

# SHORE SAFETY



- **Dress appropriately:** Don't forget essentials like hats, scarves, gloves, and sunscreen.
- **Check tides and weather:** Visit [www.willyweather.co.uk](http://www.willyweather.co.uk) for updates before heading out.
- **Carry a mobile phone:** Always have your phone on hand for emergencies.
- **Exercise caution:** Be careful when entering and leaving the shore, as surfaces can be slippery.
- **Stay safe in the water:** Never wade into water deeper than your shins.
- **Wear appropriate footwear:** Always opt for boots or wellingtons; no bare feet allowed.
- **Avoid hazards:** Steer clear of sharp or dangerous objects, including marine life.
- **Cover wounds:** Ensure any open cuts are properly covered.
- **Practice good hygiene:** Wash your hands with soap and water after your activities.
- **Stay vigilant:** Be aware of hazard signs, such as those indicating cliff falls, and avoid working in those areas.



# SEASHORE CODE



- Always return boulders, stones, and seaweed to their original positions.
- Minimize trampling on seaweed and wildlife whenever possible.
- Return animals to their original locations.
- Handle animals gently and with wet hands.
- If you use a bucket or tray for viewing or photography, remember to change the water frequently to prevent overheating.
- Leave no trace—take your litter back with you.

