



Safety Guideline of Sea Activities

Pursuant to the circular re-categorization with effect from 1 January 2018, this Circular substitutes Programme Circular No. 68/2016 issued on 15 June 2016 with contents unchanged.

To ensure a safer environment for our members and leaders using Association's sea activities centres, please refer to the "Water Activities Safety Instructions" (Appendix 1) & "Scout Sea Activities Centre Regulations" (Appendix 2) for ALL water sports instructors and participants.

For enquiries, please contact Programme Branch at 2957 6411 or 2957 6417 during office hours.

Joseph LAU
Programme Commissioner

**Scout Association of Hong Kong
Programme Branch**

Water Activities Safety Instructions

Please note the following:

1. Acquire basic swimming skills and be able to swim at least 50 metres with clothes.
2. Receive proper training and acquire basic skills. Have basic knowledge in the equipment used. Examine the buoyancy devices of the boat before setting off.
3. Properly wear life jacket/buoyancy aid and heel-toe-covered rubber shoes, as well as clothes suitable for water sports such as swimming suits, swimming trunks, sun cap, light, permeable and fit long-sleeved clothes.
4. Pay attention to the flag signals and follow the instructions issued by Sea Activities Centres.
5. Have proper means of making emergency call. Bring water-proof whistle or mobile phone.
6. Always keep alert and take note of the changes in weather and the conditions of the sea.
7. Do not take part in activities when you are tired, hungry or overeat. Have good rest and plenty of water. Keep physical strength for the return journey. Pay attention to sunscreen protection or keep warm.
8. Take part in water sports activities with companions and look after one another.
9. Scout members under 18 years of age must be accompanied by leaders or guardians to swim in pools or beaches.

10. Inform reliable people of your destination, time of return journey and ways of contact with your companions.
11. Take note of the traffic conditions of the sea and the safe area for conducting activities. Keep clear of the navigation waterway, mooring area, high speed vessels and fishing boats.
12. Swim at where a qualified lifeguard is present.
13. Do not swim in reservoirs, rivers, catchment channels, ponds, piers and seashores with rocks and shells.
14. Do not conduct capsizing training in waters with unknown depth or dive in shallow waters.
15. Do not abandon the boat at will and swim back to the shore.
16. Stay calm and cry out for help when you are drowning. Keep floating on your back and wait for rescue.
17. Keep calm when encountering dangers (e.g. on sighting of sharks), raise arms to call for help and swim back to shore slowly.

**Scout Association of Hong Kong
Programme Branch**

Scout Sea Activities Centre Regulations

1. Participant of sea activities should have a valid Swimming Test Certificate.
2. Participant of sea activities must possess the corresponding requirements stated by the Sea Activities Centres (“the Centres”).
3. Dress appropriately when participating in sea activities. Boat users must wear heel-toe-covered rubber shoes and life jacket/buoyancy.
4. Unless otherwise approved, all activities must be held at the designated area.
5. Report to the Centres staff immediately in case of any accident.
6. All equipments should be used under the approval of Centres staff.
7. All boats and equipments must be cleaned after use and put them in place accordingly.
8. Familiarize and follow the signals issued by the Centres.
9. Apart from above regulations, participant of sea activities must follow the guidelines on outdoor activities and inclement weather, and other sea activities related circulars issued by the Association and the Centres.