

Thailand happy holidays Water Tourism Activities





All about Water



Beach, Island



Sea



Swimming Pool



Undersea



Emergency

Travel with a licensed TRAVEL AGENCY

Advantage



Hospitable services



Reliable services with international standard



Get protected from Tourism Business Protection Fund

Emergency Hotlines



1155

Hotline
Tourist Police



1669

Hotline
National Institute
for Emergency Medicine



0-2401-1111

Hotline
Department
of Tourism

Enjoy your trip without Alcohol

Do not drink alcohol before and during activities.





Swimming pool

Choose a swimming pool with clean water and check the pool depth for your own safety.

Did you know?

At present, there are 2 types of swimming pool

Chlorine System

This type of pool uses chlorine to treat and sanitize the water

☺ Suitable as outdoor swimming pool.

☹ Chlorine may cause skin irritation.

Salt System

This type of pool uses dissolved salt and chlorine to generate a sanitizing agent to human skin.

☺ Gentle to human skin

☹ Difficult to maintain, and the water can easily become dirty.

The water is so clean that you can see the floor

☹ Cloudy water with smell

☹ Cloudy water with moss

☹ you can see sediments in the water

Dirty water causes from the sediment or silt found in the water.

PREPARATION

Do not wear accessories ☹

☑ Always wear swimsuit

Use sunscreens ☑

☑ Rest well and drink enough water

Do not swim with other people when you are sick or have contagious disease. ☹

☑ Use lifebuoy : for people who cannot swim well.

First Aid

Cramp

Foot cramp

gently push the toe up and down



Calf Muscle cramp

- 1 Fully stretch the leg
- 2 Push to foot backward.



Leg Cramp

- 1 Fully stretch the leg
- 2 Lean forward



Do not eat too much
Exercise to prevent the cramp



Beaches and Islands

Follow the instruction and choose the activities that best suit you

PREPARATION

- ✓ Wear comfortable dress
- ✓ Get enough sleep
- ✓ Lifebuoy for people who cannot swim well
- ✓ Bring sunscreen, sunglasses and hat



Red Flag
no swimming



Green Flag
swimming allowed



Red and Yellow flag
swimming allowed
(but not recommended)



Always look for signs

Swimming

Kid	Adult	Asthma	Heart Disease	Hyper-tension
✓	✓	✓	✗	✓

Banana Boat

Kid	Adult	Asthma	Heart Disease	Hyper-tension
✓	✓	✗	✗	✗

Jet Ski

Kid	Adult	Asthma	Heart Disease	Hyper-tension
✓	✓	✗	✗	✗

Parasail

Kid	Adult	Asthma	Heart Disease	Hyper-tension
✓	✓	✗	✗	✗

First Aid

Cramp

Foot cramp

gently push the toe up and down



Calf Muscle cramp

- 1 Fully stretch the leg
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Exercise to prevent the cramp



Leg Cramp

- 1 Fully stretch the leg
- 2 Lean forward the leg



Jellyfish sting Treatment

Deactivate the venom with sea water or vinegar



Avoid pouring fresh water to the stung area nor compressing with ice



Observe the reaction and take the injured to hospital



what to do when being wash away by rip currents

Do not swim against the current because it lead to the exhaustion



Try to float in water



Give signal to request assistance



These following actions are illegal
Please don't ever do any



**Do not collect
the coral and marine lives**



**Do not throw waste
and flammable materials**



**Do not feed the fish
or other marine lives**



**Do not step on or
destroy the coral**



**Do not drop anchor
on coral reefs**

source :Department of Marine
and Coastal Resources



The sea

PREPARATION

Wear life vest and always bring whistle ✓



✓ Check the weather

✓ Keep your electronic device safe and protected



While on the boat



Sit in the middle of the ship, if you are having boat sick



Take motion sickness tablets at least 30 minutes before the trip

Tips to prevent motion sickness



Do not look and focus on something for too long

Ginger ale and ginger candy help to reduce dizziness

Bring protein snack

Wear sunglasses to protect your eyes from UV rays

First Aid

When falling into the water

- 1 Do not swim against the current because it leads to the exhaustion
- 2 Try to float in water
- 3 Give signal or wait until the ship come to rescue you
- 4 Mind the boat propeller



Snorkeling



PREPARATION

- ✗ Do not overfill your stomach
- ✓ Bring drinking water
- ✗ Do not drink alcohol before and after the activity
- ✓ Get enough sleep, for at least 7 hours
- ✓ Learn how to use the snorkeling equipment and check all equipment before use
- ✓ Wear a life vest and always have the whistle in hand

Snorkeling Techniques



To rest lift your head above the surface and float



Lift your head over the surface periodically to know where you are



Lie afloat on the water surface, to prevent you from being swept away by the wave

Feeding the fish is harmful to the fish



The fish may lose their survival instinct and are likely to be attacked by other species



They may depend only on human-provided food instead of hunting for their own



The leftovers food is littered in their habitat

Jelly Fish

While snorkeling, do not touch corals and some marine lives as they could be deadly poisonous and could harm us

Stonefish

Cone shell

Lionfish

Black Urchin

First Aid

1

Do not swim against the current because it leads to the exhaustion



2

Try to float in water



3

Give signal or wait until the ship come to rescue you



Follow the instructions by the guide or the person in charge



Scuba Diving

PREPARATION

Get enough sleep at least 7 hours



Don't overfill your stomach

Check equipment



Drink enough water

Limit the alcohol and caffeine intake the night before diving



Dive as a group and always dive with an expert

Have an international diving certificate

Things to know before you go

Deep water diving should be arranged in the middle of your holiday schedule, to give time for your body to adjust to the amount of carbon dioxide accumulate in your body



Landing

12-18 hours



Dive

12-18 hours



Take-off

First Aid

- 1 Get Air**
Make sure the injured has enough oxygen to breath
- 2 Get to the Surface**
quickly ascend to the surface
- 3 Get Buoyant**
Remove all diving equipment when being at the surface
- 4 Get Help**
Call for help
- 5 Get out**
Take the injured up from the water.



*Caution : beware Of quickly reaching the surface.It may lead to lung expansion issue