

HOW TO STAY SAFE ON THE SHORE

1

TIDE TIMES

Check tide times in your area before visiting the shore to ensure you don't get cut off by a rising tide

2

WEATHER

Check the weather forecast for your area and dress appropriately. If it is too windy the shore may be unsafe

3

STAY IN CONTACT

Carry a mobile phone in case of an emergency and let someone know where you are going if you choose to go alone

4

BUDDY SYSTEM

It is a good idea to have a buddy with you on the shore in case of an emergency

5

WATCH YOUR FOOTING

Beware of slippery or uneven rocks - seaweed covered rock can be very slippery, take extra care when walking on a rocky shore

6

ON YOUR FEET

Wear old trainers or ideally, wellington boots

7

STAY ALERT

Follow the advice of any nearby hazard or location specific signs e.g. cliff falls or freak waves

8

WATCH YOUR HANDS

Avoid touching sharp objects e.g. rusty metal or broken glass

9

TURN ROCKS CAREFULLY

Rocks and especially barnacles can be very sharp, take care when turning rocks

10

STICK A PLASTER ON

Cover any open cuts or other wounds

11

WASH YOUR HANDS AFTERWARDS!

