

Safety Tips

Guam's water activities can pose significant hazards. Always remain alert and cautious. Please adhere to the safety tips below for water activities:

- Use a Personal Flotation Device (PFD) and take swimming lessons
- Wear water shoes that cover the entire foot and have thick soles to protect your feet from hot surfaces and sharp objects.
- Stay updated on the weather forecast
- Two (2) person concept for any activity
- Tell someone where you are going and what time you plan on returning
- Stay hydrated and well nourished and pack extra just in case of an emergency
- Protect your skin from the sun's ultraviolet rays
- Bring a cellular phone but understand some areas might not have reception
- Read posted caution or warning signs
- Do not participate in any activity under the influence of alcohol or medications which causes drowsiness
- Have the right gear for the activity
- Be aware of poisonous animals or plants
- Avoid touching UXO's
- Contact MWR for activities you might be interested in and participating.



Weather Updates

- Weather website: <https://www.weather.gov/gum/>
- Off Base Dial: 211
- On Base Dial: 99-211

Media Updates



@US Naval Base Guam

@MWR Guam



@nbgum



Download Coast Guard App on your mobile phone:

<https://uscgboating.org>

Risk Assessment Code

Operational Risk Assessments are conducted for beach safety hazard awareness and corrective actions. The below Risk Assessment Matrix is used to assign the risk levels associated with the beach hazards.

RISK ASSESSMENT MATRIX		PROBABILITY				
		Frequency of Occurrence Over Time				
		A Frequent (Continuously Experienced)	B Likely (Will occur frequently)	C Occasional (Will occur several times)	D Seldom (Unlikely, can be expected to occur)	E Unlikely (Improbable, but possible to occur)
Severity Effect of Hazard	Catastrophic (Death, Loss of Asset, Mission Capability or Unit Readiness)	I EH 1	EH 1	H 2	H 2	M 3
	Critical (Severe Injury or Damage, Significantly Degraded Mission Capability or Unit Readiness)	II EH 1	H 2	H 2	M 3	L 4
	Moderate (Minor Injury or Damage, Degraded Mission Capability or Unit Readiness)	III H 2	M 3	M 3	L 4	L 4
	Negligible (Minimal Injury or Damage, Little or No Impact to Mission Readiness or Unit Readiness)	IV M 3	L 4	L 4	L 4	L 4
Risk Assessment Levels						
EH=Extremely High 1 H=High 2 M=Medium 3 L=Low 4						

Beach Safety Guide



Please contact U.S. Naval Base Guam Safety Office at 339-SAFE (7233) for more information on Beach or Hiking Safety.

Requirements

- OPNAV M-5100.23
- 2019 JRM Guam Water Safety Video: <https://drive.google.com/file/d/1uApqkYsSrTK841PiiKm7Wshy1cOePqus/view?usp=sharing>
- or
- <https://www.youtube.com/watch?v=fTVJsEI3wTg>
- 2019 JRM Guam Hiking Safety Video: https://drive.google.com/file/d/18933yc_71lh-igQELM49iuB0BTg5UvTc/view?usp=sharing
- or
- <https://www.youtube.com/watch?v=yQOt2CtUv18&spfreload=10>

Emergency Contacts

- NBG Security Desk: 333-SECO (7326)
- Navy Fire and Rescue: 333-4357
- USCG Sector Guam: 355-4821/4/6
- Naval Base CDO: 488-7147

Prohibited Water Activities

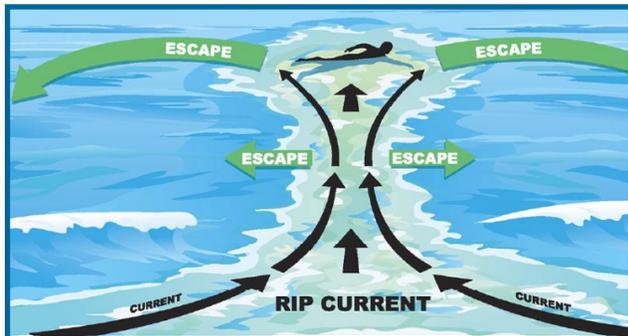
The JTREG Marianas Notice 1620 notifies all military personnel on Guam and in the Commonwealth of Northern Mariana Islands of the off-limits locations, other prohibitions, and restrictions.

- Cliff diving
- Water entry at Pagat Shore and Sharks Hole
- Hiking near rivers or outlets and waterfalls during or after heavy rain
- Cave diving or underwater spelunking
- Swimming in the vicinity of breakwater
- Reef walking
- Non-Recreational diving below 130 feet and wreck diving unless appropriately certified and equipped
- Limited swimming areas in CNMI

Rip Currents

A Rip Current is a powerful, channel current that can pull you away from the shore. This water hazard has resulted in severe injuries and drownings. If caught in a Rip Current, please follow the below safety tips:

- Remain calm and don't fight the current
- Swim parallel to the shore
- Be aware of your surroundings
- Shout and wave for help if you cannot escape



Guam Beach Map



Marine Life

Guam has many marine life hazards. Please be cautious while swimming.

Cone Snails. Cone snails are usually found under rocks and coral or crawling along the sandy bottom. The snail's shell is most often symmetrical in a spiral coil with one or two pairs of tentacles. The cone snail has a highly developed venom apparatus that can puncture through your clothing. The sting has a burning sensation which can spread throughout your body and may be severe. Please seek medical attention if needed.

Lionfish or Stonefish. They are shallow-water bottom dwellers. The sting of either fish can produce excruciating pain, along with local tissue destruction. Symptoms can also include respiratory failure and cardiovascular collapse. Please seek immediate medical attention if you got stung.

Box Jellyfish and Portuguese Man-O-War. Found on or below the surface of the water and washed ashore. Sting can be painful and possibly fatal. Apply vinegar and isopropyl alcohol and please seek medical attention if needed.

General Marine Life Safety:

- Wear water shoes while in the ocean
- Don't reach into holes or crevices to touch the marine life
- Do not put sea shells in your pocket
- Do not eat marine life you are unfamiliar with

