

Stay safe OUTDOORS



Do not attempt to climb up or down cliffs unless you are properly equipped and trained to do so. Do not attempt to climb cliffs as a short cut back to the top again.



Stay away from breaking waves

Large waves are powerful, they can sweep you off your feet and out to sea in an instant. Avoid exposed beaches, cliffs and coastal paths. Keep a safe distance from the sea.



Keep your dog on a lead near cliffs

If your dog does fall down a cliff, or starts getting swept out to sea, please do not attempt to rescue it yourself. The **Coastguard** has safety equipment and is specially trained in all types of rescue on the coast, including dog rescues.



Be prepared

- Check the weather forecast and tide times before you set off. Useful websites to check are the **Met Office** and **magicseaweed**.
- Remember to wear **sturdy shoes or boots** before setting off to walk along a coastal path.



If you see someone in trouble in the water, call 999 or 112 and ask for the Coastguard.



#respectthewater

Float to Live

If you find yourself unexpectedly in the water, **float to increase your chances of survival.**

- **Take a minute:** The initial shock of being in cold water can cause you to gasp and panic. Effects of cold water shock pass in less than a minute so don't try to swim straight away.
- **Relax and float:** Float on your back while you catch your breath. Try to get hold of something that will help you float.
- **Keep calm:** Once you're calm, call for help. Swim for safety if you are able.



Always carry a means of calling for help. You must be able to reach it in an emergency. Consider taking a mobile phone with you.



Let someone know

Tell someone where you are going and what time you will be home. If you can, go with others.



what3words app

what3words is a useful app to have on your mobile, as it can identify your precise location and help emergency services to find you quicker.



Swimming - Safety Tips

Swimming in cold water is a lot different to swimming in a warm indoor pool. Make sure you stay safe.

1. Never swim alone.
2. Increase your visibility - wear a brightly coloured swimming hat and use a tow float.
3. Before you get in, make sure you know how you will get out.
4. Get used to the cold water slowly and enter gradually to reduce the risk of cold water shock.
5. Always swim parallel to the shore and not straight out.

If in doubt, don't go out.



Water based activities

Always wear a personal flotation device (PFD) and make sure you are wearing suitable clothing for the forecasted weather conditions. If you are paddleboarding, always wear your leash and hold onto your board if you get in trouble. It will help you float. Consider joining a club to improve your skills.