

SWIMMING ADVISORY TIPS FOR VISITORS

Swimming is one of the most commonly practised water leisure activities in Seychelles and, at some point, the majority of tourists as well as Seychellois are sure to take a refreshing dip in the sea. As pleasurable as swimming is, it is advisable to exercise caution and pay attention to currents, depressions in the sea floor and the size of the waves as they can, on occasion, be boisterous and be accompanied by strong rip currents. So be on the alert and stay safe whilst swimming at any beach on the islands.

Below are some advisory tips which you may consider before you decide to enter the sea.

- e** *Before leaving your hotel to go to any beach/ please check with your hotel or travel agent representative about the sea conditions as well as any potential hazards.*
- e** *Always check for the presence of swimming warning signs which may also be a warning flag. If you are not sure of the meaning of the warning sign or flag call the Life Guard services on [Tel: 2529976](tel:2529976) to query.*
- e** *If you are at a beach where there is no swimming warning sign or designated swimming area and you are not sure if the beach is safe to swim/ please call the Seychelles Life Guard Services on [Tel:-2529976](tel:-2529976) for advice and query as to whether that particular beach where you are located is safe for swimming.*
- e** *If you are going to the beach with your famil'h please pay special attention to children and elderly persons. Even in shallow water; wave action can cause a loss of footing or they can fall into depressions in the sea floor which are too deep for them.*
- e** *Avoid swimming alone. Always be accompanied by someone.*
- e** *Be on the safe side. Do not overestimate your swimming abilities.*



- e If by any chance you get caught in breaking waves, duck under the waves and allow them to pass over you while you manoeuvre yourself into calmer water. Getting repeatedly hit by breaking waves is no fun and will tire you out, increasing the risk of drowning.*
- e Never go swimming under the influence of alcohol when your judgment or reflexes might be impaired.*
- e Wait at least 30 minutes after your meals before going into the sea.*
- e Take note of the following emergency numbers: **-999 for Police and 151 for Hospital Emergency.***



The swimming safety tips have been prepared by the Risk Management Section, Tourism Department, Ministry of Tourism, Civil Aviation, Potts and Matine in collaboration with the Seychelles Life Guard Unit, Seychelles Fire and Rescue Services Agency. These safety tips are subject to regulatory revision so as to provide you with additional and useful tips.

For further information please contact:-

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The Risk Management Unit
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