



Sun and Ocean Safety Guides

When staying at Aloha Beach Hotel Kauai or visiting your favorite vacation spots in Hawaii, Kauai please follow the safety guidelines.

Aloha Beach Hotel Kauai Recommends Sun Safety Guide

- Catch the rays before they catch you
- Be conscious of how much time is exposing your skin to the sun. Baring the skin to ultraviolet rays is cumulative over the years, eventually it leads to leathery look and skin cancer
- Ultraviolet rays go right through the clouds. It is possible to get sunburned even on an overcast day.
- Water is reflective, it bounces the UV ray even on shaded undersides of your body. Apply the sunscreen under and on top of your nose.

Aloha Beach Hotel Kauai Recommends Ocean Safety Guide

- If in doubt, just stay out
- Never swim alone
- Swim in lifeguarded area
- Before swimming, ask a Lifeguard about beach and surf conditions
- Rely on your swimming ability rather than a flotation device
- Do not dive into unknown water or shallow breaking waves
- If you are unable to swim out of a strong current, signal for help
- Look for, read, and obey all beach safety signs and symbols
- Watch children carefully and hold on to the younger ones. Do not depend on Lifeguards to watch young children
- Beware River mouths can be deadly with strong current especially after afternoon or seasonal rainfall
- Watch the surf for at least 15 minutes before entering the water
- Do not surf or swim in murky water or muddy river mouths

Have a safe and pleasant stay at the Aloha Beach Hotel Kauai