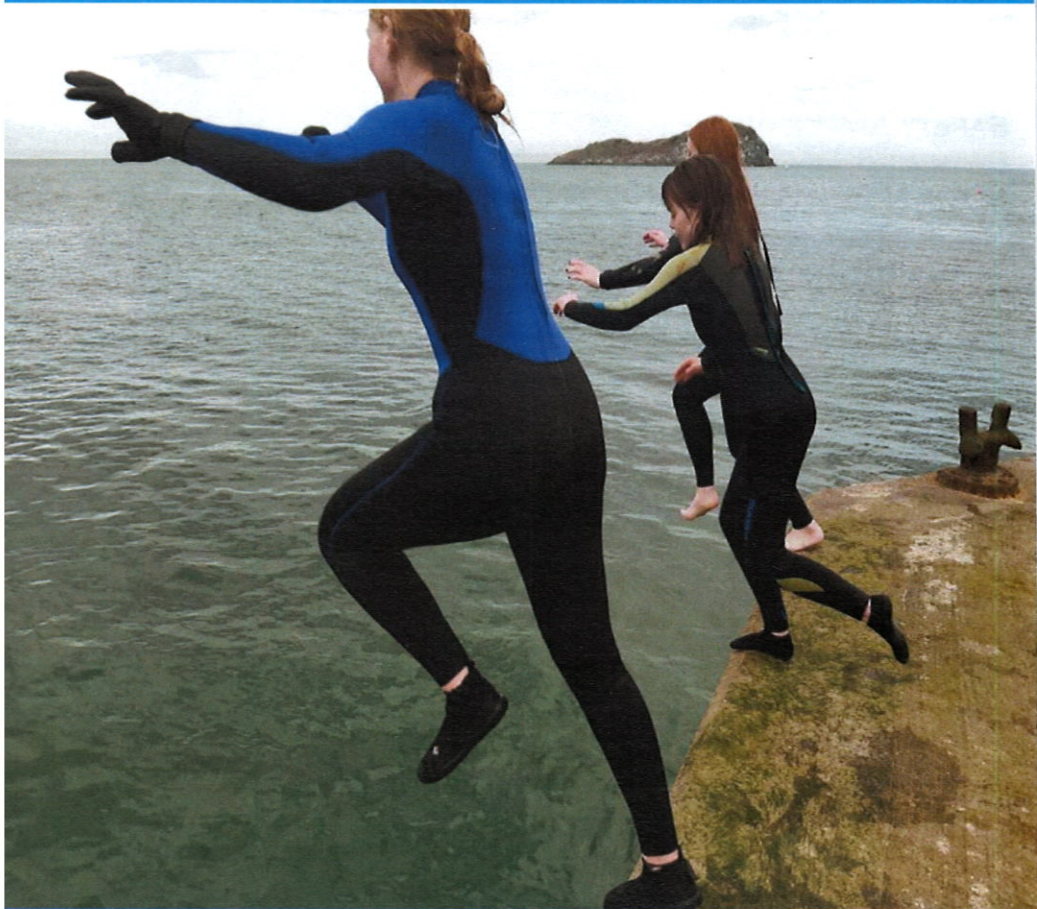




Safety at the Harbour



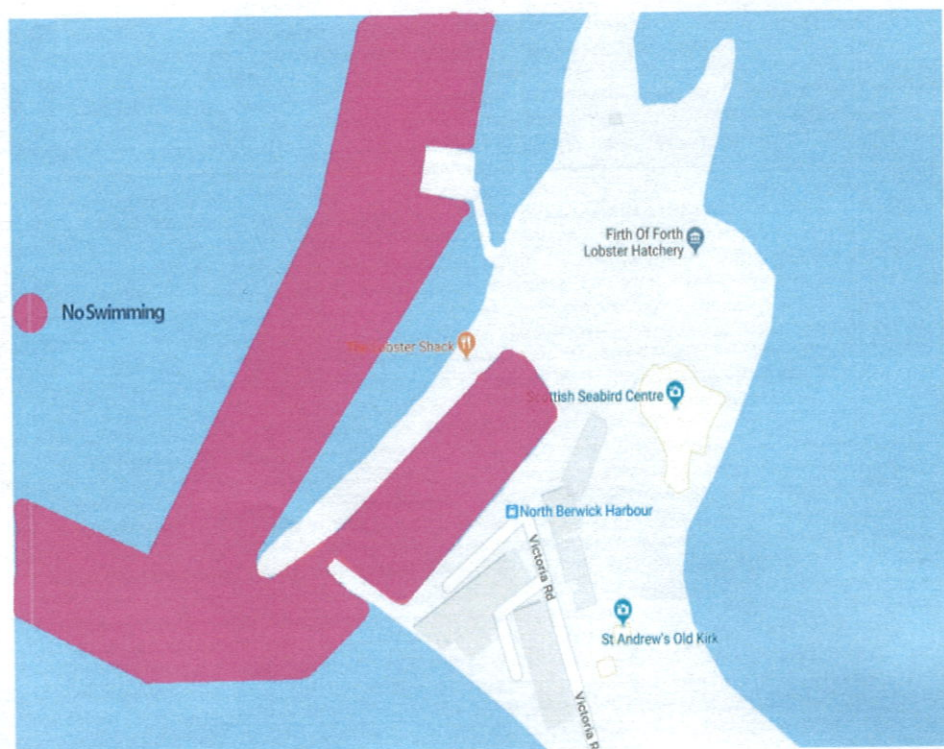
Children and adults have been harbour jumping, swimming and fishing from North Berwick Harbour and Galloways pier for many year.

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.

Safety is everyone's concern

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 below can be very dangerous.
Boats entering or leaving the harbour may not see you.



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

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



Deep water is dangerous for weak or non-swimmers.

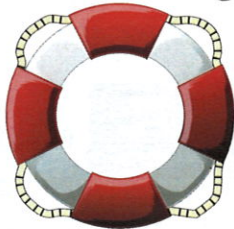
Tide may be too shallow to jump safely.

Cold water shock can occur if you jump straight in, enter water slowly,

Movement of boats, could be too busy
for harbour jumping and swimming,
to proceed safely.



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



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