



WARNING – HEALTH RISKS

Snorkelling can be a strenuous physical activity.

If you suffer from an existing medical condition PLEASE NOTE:

- 1. Some medical conditions may be made worse by physical exertion**
Eg. heart disease, asthma, lung complaints
- 2. Some medical conditions can result in the loss of consciousness if you exert yourself**
Eg. epilepsy, diabetes
- 3. Asthma that can be brought on by cold water or salt water mist**

PLEASE inform the Snorkelling Supervisor or Snorkelling Guide if you have an existing medical condition and any concerns you have.

Persons with a medical condition intending to snorkel should:

- A. Only snorkel in an area that allows the Snorkelling Supervisor or Snorkelling Guide to offer close supervision**
- B. Wear a flotation device that will support the wearer in a relaxed state**