

Board and Paddle Sports



There are several important seabird breeding colonies along the coast, including St Abbs Head (NTS), the Farne Islands (National Trust) and Coquet Island (RSPB). Please be aware of any additional measures to protect wildlife in these areas (e.g. restrictions or permissions needed prior to landing).



Respect

- Abide by the [Scottish Outdoor Access Code](#)¹ (Scotland) or [The Countryside Code](#)² (England) when visiting the coast. These give invaluable guidance on how to respect those living, working or enjoying the coast and countryside.
- Launch from designated ramps and, after doing so, move your vehicle from the launch area.
- Abide by local rules and restrictions set by harbour or port authorities.
- Always give way and stay clear of larger, less manoeuvrable, craft.
- Don't leave your kit unattended.
- Be aware of legislation or other local measures in place to protect birds, seals or cetaceans. Remember that marine mammals and many birds are protected by law from reckless disturbance or harassment. Further advice on boating near wildlife is available from [British Canoeing](#)³.

Protect

- Give space to wildlife and do not seek out encounters with marine mammals. A distance of at least 50m from rafting birds or from cliff nesting seabirds, and 300m from mammal is usually sufficient but be watchful for signs of disturbance and modify this if necessary.
- Avoid travelling through rafting birds or groups of marine mammals.
- Never approach wildlife from directly behind or in front as this is interpreted as predatory or aggressive, causing stress to wildlife.
- Never land on a beach where there are seals or in protected wildlife sanctuary areas such as Coquet Island or the Farne Islands.
- Follow relevant codes of Conduct such as British Canoeing's [You, Your Canoe, and the Marine Environment](#)⁴.
- Follow the [Check Clean Dry](#)⁵ approach to reduce the possible spread of damaging invasive species.
- If you are taking part in organised paddle or boarding sports through a local company then look for businesses which are accredited with the WiSE Scheme, the UK's national training scheme for minimising disturbance to marine wildlife.

Enjoy

The sea provides us with a big playground to enjoy a variety of sports, from kitesurfing to kayaking, and the Berwickshire, Northumberland and North Tyneside coast offers some of the best conditions in the country for these popular sports.

Due to the diversity of water sports available, the National Water Safety Forum recommends you seek advice specific to the activity you'll be undertaking, and that you take into consideration the conditions and location in which you will be doing it. Notably, there are several sailing clubs and schools in the area that cater for all levels. These can offer training and/or advice.



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1. www.outdooraccess-scotland.scot
2. www.gov.uk/government/publications/the-countryside-code
3. www.britishcanoeing.org.uk
4. www.britishcanoeing.org.uk/uploads/documents/You-Your-Canoe-and-the-Marine-Environment.pdf
5. www.nonnativespecies.org/checkcleandry/index.cfm