



# Enjoy the Ocean Safely !

In the last five years, 61 people, including foreigners, have been involved in swimming-related accidents in Hokkaido. Let's familiarize ourselves with the dangers of the ocean and how to avoid accidents so we can all enjoy the ocean safely.

Based on the website of the First Regional Coast Guard Headquarters

## Know the dangers of the ocean!



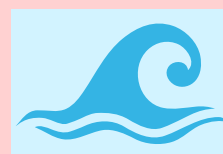
### Rip Currents

These are strong currents, invisible to the naked eye, that can quickly sweep you out to the open sea. Swimming parallel to the shore can help you get out.



### Wind and Waves

Wind and waves are constantly changing. You may be suddenly swamped by a large wave and drown, or strong winds may flip over inflatables or carry them far away.



### Changes in the Ocean Floor

When in the ocean, it is difficult to see the ocean floor. You could injure yourself on stones or rocks, or encounter a sudden change in depth and risk drowning. Wearing water shoes can help prevent accidents.



### Dangerous Creatures

There are poisonous creatures in the ocean, such as jellyfish and stingrays. You might get stung and panic, so if you see one, keep your distance and don't touch it!



## Prevent swimming-related accidents!



### Make use of designated swimming areas!

Most accidents occur outside of areas designated for swimming. Check the internet beforehand and use beaches that have lifeguards.



### Stop careless or reckless behavior!

Do not enter the sea if you are feeling unwell. Before you go into the water, make sure to stretch properly. Reckless behavior is the cause of many fatal accidents. Protect yourself by wearing a life jacket, etc.



### Don't go swimming when the weather is bad!

Check the weather forecast in advance! The weather is prone to change, so check the latest forecast for stronger winds and whitecaps.



For ocean related  
accidents and incidents  
**call 118**



Check information about marine safety here!



**Water Safety Guide**

<https://www6.kaiho.mlit.go.jp/watersafety/>

