



## Snorkelling Factsheet

# Top Tips for Safe Snorkelling

Snorkelling and breath holding diving is one of the most exciting ways to see the fantastic range of life in the seas. BSAC have got together with Tanya Streeter - World Record Freediver to promote some safety tips to help you enjoy the sport safely.



1. **Never dive alone** - The minimum snorkelling party is 3; a buddy pair to lookout for each other in the water and a shore lookout.
2. **Get Fit** - By getting fit you will not only be able to enjoy your Snorkelling better, but also be safer.
3. **Train** with a recognised training scheme - The BSAC's Snorkelling syllabus is a progressive training course to help people build skills and technique and enjoy the sea; safely.
4. **Check your equipment** - A strap breaking on a fin, a badly fitting mask or a leaking snorkel valve while you're at sea can all cause problems and discomfort. Taking good care of the equipment and checking it carefully can reduce the chances of problems.
5. **Choose a safe site** - Avoid areas with heavy boat traffic, dangerous currents and rip tides. Make sure the entrances and exits to the water are easily accessible and that there are alternative places to exit if the dive is cut short.
6. **Check tides** - The safest times to snorkel are at the slack water, which usually occurs near high or low water.
7. **Check weather and sea state** - Before setting off check the weather forecast . Although rain can be unpleasant it isn't necessarily as bad to dive in the rain as in a wind . Wind can cause waves to increase which make snorkelling tough. Force 3-4 (12mph+) is usually enough to cancel.
8. **Don't hyperventilate** - hyperventilation can reduce the levels of CO2 in your lungs , which decreases the trigger to breathe and can lead to black outs.
9. **Don't dive with a cold** - if you have cold you could force mucus into the Eustachian tubes and cause an infection.
10. **One up, One down** - While diving with your buddy, avoid both diving under water at the same time, one should stay on the surface in case the diver has problems



"I have long believed that there is a very strong connection between freediving and snorkelling, and have always been concerned that proper safety is maintained while snorkelling."

Tanya Streeter

Photographs by Lawrence Curtis