

SAFE SNORKELLING PRACTICES AT GOAT ISLAND

山羊島浮潛安全需知

If you have never snorkelled before and are not used to the sea, then consider doing a snorkelling course. The information below is not a lesson on how to snorkel but some ideas on how to keep yourself safer while snorkelling.

若你從未浮潛過，或者，不習慣海裡的環境，那麼，應考慮上一課浮潛課程。以下資料並非教授如何浮潛，而是一些在浮潛時，如何保守自身安全的建議。

Snorkellers **MUST** wear a wetsuit. This will help with buoyancy 浮力 (flotation) as well as warmth. A boogie or safety board is an extra safety aid.

浮潛者必須穿著潛水衣。它能幫助你浮在水中，也能幫助保溫，帶備浮水板也很好，是加倍的安全設備。

NEVER SNORKEL ALONE. Snorkellers should always have a buddy (friend, family member etc) and stay within five metres of each other. Having a buddy is handy to help getting into wetsuits, putting on swim fins and watching out for each other when in the water.

不要單獨浮潛. 浮潛者一定要有同伴(朋友、家庭成員等)，而且大家應保持在五公尺範圍內的互相照應。有伴同行較好，同伴可幫忙穿著潛水衣、穿上蛙鞋，在水中更可相互看守、照顧。

Before you enter the water check the sea conditions. If there are large waves breaking on the shore look for a sheltered spot and if there is no safe entry stay out of the water. Try to enter from the sand rather than across slippery rocks. Climbing onto rocks when in the water or coming out of the water can be dangerous.

在下水前應細看海浪情況，若有大浪湧至岸邊，便應找個避風的地方，若找不到安全的地點，便不應下水。盡量從沙灘下水，這比在濕滑的石灘下水好得多。從海裡爬上礁石，或從礁石返回岸上可能導致危險。

Be aware of any currents and hazards and ask the local operator or another snorkeller about the conditions.

留意任何的水流或危險，應向當地工作人員或其他浮潛者查詢有關情況。

If you can't swim, stay in shallow water and practise snorkelling where you can stand up. Before moving into deeper water you must be able to float, breathe comfortably through the snorkel and clear water from your snorkel and mask. Learn to roll from a face down floating position onto your back and return.

若你不懂游泳，應留在淺水地帶，在你能站立起來的地方練習浮潛。在到深水海域以前，應學會浮水、用浮潛氣管舒適地呼吸及懂得在海裡用噴氣方法清出浮潛氣管及面罩裡的水。學習轉身，從俯首向下的浮水方式轉成仰臥浮水方式，然後再轉回原來浮水方式。

Be aware of boats that are moving, watch where they are travelling and move out of their path quickly.

留意在移動中的船隻，注意他們航行方向，盡快離開他們的航道。

If you get into trouble, stay calm and float on your back so your head is above the water. Call for help by waving your arms above the water and by calling out **HELP** to get someone's attention. Always ask for help if you think you need assistance to safely return to the beach.

遇到困難，應保持鎮定，仰臥的浮著，那麼你的頭便會在水面上，用手在水面上揮動以求救，並發出求救的呼聲以引起其他人注意。如果你覺得你需要幫忙以安全返回沙灘，便一定要找尋幫助。

If you begin to feel tired, cold or uncomfortable in the water, it is time to end your snorkel and return to the beach with your buddy. If you are cold change out of your wetsuit into warm clothes as soon as possible.

如果你開始感覺疲倦、寒冷或不想再留在水中，那麼，便應該停止浮潛，與同伴返回岸上。如果你感覺寒冷，應盡快脫去潛水衣，換回溫暖的衣服。

This information has been provided with the help of Tony and Jenny Enderby, Estella Lee of the Chinese Conservation Education Trust (CCET) and the Leigh Volunteer Fire Brigade and First Response Trust.

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