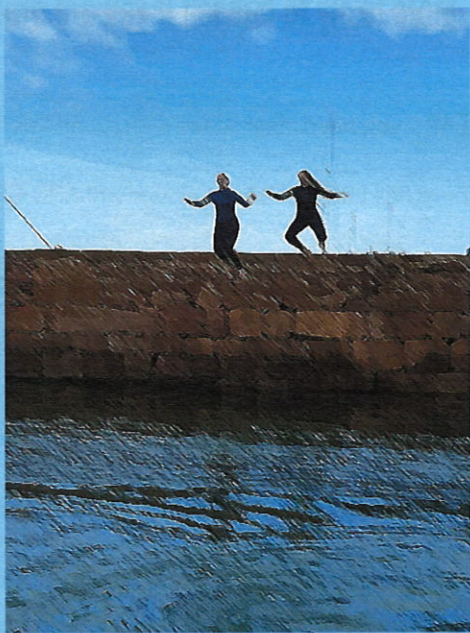


# Keeping safe

## Harbour Jumping



<https://www.nbharbour.org.uk/>

**KEEP SAFE AND ENJOY THE SEA**



**North Berwick Harbour Trust Association**

Registered Charity No SC045318

28 Victoria Road, North Berwick, EH39 4JL

Tel: 01620 893333 Web [nbharbour.org.uk](http://nbharbour.org.uk)

# Harbour safety info

**Cold water shock if you jump straight in – ` 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,

**Deep water – dangerous to non-swimmers or weak swimmers.**

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## 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.



Management Rules for North  
Berwick Harbour 2017

Swimming, Diving, Bathing and other such  
activities are expressly forbidden within the  
harbour, or its approaches.

**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.**

**Water may be too shallow to jump safely.**



**Sea swell, offshore currents and wind – even strong swimmers may be carried out**



Designed by: Adam Little

North Berwick High School  
S3 Graphic Communication

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