

Tips For Preventing SEASICKNESS

If you have trouble finding your sea legs, but want to join a whale watching tour or sea fishing adventure, you can take steps to prevent the misery that is seasickness.



According to member **Captain Bob Avila**, owner/operator of Captain John Whale Watching & Fishing Tours in Plymouth, MA, your first line of defense starts with **prevention**.

If you're prone to seasickness, then anti-motion sickness medications and patches should be used before the boat sails. Also important is to be completely sober and not having a hangover.

It's also good choice to opt for excursions on bigger boats. The bigger the boat, the better it withstands ocean currents.

Once on the boat, set your sights for the horizon and enjoy the breeze and beauty of the open ocean. Just relax! The more relaxed and distracted you are, the less you'll feel the motion of the boat.

If you do feel a bit queasy, move toward the open air and snack on some bland foods. This sounds counterintuitive, but many swear by the snack treatment.

And most importantly, tell yourself firmly that you will not be seasick.... mind over matter, as the saying goes, will work in your favor, since the placebo effect is particularly strong when it comes to seasickness.



RISAA DONATES MONO FISHING LINE COLLECTORS

The RI Saltwater Anglers Association has provided five PVC fishing line collectors to RIDEM. Two of them are set to be placed at the new Rocky Point fishing pier and the others will be used at DEM public boat ramps.

Two collectors were made in 2018 and erected at the Goddard Park and Galilee boat ramps. DEM staff said anglers were using them as intended. Since they were proven effective, several more were made.

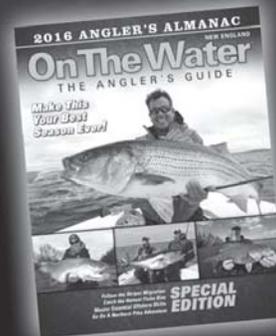


The collectors were made by members Pete O'Biso and Roger Tellier and RISAA purchased all the materials and decals.

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