



How to Enjoy the Beach Safely



Learn the dangers of the ocean!



Danger No.1

Rip Currents

The water currents flowing from the shore to the open sea, as indicated by the arrows in the image below, are called “rip currents”. These are fast currents invisible to the eye that can quickly carry you out to sea.



Danger No.2

Dangers invisible to the eye

There are places in the ocean where it suddenly gets so deep that you cannot reach the bottom.
There are also many other invisible dangers, such as sudden large waves, etc.

Be aware of these dangers and have fun safely!

- Make sure to only swim in designated swimming areas with lifeguards.
- Never go into the ocean alone, go in groups of two or more.
- Avoid swimming when the wind and waves are strong, or if you feel unwell.

● For more information on beach safety

Coast Guard Water Safety Guide

Water Safety Guide

海上保安庁



<https://www6.kaiho.mlit.go.jp/watersafety/index.html>

● List of swimming areas



北海道

**Swimming Areas
Information**



Crisis Management and Sports Promotion Section

<https://www.pref.hokkaido.lg.jp/ks/ssk/sports/kaisuiyoku1.html>