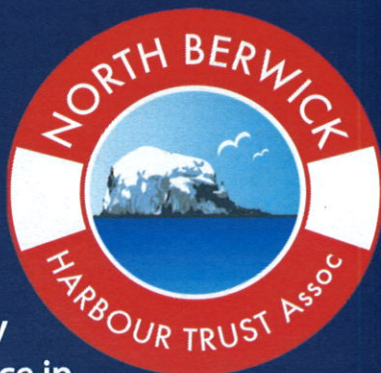


Harbour Jumping Safety



Children and adults have been harbour jumping, swimming and fishing from North Berwick Harbour and Galloways 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, and important chances for to mix with other children of different ages and adults who use the harbour area.



Hazards at the Harbour

1. Deep water- dangerous to non swimmers
2. Tidal variation- water may be too shallow to jump safely.
3. Sea swell, offshore currents and wind- even strong swimmers may be carried out.
4. 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.
5. Cold water shock if you jump straight in- enter water slowly by the steps or slip to acclimatise first. More likely to happen if you are drunk.



Main Messages

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

LISTEN FOR THE SAFETY HORN FROM SULA 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.

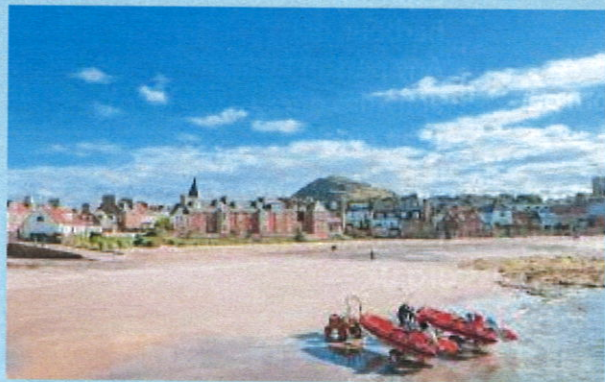
MOVE SLOWLY AND CAREFULLY ON WET SLIPPERY SURFACES, STEPS AND LADDERS.

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



**In an emergency
phone 999 and
ask for the
coastguard.
North Berwick
Harbour Trust
Association
(nbhar-
bour.org.uk)**

Safety Advice on swimming, Diving and Jumping In the North Berwick Harbour Area

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

Boats entering or leaving the harbour may not see you.



Managememeny Rules for North Berwick Harbour 2017

Rule 6.5 abbreviated
(the full rule is available from our
website)

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.

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

Keep safe and enjoy the sea