

## While Swimming and Snorkelling at Thulhagiri Island

在苏哈姬莉岛游泳以及浮潜（蓝色美人礁岛）

As to provide safe and understandable surrounding for our guest we hereby list out some of the cautionary measures which to be followed.

为您提供安全周到的服务，我们在此列出一些要遵循的防范措施。



Always check weather condition the wind, sea current and the tide of the lagoon surrounding you.

要下海浮潜前事先了解天气及水流情况，以及到沙滩查看涨潮退潮情况。

Wet your index finger with saliva and pointing upwards. Thus, the side of the finger which feels cool is the direction from which wind is blowing.

用你的手指侧风向，湿润你的手指，在风中感觉哪一个方向凉爽既风从哪边来。



Dark clouds in the horizon causes high wind which will cause rain and extreme condition to the sea.

如果海上出现低空乌云并伴随大风那说明大雨即将到来

Look for dark clouds and the change in sky, which will cause a change in wind and direction of it.

查看乌云，这将导致风和它的方向变化

The sea current depends on tide both high and low tide times available from reception.

涨潮退潮时间表可以从前台处查询。



See the sea condition rough see causes panic with waves avoid rough seas.

看到太大太高不平静的海浪时候请勿下水活动。



Right gears for snorkelling is a must, we recommend always to use lifejackets, special lifejackets for snorkelling and swimming is available from Diving School. The mask and fins should fit you properly make a test snorkel in shallow water before you enter to deeper part of the lagoon, make sure you are comfortable with your gear.

必须使用正规的浮潜设备进行浮潜活动，我们建议入水就使用浮潜救生背心，包括浮潜，或者游泳。救生衣可从潜水学校租赁。请先在浅水区熟悉使用面镜和脚蹼，请确保您熟悉你的浮潜装备。

Do not use other floating objects which you might lose grip and don't use rubber inflatable which can drag you by sea current or wind far from land.

不要使用不正规的漂浮用具，不要使用救生圈漂浮在水面，这样水流会把你带到外海。



Do not swim or snorkel alone, always notify reception or neighbour that you are going for snorkelling and will be back after a specific time, please check that you give a call back else we will find you!

请不要独自游泳，在下水之前请通知你的同伴或者邻近的人，说出你预计的上岸时间和方位，如果你没有按时返回，我们会有目标的去找你。

Do not try to stand even on shallow water unless it's a sandy bottom and your wearing footwear, the corals or sharp edges wounds are poisonous and hence damage to corals is a sin against humanity as it will not recover in our life time.

不要穿着鞋踩在有珊瑚的地方，珊瑚是活的生物，一旦被踩死就不能恢复再生长，破坏珊瑚后果是非常严重的，碎的珊瑚也会扎坏你的脚，甚至它是有毒素的对人类的皮肤。

While snorkeling make sure your partner and both are confident of your swim ability, if you can just float make sure do not go to deep waters, especially out of the reef.

在浮潜过程中有信心地去浮潜，确保你及你的小伙伴们的游泳能力，如果你只会漂浮不会使用脚蹼，请不要去深水区，特别是珊瑚礁中。

Avoid touching the coral and marine life and do not remove any object from the sea.

避免触摸珊瑚和海洋生物，并不要从海中拿起任何海洋生物。移动任何海洋生物，珊瑚或者石头禁止拿出海面拍照！



If you are non swimmer do not try to swim in deep-water even with floating aids without proper guidance from an instructor.

如果你不会游泳在没有教练的指导情况下，请不要去深水区。

Try to learn the basics of snorkelling in shallow lagoon near the beach, where still you could find plentiful attraction. Learn the breathing skill and be comfortable with your gear specially learn to kick fins like a mermaid, learn to relax and breathe through your mouth piece.

尝试在海滩上珊瑚礁附近学习浮潜，找到兴趣学习呼吸技巧，并且熟练运用脚蹼，学会放松咬住呼吸管进行呼吸。

The life rings placed on the island should not be removed unless in case of emergency!

