

STAY SAFE AT THE HARBOUR



SAFETY IS EVERYONE'S CONCERN

Hazards at the Harbour

1. Cold water shock if you jump straight in
2. Movement of boats
3. Tidal variation



Benefits of Harbour jumping

1. Improved health and fitness
2. Swimming and sea experience
3. Important chances to mix with other children and adults



Safety Advice on Swimming, Diving and Jumping



Don't jump, swim or dive
in the pink areas





MAIN MESSAGES

Look before you leap

Encourage and help each other

Listen for the safety horns of boats

Keep safe and enjoy the sea



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