

海水浴

について



写真: Vale de Lobo

海水浴

海水浴の季節に入りましたが、数か月に及ぶ自宅待機要請（ステイホーム）期間を経て、しばし屋外で楽しんだり海風に当たったりするのも良いのではないのでしょうか。

ポルトガルの大西洋岸は、実に多様性に富んだ、大部分が白くきれいな砂浜となっており、夏が長く、年中にわたって日差しが何時間も照りつけることから、ポルトガルはビーチを満喫できる人気のスポットで、休暇を楽しむ有数の渡航先として知られています。

ポルトガル国内のビーチの優れた質そして美しさは名高く、どれが一番か、優劣を付けるのは困難です。なんといっても、372ものビーチがEuropean Blue Flag（ヨーロッパアンブルーフラグ）に認定されており、そのうちの208がAccessible Beaches（利用可能なビーチ）に分類されているのです！

ですので、全く安心してお楽しみいただけますが、今年の夏の海水浴ルールをご理解いただきたいと思います。最良のビーチを効果的に選んで訪れていただけるよう、以下のサインを使って混雑度を表示する情報システムを実装しています：

- 緑：混雑度低（＜ 50％）
- 黄：混雑度高（50-90％）
- 赤：混雑度100％（＞ 90％）

この情報は、「Info Praia」アプリ（iOSおよびAndroid対応）ならびにPortuguese Environment Agency（ポルトガル環境協会）のサイト－<https://infopraia.apambiente.pt> にてリアルタイムで更新されます。



RULES FOR BEACHES

Bathing Season – May 15th - October 31st



General beach rules

- Physical distancing of 1.5m between beachgoers (who are not of the same group)
- 3m distance between beach parasols
- Ensure physical safety distance when using the beach and bathing
- Sporting activities with 2 or more people are forbidden (except for nautical activities)
- Surf lessons and similar sports with a maximum of 5 participants



Circulation rules

- Mandatory use of hand sanitiser upon arrival at the beach and regularly thereafter
- Mandatory use of masks upon arrival and at beach facilities
- One way circulation with physical distancing of 1,5m
- Respect the beach entrance, exit and circulation ways as defined
- Mandatory use of footwear at beach showers and other facilities



Parasols and tents/huts

- 3m distance between awnings and parasols
- 1,5m distance between the boundaries of the tents
- Maximum limit of 5 users per parasol, tent/hut
- Possible exceptional extension of the concession area



State of occupancy

State of occupancy announced through signs, like traffic light signs:

- Green: low occupancy (<50%)
- Yellow: high occupancy (50%-90%)
- Red: full occupancy (>90%)

Avoid access to areas with high or full occupancy

Information updated continuously and in real-time at the "Info Praia" app
<https://infopraia.apambiente.pt>



Parking

- Parking is prohibited outside car parks and other parking areas
- Overnight stay and parking of motorhomes or similar is prohibited in car parks and parking areas



Bars, Restaurants and outdoor terraces

- Regular cleaning of spaces
- Physical distancing of 2m between users
- Maximum capacity limits as applicable to restaurants in general
- Reorganisation of outdoor terraces to ensure safety distance



Equipment

- Pedal boats and slides should be sanitised whenever a change of user occurs
- Indoor and outdoor showers, sun loungers, mattresses or beach ashtrays should be sanitised frequently or whenever a change of user occurs
- Massage and similar services are prohibited



Itinerant sale

- Mandatory use of mask by the salesperson in contact with customers
- The circulation of street vendors should be done with physical distance and, preferably, through circulation corridors

GENERAL RULES

- Rules applicable to "bathing beaches" only
- Possibility of beach prohibition in case of serious breach by users or dealers

All information can be consulted in real time in the "InfoPraia" app and at www.apambiente.pt

COVID-19



CALOR

COMO SE PREVENIR



EXPOSIÇÃO SOLAR



Evite estar ao sol, entre as 11h e as 17h



Aplique protetor solar com fator ≥ 30 a cada 2 horas



HIDRATAÇÃO



Beber água, mesmo sem sede



Evite bebidas alcoólicas



AMBIENTES FRESCOS



Procure locais à sombra e climatizados



Utilize roupas frescas, que cubram o corpo

HEAT

HOW TO PREVENT



SOLAR EXPOSURE

Avoid direct sunlight between 11am and 5pm

Apply sunscreen (SPF ≥ 30) every 2 hours

HYDRATION

Drink water, even if you're not thirsty

Avoid alcoholic drinks

COOL SETTINGS

Seek shaded areas and places with air-conditioning

Use lightweight clothing, protecting the entire body

CHALEUR

COMMENT PRÉVENIR



EXPOSITION SOLAIRE

Évitez l'exposition, entre 11h et 17h

Appliquez de la crème solaire (écran SPF >30) toutes les 2 heures

HYDRATATION

Boire de l'eau, même si vous n'avez pas soif

Évitez la consommation de boissons alcoolisées

ENDROITS FRAIS

Favorisez les zones à l'ombre et espaces climatisés

Portez des vêtements légers, qui protègent le corps



ATENÇÃO

Mantenha distanciamento físico

ATTENTION

Maintain physical distancing

ATTENTION

Maintenez une distance physique

#SEJAUMAGENTEDESAPUBLICA
#ESTAMOSON
#UMCONSELHODAGS



