

IN AN EMERGENCY PHONE 99 AND ASK FOR THE COASTGUARD

Safety At The Harbour



Keep safe and enjoy the sea

Swimming, Diving and Jumping in the areas marked pink in the map below can be very dangerous.

Boats entering or leaving the harbour may not see you.

Swimming, Diving, Bathing and other such activities are expressly forbidden within the harbour, or its approaches. Any person taking part in such activities does so entirely at their own risk.



- **Deep water** – dangerous to non-swimmers or weak swimmers.
- **Tidal variation** – water may be too shallow to jump safely.
- **Sea swell, offshore currents and wind** – even strong swimmers may be carried out.
- **Movement of boats** – at times boat traffic may be too busy for harbour jumping and swimming to proceed safely. There is a risk of serious cuts from propellers as well as collision and crush injuries.
- **Cold water shock if you jump straight in** – enter the water slowly by the steps or slip to acclimatise first. More likely to happen if you are drunk.

LOOK BEFORE YOU LEAP – you need clear space with no people or boats in the water.

LISTEN FOR THE SAFETY HORN FROM SULA III OR SEAFARI AND GET OUT OF THE WATER.

FOLLOW ANY INSTRUCTIONS FROM THE HARBOUR MASTER OR SKIPPER OF A VESSEL.

LEAVE BOATS, ROPES AND EQUIPMENT ALONE.

MOVE SLOWLY AND CAREFULLY ON WET SLIPPERY SURFACES, STEPS AND LADDERS.

ENCOURAGE AND HELP EACH OTHER – Never push someone in.

CHECK TIDE LEVEL AND WEATHER CONDITIONS ARE SAFE.

NEVER SWIM IN DEEP OPEN COLD WATER IF YOU HAVE BEEN DRINKING.

There is no lifeguard or formal supervision.

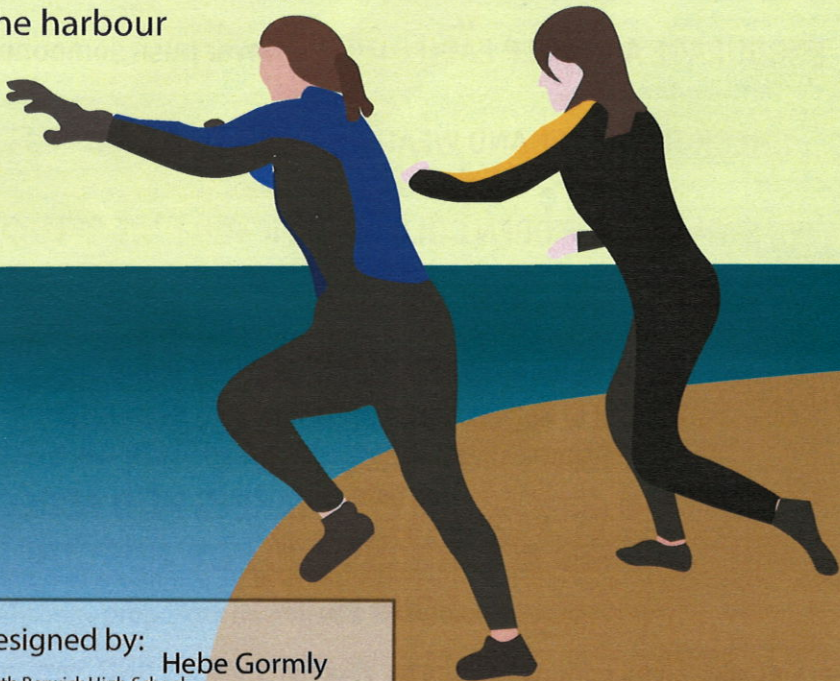
MAKE YOUR OWN RISK ASSESSMENT ABOUT WHAT IS SAFE FOR YOU OR YOUNG CHILDREN IN YOUR CARE, TAKING INTO ACCOUNT WEATHER AND SEA CONDITIONS AND HOW BUSY THE HARBOUR IS.

Further advice and information can be obtained from the RNLI, www.rnli.org and Royal Life Saving Society RLSS, a global anti-drowning charity,

Benefits

Children and adults have been harbour jumping, swimming and fishing from North Berwick Harbour and Gallo-ways Pier for many years. The Harbour Trust sees many benefits in this, including:

- Improved health and fitness
- Long term safety by encouraging swimming and experience in the sea
- Chances for mixing with different people who use the harbour



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