



香港潛水總會

HONG KONG UNDERWATER ASSOCIATION (Operated by Hong Kong Underwater Association Ltd.)

Member of: Sports Federation & Olympic Committee of Hong Kong, China

Member of: Confédération Mondiale des Activités Subaquatiques (World Underwater Federation)

浮潛安全

浮潛是前往美妙海底世界的一種便捷方法，市民大眾在享受浮潛的樂趣時，亦不應忽略當中的潛在危險，尤其是對沒有浮潛經驗者為甚。以下是一些相關的安全提示：

1. 自我檢查

- 1.1 應確定本身身體健康，並有強健體魄可應付浮潛的體能要求。
- 1.2 浮潛前，應確定已有足夠休息和進食，並已攝取足夠水分。
- 1.3 某些病症的患者可能不適合浮潛。如有健康問題，例如哮喘、心臟病、耳和鼻竇問題等，請先向醫生查詢，才決定是否參與浮潛。
- 1.4 即使只患上傷風，亦不宜進行浮潛，因為此舉可能對身體健康有嚴重影響。如患有傷風的情況下下潛，鼻腔內的黏液可能會被擠往咽鼓管，引起發炎。
- 1.5 即使泳術精湛，在浮潛前亦應穿上救生衣。如果泳術不佳，則只可在導師的監督下浮潛，而且必須穿上救生衣。
- 1.6 浮潛前，應考慮參加浮潛課程。各大潛水發證機構均提供浮潛訓練課程，讓學員學習有關技能和技術、認識浮潛的相關風險，以及學懂如何選擇合適裝備。
- 1.7 浮潛前應小心檢查裝備。如蛙鞋、面罩、呼吸管止回閥等裝備有破損，可導致不適，亦會增加發生意外的風險。





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2. 查察潛水點、天氣及潮汐情況

- 2.1 避免在潮漲潮退期間、海面交通繁忙水域、水流急速或視野不清的地區、捕魚區、政府憲報公布的泳灘或水上活動中心進行浮潛。
- 2.2 應確定浮潛的下水和上岸位置均易於到達，而且在浮潛行程縮短時有其他地方可以上岸。
- 2.3 應事前留意潮汐漲退時間。浮潛較宜在靜水時間進行，通常是接近漲潮及退潮的時候。
- 2.4 應留意天氣預報。下雨時不一定須取消浮潛。不過，如果刮大風，海面會有浪，令浮潛加倍費力。如果風力達三至四級，則不建議出海浮潛。
- 2.5 應盡量認識在浮潛地點出沒的危險海洋生物，並避免觸碰牠們。
- 2.6 除非有足夠的裝備且海面情況平靜，否則切勿在晚間浮潛。

3. 在水中

- 3.1 切勿獨自前去浮潛，應最少有三人同行。建議其中二人結伴浮潛以便互相照應，而另一人則在岸邊支援。
- 3.2 換氣過度會降低肺部的二氧化碳水平，因而導致休克。
- 3.3 切勿強行增加憋氣時間，以免超出本身可承受的限度。如果強行增加時間，可能會在毫無先兆下休克。
- 3.4 切勿在頂部密封的地方(例如洞穴及沉船殘骸內)憋氣潛水。
- 3.5 如感到疲倦、寒冷或不適，應馬上停止浮潛。





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Safety for Snorkeling

Snorkeling is an easy means to access to the underwater wonders. It can be enjoyed by the general public but snorkeling could be hazardous especially to those inexperienced in snorkeling. The following is some safety reminders:-

1. Checking on your own:-

- 1.1 You shall ensure that you are of good health, and be fit enough to meet the physical demands for snorkeling.
- 1.2 Before snorkeling, make sure that you are well-rested, well-fed and well-hydrated.
- 1.3 Certain medical conditions would probably disqualify a person from engaging in snorkeling. If you have health concerns such as asthma, a cardiac condition, or problems with ears and sinuses, please consult your doctor before taking up snorkeling.
- 1.4 Even if you have a cold, it is not advisable to engage in snorkeling as you may be seriously impaired. Having a cold and go snorkeling could force mucus into the Eustachian tubes and cause an infection.
- 1.5 Even if you are a competent swimmer, you should wear a buoyancy jacket before you engage in snorkeling. If you are not, apart from wearing a buoyancy jacket, you should only engage in snorkeling under the close supervision of an instructor.
- 1.6 It is advisable to take up a snorkeling course before snorkeling. Major certifying agencies provide snorkeling training courses through which you will learn the requisite skills and techniques, the risks associated with snorkeling and how to choose the suitable equipment.





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1.7 Check your equipment carefully before snorkeling. Broken and defective equipment such as fins, masks and snorkel valve would cause discomfort and risks.

2. Check the diving spot, weather and tides

2.1 Avoid snorkeling at the areas where there are heavy boat traffic, strong current, rip tides, poor visibility, within fishing areas, and at gazetted beaches or water sports centres.

2.2 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.

2.3 Check the tides. The good time for snorkeling would be at the slack water, which is usually near high or low tides.

2.4 Check the weather forecast. Rain may not be the deterrent for snorkeling. However, if it is windy, it may cause waves to increase which will make snorkeling tough. If wind is prevalent to Force 3-4, it is advisable not to go snorkeling.

2.5 Try to understand the dangerous marine life in your region, and try to avoid touching them.

2.6 Never snorkel at night unless you are adequately equipped and only in stable conditions.

3. In the water

3.1 Do not go snorkeling alone. The minimum snorkeling party is 3. It is advisable to have a buddy pair to look out for each other in the water, and a shore lookout.





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- 3.2 Hyperventilation can reduce the level of carbon dioxide in your lungs, which may lead to blackouts.
- 3.3 Do not force your breathhold time which should be well within your limits of comfort. It is possible to blackout without warning if you do so.
- 3.4 Do not breathhold dive into or under any overhead environment, such as cave and wreckage.
- 3.5 You should stop snorkeling when you feel tired, cold or uncomfortable.

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