



Water Safety Guide

To Enjoy
the Ocean Safely



Water Safety Guide



海上保安庁
JAPAN COAST GUARD

Water Safety Guide

- ✓ Check your physical health before engaging in activities.
- ✓ Confirm weather and sea conditions in advance.
- ✓ Always wear a life jacket.



Motorboat

⚠ 3 key points to prevent accidents ⚠

- ① Conduct a pre-departure inspection.
- ② Perform regular maintenance and have inspections conducted by qualified technicians.
- ③ Observe maritime traffic regulations.



Personal watercraft

⚠ 3 key points to prevent accidents ⚠

- ① Operate at the slowest speed near swimmers and others.
- ② Review self-recovery methods from capsizing and safety instructions.
- ③ Avoid dangerous actions like tossing passengers or swinging tow toys.



Swimming

⚠ 3 key points to prevent accidents ⚠

- ① Swim at supervised beaches with lifeguards.
- ② Guardians should stay close to children at all times.
- ③ Do not swim after drinking alcohol.



Snorkeling

⚠ 3 key points to prevent accidents ⚠

- ① Learn fin-kicking, snorkel-clearing, and mask-clearing.
- ② Never snorkel alone —always go with others.
- ③ Do not snorkel after drinking alcohol.



Canoeing

⚠ 3 key points to prevent accidents ⚠

- ① Learn basic skills such as capsizing recovery before going to sea.
- ② Inspect your canoe before departure.
- ③ Beginners should take a training course for basic skills and knowledge.



SUP Stand-up paddleboards

⚠ 3 key points to prevent accidents ⚠

- ① Beginners should stay in conditions under 5 m/s wind and 50 cm waves.
- ② Ensure necessary equipment and skills.
- ③ Beginners should take a training course for basic skills and knowledge.



Mini-boats

⚠ 3 key points to prevent accidents ⚠

- ① Pay attention to the balance of your boat.
- ② Launch only in low waves (≤ 20 cm) and light wind (≤ 4 m/s).
- ③ Take into account your boat's performance and possible mechanical failure. Stay within a distance you can row back (≤ 1 km from shore).



Fishing

⚠ 3 key points to prevent accidents ⚠

- ① Choose equipment suitable for the fishing environment.
- ② Avoid fishing alone —always go with others.
- ③ Do not enter restricted areas.