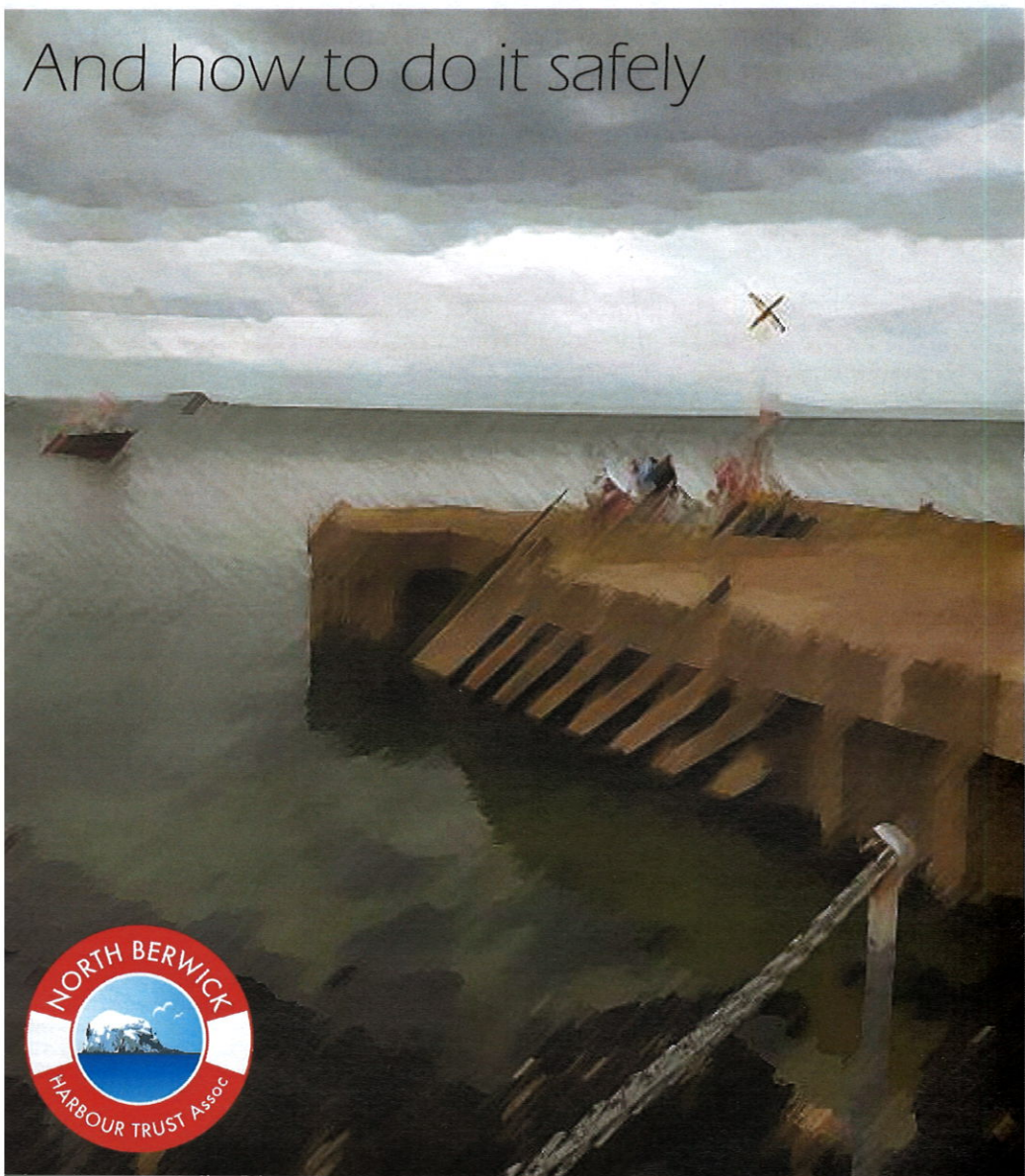


Harbour Jumping

And how to do it safely



Hazards

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.

Remember to:

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, TAKING INTO ACCOUNT WEATHER AND SEA CONDITIONS AND HOW BUSY THE HARBOUR IS.

The 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.



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Keep Safe at the Harbour



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 Life Saving Society RLSS, a global anti-drowning charity, www.rlss.org.uk