

## Coral Reef Awareness

We hope you will take the opportunity to enjoy tropical water snorkeling. Here are some tips:

- Sunscreen and soap kills coral polyps. When swimming use a rash guard, polyester or Cool-Max type t-shirt, and swim cap for sun protection. Use modest amount of soap when showering on the swim step.
- Don't touch coral with your fins, feet, knees, elbows or hands. Coral is easily damaged and contact with some types of coral (such as fire coral) can be painful. Wounds from coral cuts can become quickly infected and you may not be able to swim for at least a week until they heal.
- Be very careful about treading water with fins on in moderately shallow water. The fins stir up the sand which can suffocate the coral.
- If you see fishing line or net tangled in coral gently remove it, or ask us to, as turtles and marine life can get tangled in it and drown.
- Pick up any rubbish that you see underwater and place it in the dinghy.
- When beach walking, pick up six-pack can holders and plastic bags as turtles may mistake these for jellyfish and choke.
- Do not buy, accept gifts of or collect any shells or coral. It is illegal to take them into any CITES treaty country, and removing them can upset the reef balance. Those who understand the strain on marine resources will refuse gifts of shell leis.
- Do not chase sea turtles or rays.
- At restaurants, order pelagic species including tuna, mahi mahi, wahoo (Spanish mackerel) and avoid ordering reef fish including snapper, grouper or parrot fish. These species can harbor ciguatera neurotoxins and are also under great pressure from overfishing worldwide.