

Water Safety Tips

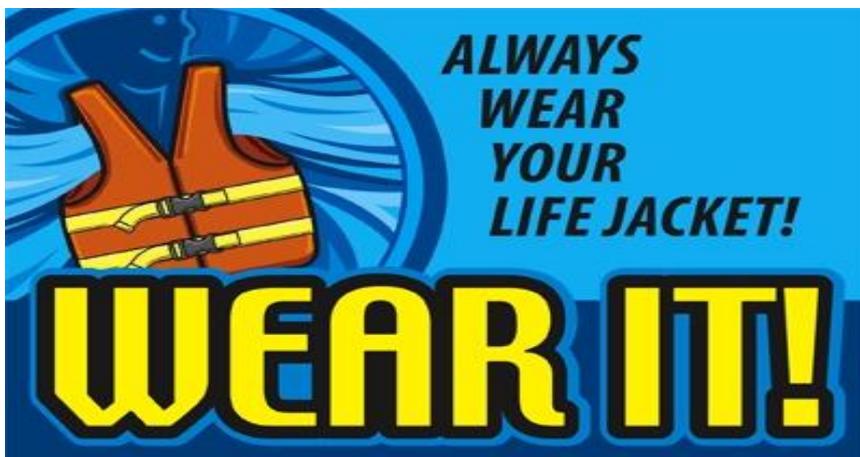
Whether you are on holiday, engaging in water sports or simply enjoying the breathtaking view of Kenyan waters, **ensure you stay safe by observing the following basic Water Safety Tips:**

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 safety

- 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

Safe swimming tips

- 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;

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.

SAFE BOATING PRACTICES

It is important to follow safe boating and sailing practices at all times:

Before boarding a boat or dhow take charge of your safety:

- Wear a life jacket! Life jackets save lives in case of any emergency in water;
- Ensure that the boat/ dhow you are riding in is seaworthy, insured and licensed;
- Ensure that the boat/ dhow has communication gadgets on board to help you call for help in cases of emergencies at sea;
- Be certain that the boat/ dhow operators and crew are skilled and qualified to take you on water. They should match their knowledge to conditions at sea and never put passengers, fellow crew or the vessel at risk!

As a water craft operator, always note that you are responsible for your passengers and crew's safety. At all times ensure that:

- Your crew/fellow water craft operators are trained, skilled and qualified to handle the vessel;
- Your crew or vessel operators are familiar with meteorology and navigation as well as any navigational dangers they may encounter;
- Your craft or vessel is seaworthy;
- Your vessel has sufficient life jackets for passengers and crew. Remember, one life jacket per person;
- Your vessel has sufficient communication devices and safety equipment onboard to handle emergencies at sea;
- Your vessel is insured and licensed;

- Be aware of the limitations of your craft/ vessel. Do not overestimate its speed or ability to handle difficult conditions. Remember that the state of sea and weather can change rapidly;
- If you are boating at night, it is important to have the required lighting on the boat so that other boats can see you. It is also important to know the signals that boaters use at night. This is important so that you can use the signals if you need help also;
- You should 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/beach. Protecting our marine environment is our responsibility.

Incase of any emergencies at Sea or oil spills contact:

The Regional Maritime Rescue
Coordination Centre(RMRCC)
Telephone: 0721-368313 or 0737-719414

**Email: rmrcc@kma.go.ke or
info@kma.go.ke**

Facebook: Kenya Maritime Authority

Twitter: @kmakenya

Website: www.kma.go.ke

