

Safety



Safety Advice

In an emergency, contact the Coastguard (dial 999 or channel 16 on a marine VHF radio)



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On Land

Before heading out:

- Check local weather conditions and tide times.
- Dress appropriately.
- Pack a mobile phone (or a marine VHF radio, if out on the water).
- Let someone know where you're going and when you expect to return.

When out:

- Check signs for any activity zones, byelaws, and local beach safety information.
- Only light fires and/or BBQs in designated places.
- Keep your distance from cliff edges.

At Sea

Before heading out

- Make sure you have the skill and ability to handle your craft.
- To prevent collisions, (re)familiarise yourself with marine navigation regulations.
- Carry a minimum of third-party insurance for your craft (highly recommended).
- Check local weather conditions and tide times.
- Dress appropriately.
- Pack a marine VHF radio (highly recommended) and/or a mobile phone with the RYA SafeTrx app.

N.B. A licence is required to use a marine VHF radio lawfully, effectively, and safely.

- Let someone know where you're going and when you expect to return.

When at sea

- Use the "buddy" system; venture out in pairs or with a group.
- Use a sea-worthy craft, capable of coping with local conditions.
- Keep your craft well maintained.
- Ensure you are carrying the necessary safety equipment.
- Always wear a life jacket/buoyancy aid.

In an emergency, contact the Coastguard (dial 999 or channel 16 on a marine VHF radio).

For more coastal safety advice and/or training courses, visit:

- The Royal National Lifeboat Institution (RNLI) www.rnli.org/safety
- The Royal Yachting Association (RYA) www.rya.org.uk

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