Protection of our marine environment is very important to Kenya's economy as it relies heavily on tourism and fisheries.

- Therefore do not spill petrol or oil into the sea, beaches and other water bodies.
- Do not throw rubbish into the sea, beaches and other water bodies.
- Do not pollute the waters and beaches.
- Do not touch or disturb marine life: For your protection, always maintain a safe distance from all sea creatures and try not to make any sudden moves to startle the ocean inhabitants.



# Water Safety Tips

Whether you are on holiday, engaging in water sports or simply enjoying the breathtaking view of Kenyan waters, ensure you stay safe by observing the following basic Water Safety Tips:

## Staying Safe in the waters: Wear your Life Jacket at all times!

- Life jackets come in different styles but still serve the same protective purposes.



- They prevent wearers from sinking and drowning, especially if they cannot swim or have been injured.
- The typical bright colours given to life jackets allow wearers to be spotted by rescue teams.
- Life jackets should be worn properly and in the right size in order to save life
- Wear a life jacket at all times when in a boat.

## How and when do Life Jackets Save Lives?

- Capsized in rough water
- Sinking in unexpectedly heavy sea conditions
- Thrown from the boat as a result of a collision
- Injured by rocks or submerged objects
- Unconscious from carbon monoxide fumes
- Thrown off balance while fishing
- Unable to swim because of heavy or waterlogged clothing



## Navigational dangers

- Ensure that your vessel has sufficient life jackets and safety equipment onboard
- Ensure your vessel is insured and licensed and has sufficient communication devices
- Be aware of the limitations of your vessel.
- While boating at night, it is important to have the required lighting so that other boats can see you
- Never operate a boat under the influence of alcohol or any kind of drug.
- Do not spill petrol or oil or throw rubbish into the sea/beaches and other water bodies.



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