不要随意使用码头的橙色的救生圈，它是为紧急事故配备的

## Responsible Reef Practices While Snorkelling

浮潜的同时让我们一起保护珊瑚！



### **Practices that you can do to help sustain the Reef for generations to come**

练习浮潜，保护珊瑚为了我们世代可以看到这些水下美景

- Practice at first over the shallow lagoon and away from the coral  
首先练习在远离珊瑚的浅水区练习
- Get comfortable with buoyancy control and finning techniques.  
学会浮在水面和踢脚蹼
- Be mindful of where your fins are to avoid accidentally hitting the reef or stirring up sand.  
注意不要用脚蹼踢到珊瑚不要搅拌沙子
- Snorkel carefully near the reef and avoid the areas marked in the map  
避免去靠近船只出没的地方浮潜
- Move slowly and deliberately in the water, relax and take your time – to remain horizontal in the water, and refrain from standing up.  
花一些时间练习在水中浮潜游动，动作缓慢的移动你的身体，踢腿，并且放松心情，慢慢来，保持趴在水中的姿势，避免从水中站起来。
- Do not snorkel in areas where the water is less than one meter deep.  
不要去水深过一米的地方
- Use rest stations or other flotation aids if you need to rest while snorkelling.  
在浮潜过程中如果你需要休息请浮在漂浮用具上，比如救生夹克。
- Do not lean on, hold onto, or touch any part of the reef or moving animals when taking underwater photographs  
不要依靠住，禁止脚踩珊瑚，禁止脚蹼踢珊瑚，抱住，禁止抓住或者触摸任何属于海里的珊瑚或者游动和不游动的海洋生物，鱼类，贝类，海参，寄居蟹，螃蟹
- Be mindful of all marine life  
珍惜所有的海洋生物！！
- Avoid making sudden or loud noises underwater.  
禁止制造噪音或者非常吵闹在水下！

- Avoid chasing or attempting to ride or grab free-swimming animals (such as turtles, whales, and sea snakes). Avoid blocking their path or making them change direction.

禁止追赶或者抓或骑在海洋生物的背上（如海龟，鲨鱼，海蛇，海鳗）禁止挡住他们的去路，或使他们改变前进方向！

- Do not touching or relocating anything in the sea.

禁止触摸和移动任何海洋生物，包括珊瑚！

- Stay more than 3 meter away from Trigger fish nesting

与炮弹鱼保持在 3 米远的距离

- Do not feed the fish.

禁止喂鱼

- Do not collect any shells or 'souvenirs'.

禁止收集任何贝壳为纪念品！

## THE 1<sup>st</sup> TIME SNORKELING

*Safety is the #1 rule of snorkeling. Never snorkel alone, don't snorkel if you can't swim and use common sense.*

安全是浮潜的第 1 的规则。永远不要独自浮潜，如果你不会游泳或从没有浮潜过请不要尝试浮潜。

The objects you see through the mask in salt water are 34% larger than actual size and are 25% closer to you!

通过潜水面镜在海水中看到的物体比实际尺寸大 34%，而且更接近你 25%！

Do not go for swim right after meals (wait at least an hour) this may cause panic or cramp.

不要在饭后立即下水浮潜或者游泳（至少等待一个小时）如立即下水可能会引起恐慌或抽筋

Make sure the weather condition is favourable and proper wear against sunburn, especially clothes of light color and tight material recommended.

做好防晒准备，最有利的防晒品是紧身防晒服。

Get comfortable wearing the mask and breathing through the tube.

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下水之前戴好面镜，以自我舒适程度为准，并可以通过呼吸管呼吸自如

While standing in shallow water, practice putting your face below the surface and looking through the mask. You can breathe through the snorkel while looking around at the aquatic life. In shallow waters this can be a fantastic way to see many things without expending the energy of swimming.

戴好浮潜设备，只站在浅水区，弯下身，把头浮在水中，透过面镜，你可以通过呼吸管呼吸，同时看着水中生物，在浅水区这也许会对你有帮助，可以看很多东西而不花费力气去游泳



SNORKEL 呼吸管



MASK 面镜



SNORKELING VEST 救生夹克



FINS 脚蹼



Snorkeling in shallow water is also a good time to learn to use the equipment effectively. Although relatively simple, beginning snorkelers should know their way around their mask and snorkel, including how to clear both of water. This is an essential skill, as open waves or splashes can send water into the open end of a snorkel, and masks can develop tiny leaks during a dive. Having a mask or snorkel fill with water can be a scary experience the first time, so snorkelers should be comfortable with the process of clearing their equipment.

浮潜在浅水区是学习有效使用设备的好机会。相对比较容易，最开始应该了解面镜和呼吸管的使用方法，包括如何以清除呼吸管内积水。这是一项基本技能，当波浪或者水花进入你的呼吸管形成积水，使你无法呼吸，这是你可以把积水从呼吸管用力的“吐”出去。面镜在浮潜过程中，轻微有水进入到面镜内，你可以用鼻子喷气把水排出去，有过面镜或者呼吸管进水的经历是不愉快的，所以浮潜是要准确的使用你的浮潜设备，会面镜排水和呼吸管排水，

Clearing a snorkel is an easy process. If you find your snorkel tube clogged with water simply exhale with a strong force through your mouth, which should send the water up and out the end of the snorkel. Some snorkels come with built-in drainage valves, allowing the water to be pushed out a one-way valve. This makes it easier to push the water out if a small amount of water makes

呼吸管排水是一个简单的过程，浮潜管堵塞后简单地用嘴呼出一大口气，让积水从呼吸管顶端排除，一些呼吸管配有内置排水阀，使水被压出单向阀，这使得水更容易排除。

Clearing a mask is similar to clearing a snorkel, but can seem more difficult because of the reduced visibility. To clear out a mask, simply lift your head out of the water and pull forward on the front of the mask. This will open up a gap in the bottom of the mask, allowing the water to drain out.

