Snorkeling Safety Brochure
Printing Resource

**IMPORTANT**

*Do not print this page.* Due to trimming and folding, our safety brochure is best produced by professional printer. Please provide the following art and the printing specifications below to your printing vendor:

( trim and fold guides are visible on a layer in the following art, but should not be printed in the final document )

- 11" x 8.5" (flat) / 3.6875x8.5" (finished) tri-fold
- 4-color, double-sided print
- full bleed
- score (fold) lines

**If it is necessary to print using an office printer, please note the following:**

1. Brochure should be printed on oversized paper (12"x9" or 17"x11") at 100% sizing and trimmed to 11x8.5"
2. When printing from the Adobe dialogue, select and do the following:
   a. Pages to Print > Pages > 2-3
   b. Page Sizing & Handling > Actual Size (or Custom Scale: 100%)
   c. Check “Print on both sides of paper” and select “Flip on short edge”
   d. Orientation > Select Landscape
   e. Set your printer and correct paper size under “Page Setup”
3. After cutting, you can hand-fold using the following steps:
   i. Turn to the printed side that includes the front and back cover
   ii. Fold Myth panel (left panel) behind the back cover, using its light blue color as a guide
   iii. Flip the brochure to show Myth section and fold the left side (front cover panel) over to the right edge
**MYTH:** Whenever you come to Hawaii, you must go snorkeling

**The Truth:** There are many fun things to do in and out of the water, so never feel pressured to go snorkeling just because you are in Hawaii. If your goal is to see underwater, you can do so with regular swimming goggles. If ocean or weather conditions are poor, your health or conditioning is poor, or you are just not feeling up to it, snorkeling is not a good activity for you.

**MYTH:** Using a traditional mask and snorkel is safer than using a full-face snorkel mask

**The Truth:** Snorkeling-related drownings occurred before full-face masks became available. There is currently no evidence proving that a specific type of snorkel equipment is dangerous.* The truth is, snorkeling can be more dangerous than swimming — so be careful!

*Causes are currently under investigation and may include: challenges with equipment, fatigue, changes in $O_2/CO_2$ concentration, medical conditions, effects of air travel or other factors.
Snorkeling: The Myths & The Truth

**MYTH:** You don’t need to know how to swim to go snorkeling

_The Truth:_ Experts agree you should never go snorkeling if you cannot swim. You need to be comfortable in the water and able to swim without the aid of any equipment. Many responsible boat tour companies stop visitors from snorkeling if they cannot swim.

**MYTH:** Snorkeling is easy

_The Truth:_ Breathing with snorkel equipment, such as through a narrow tube or other design can be more challenging than swimming. People have experienced shortness of breath, fatigue, and dizziness. If you have any of these symptoms, remove your equipment immediately and leave the water.

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**An average of 18 snorkelers fatally drown each year in Hawaii**

17 of these snorkelers are visitors to Hawaii

More Hawaii visitors die from snorkeling than from motor vehicle crashes, aircraft crashes, falls or homicides combined.

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So let’s do all we can to Stay Snorkel Safe!

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health.hawaii.gov/injuryprevention/home/drowning-prevention/information/