



CHOOSING A SNORKEL

Generally, the simpler the snorkel, the less resistance it generates. However, other factors, sometimes not visible—such as the size at the narrowest opening or the design of the valves—make visual determination of resistance unreliable.

- Inhale large volumes of air and try to get a feel for inspiratory resistance
- Search for snorkels that advertise low resistance
- Try out your equipment in a safe environment first

FULL FACE MASKS

- Cannot be removed easily in urgent situations even with quick release features
- Cannot “spit out” mouthpiece in urgent situations
- Cannot clear water from tube with sharp expiratory force maneuver
- Cannot dive beneath the surface safely
- Valve malfunction may lead to serious consequences



WHY when snorkeling seems to be a safe sport, do so many people get in trouble?

It's the SNORKEL!

Ocean Drownings in Hawai'i, By Residence & Activity of Victim 2014-2023



Source: State of Hawai'i Department of Health

RESPONSIBILITY FOR SAFETY LIES WITH THE SNORKELER

Snorkeling Safety Guide

STAY AWARE, SNORKEL SMART

Informed Snorkelers Are Safer Snorkelers.



snorkelsafetystudy.com



DROWNING REDEFINED



Snorkelers may not be drowning in the way that you think.

 **NOT ALL DROWNING LOOKS THE SAME**

VISIBLE DROWNING SIGNS

ASPIRATION

Usually accompanied by signs of distress

Typical drowning sequence:

Submersion, Struggle, Aspiration (inhalation of water), Hypoxia (lack of oxygen), Death

SILENT DROWNING SIGNS

SIROPE

Few, if any, signs of distress

Typical drowning sequence:

Hypoxia, Shortness of Breath, Loss of Strength, Loss of Consciousness, Death and Possible Aspiration

SIROPE

SNORKEL - INDUCED RAPID ONSET PULMONARY EDEMA

Pulmonary Edema: Resistance to inhalation caused by the snorkel can create a vacuum in the lungs, allowing bodily fluids to flow into the lung cavity. Fluid in the lungs is called Pulmonary Edema.

Hypoxia: Reduced lung capacity can lead to critically diminished oxygen in your system. This lack of sufficient oxygen is called *Hypoxia*. Hypoxia can lead to the snorkeler's death in a matter of minutes.

RISK FACTORS



The Snorkel



Heart Health



Inexperience



Recent Prolonged Air Travel



Exertion

10 TIPS FOR SAFER SNORKELING

Recreational snorkeling is NOT a benign, low-risk activity. This is true both for experienced and inexperienced swimmers and snorkelers.

- 1 **Swim at a lifeguarded beach.**
- 2 **If you can't swim, don't snorkel.**
- 3 **Familiarize yourself with your equipment in shallow water.**
- 4 **Swim with a buddy and keep an eye on your buddy.**
- 5 **Stay where you can touch the bottom and be confident before moving to deeper water.**
- 6 **If you have a heart condition, consider not snorkeling.**
- 7 **Check your location frequently - every 30 seconds.**
- 8 **If you unexpectedly become short of breath, remove your mask, get on your back, signal for help, and get out.**
- 9 **Do not exercise or increase exertion while breathing through a snorkel.**
- 10 **Consider waiting 2-3 days after extended air travel before snorkeling.**