清除面镜类似于清除呼吸管，但似乎因为增加能见度降低的更加困难。要清除出一个面镜，只是抬起你的头抬出水面，并轻向前拉面罩。这将打开在面罩的底部的间隙，使水排出。



The next step in learning the basics of snorkelling is to practice while in open water, when you cannot touch the bottom. To do this you will need to be comfortable with using your snorkelling fins to stay afloat upright as well as to move around while floating face down in the water. As you swim along the surface, practice breathing evenly through your snorkel.

在学习浮潜的基本知识之后，下一步是练习，而在海里，当你不能脚踩到底部。(不能踩到珊瑚上，只能踩到沙地上)要做到这一点，你将需要舒适熟练的使用您的脚蹼保持直立漂浮以及漂浮时正面朝下在水中游动。当你沿着水面游泳，均匀的使用呼吸管呼吸



The most common underwater kick is the basic flutter stroke. When used properly, this kick can be a very fast and efficient method of transportation in the water. As you kick, use a slow, comfortable pace and remember to keep your fins submerged in the water. You should find that a pace of about twenty kicks per minute will give you a good cruising speed through the water without too much fatigue. Breaking the water surface with your fins uses more energy and decreases the efficiency of your kicks. Keep your arms at your sides while swimming to reduce drag. Another common kick is the dolphin kick, in which both legs sweep up and down together. This kick can be more difficult to master but is a very efficient means of underwater propulsion when learned properly.

最常见的水下踢是基本上下踢腿。如果使用得当，这一踢腿是在水中非常快速和有效的方法。当你踢，用一个缓慢的，舒适的步伐，并记得把你的脚蹼没在水中。你会发现，每分

钟约 20 次踢腿的速度会给你一个很好的速度在水中并没有太多的疲劳。在碎浪的表面使用脚蹼会浪费更多的力气，并降低你的踢腿效率。保持你的手臂放在身体两侧不动，以减少阻力。另一种常见的踢的是海豚式打水，两条腿并拢在一起上下移动，使用腰部力量，这可能比较难以掌握，但却是水中前进的一个非常有效的方法。

### Taking Care of Your Equipment 浮潜设备保养

You can prolong the life of your snorkeling equipment and keep it in top shape by regularly soaking them in fresh water. Salt crystals can condense on equipment that has not been properly rinsed or soaked. These can dry and harden, causing scratches or holes in equipment and weakening straps. Check your equipment after each use for bits of sand or salt and rinsing all equipment thoroughly. To avoid breathing in water while you are using your snorkel, get into the practice of breathing in slowly and evenly, so that residual water in the snorkel does not enter your mouth. Exhale sharply and with force to rid the snorkel tube of water.

您可以延长您的浮潜设备的使用寿命，并保持在最佳状态，定期浸泡在淡水中。盐的结晶会凝结在设备上，没有正确冲洗或浸泡。这些都会变干，变硬，造成刮痕或破裂。每次使用后应该用清水彻底冲洗沙子和盐，为了避免水直接进入嘴内，而是用你的呼吸管吸气，每次呼吸缓慢而均匀，如果嘴中进水，大口向呼吸管内吐气把水吹出呼吸管顶端。

**If Your Mask Fogs:** Sometimes the inside surface of a snorkeling mask will begin to fog. This happens when moisture in your breath condenses on the cold glass surface of the mask. To avoid this, regularly clean both the inside and outside of your mask with soap and water to remove all dirt and grease. If your mask begins to fog during a dive you can clear it by allowing a little water to flow into the mask. Then look downward to wash the condensation from the lens and clear the water out of the mask.

如果你的面起雾：浮潜面镜有时起雾。发生这种情况时，是你不小心用鼻子呼吸时候呼出热气。为了避免这种情况，定期清洗镜面内外部，用肥皂水涂抹，除去所有的污垢和油脂。如果在你的面镜开始起雾潜水过程中，你可以通过让少量的水流入面镜清除它。然后往上看，用鼻子喷气的方法把水排出来。

### If You Get Tired

如果你感到劳累

If your legs become tired or if you develop a cramp while snorkeling try flipping over onto your back. This will let you tread water easily while remaining afloat on the surface of the water. The inverted leg motions will be much easier than the basic kick and will let your muscles rest and recuperate energy. Your body position should be semi-sitting, with the head above water.

在浮潜过程中，如果你的腿感到疲惫，或者如果你突然腿部抽筋，而此刻你应该翻转身体，这将让你蹬水很容易，保持身体漂浮在水面上。倒踢腿动作会比基本踢更容易，会让你的肌肉休息和恢复体力的能量。你的身体姿势应该是半坐位，头部露出水面的。

Please refer to the island map, near to reception for details.



