

STAYING SAFE AT THE HARBOUR



**LOOK
BEFORE
YOU LEAP**

Benefits:

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.



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

Hazards at the Harbour:

- **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.





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.



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