

**NILA**



National Independent  
Lifeboat Association

# Water Safety Booklet

# Contents

Page 3-8 Beach Safety

Page 9-12 River Safety

Page 13-18 Cliff and other  
Safety



A photograph of a beach with sand in the foreground and a blue sky in the background. The text "Beach Safety" is overlaid in the center.

# Beach Safety



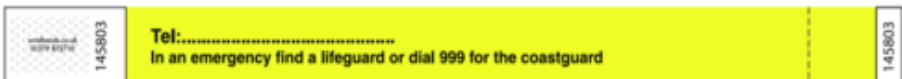
- Chose a Lifeguarded beach
- Make sure children are supervised at all times
  - Considerer asking for a child wristband
  - Swim between the red and yellow flags
- Know what the flags mean (see next page)
- Look out for rip currents and know how to stay safe
- Swimming in the sea – consider your abilities
  - Don't get cut off by the tide



Many of our members provide Lifeguards to the local beaches,

Lifeguards will always be able to assist you with beach safety information so always choose a Lifeguarded beach

Make sure you supervise your children at all times and let them know who to go to if they do get lost. Try to point out the lifeguard station and a lifeguard in uniform so they know who they can get help from.



Ask about any local schemes such as free wristbands for writing your details on

Picture credit Folkestone Rescue

# BEACH SAFETY TIPS

Stay Safe While Enjoying the Sun, Sand & Sea!

## BEFORE YOU GO



Check the weather & tide reports



Know the beach flag system



Apply sunscreen (SPF 30+)



Stay hydrated – bring water

## UNDERSTAND THE FLAGS



**Red and Yellow**  
Safe swimming area



**Black and White Chequered Flag**  
Surfing and watercraft zone



**Red Flag**  
Danger

## IN THE WATER



Swim near lifeguards



Never swim alone



Avoid rip currents – swim parallel if shore

## FOR FAMILIES



Keep kids within arm's reach



Set up a meeting point



Have emergency contacts saved



**EMERGENCY?**  
**Call 999**  
or alert a lifeguard



**Call 999**  
or alert a lifeguard  
Know your location for faster help

## ENGLAND - DOVER

LAT 51°07'N LONG 1°19'E

TIME ZONE UT(GMT)

TIMES AND HEIGHTS OF HIGH AND LOW WATERS

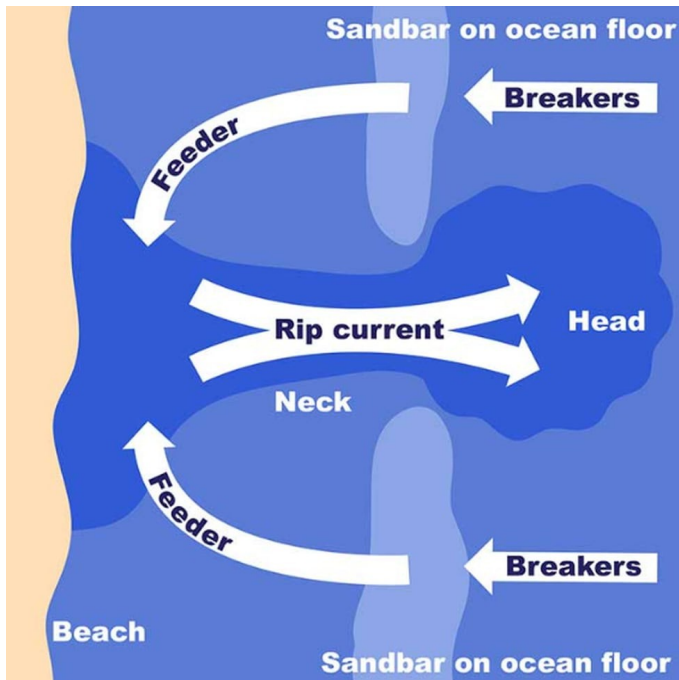
YEAR 2020

JANUARY				FEBRUARY				MARCH				APRIL											
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m								
1	0237	6.1	16	0237	6.6	1	0300	5.9	16	0400	6.2	1	0217	6.2	16	0334	6.2	1	0313	5.7	16	0002	2.2
	0942	1.7		1009	1.0		1024	1.7		1124	1.4		0947	1.5		1055	1.5		1041	2.0		0524	5.2
W	1502	5.7	TH	1503	6.3	SA	1522	5.5	SU	1633	5.7	SU	1434	5.9	M	1604	5.8	W	1546	5.4	TH	1242	2.4
	2149	1.9		2225	1.3		2237	1.9		2344	1.7		2201	1.7	☾	2315	1.8	☾	2311	2.2		1802	5.2
2	0318	5.9	17	0332	6.4	2	0343	5.7	17	0504	5.8	2	0256	6.0	17	0435	5.7	2	0426	5.3	17	0124	2.3
	1020	1.9		1058	1.2		1109	2.0		1223	1.8		1025	1.8		1153	2.0		1151	2.3		0714	5.1
TH	1551	5.5	F	1603	6.0	SU	1614	5.3	M	1748	5.4	M	1518	5.6	TU	1714	5.3	TH	1757	5.1	F	1402	2.3
	2231	2.1	☾	2316	1.5	☾	2327	2.2					☽	2243	2.0							1937	5.3

### Check tide times

[www.bbc.co.uk/weather/coast-and-sea/tide-tables](http://www.bbc.co.uk/weather/coast-and-sea/tide-tables)  
(other sites available)

### Look out for RIP Currents





Someone in trouble  
in the water? Remember  
**Phone Float Throw.**  
It could save their life.

**Phone** 999 to get help

Tell them to stay calm  
and **float** on their back

**Throw** rescue equipment  
to help them float until  
emergency services arrive

  
**#RESPECTTHEWATER**

**NILA**



National Independent  
Lifeboat Association

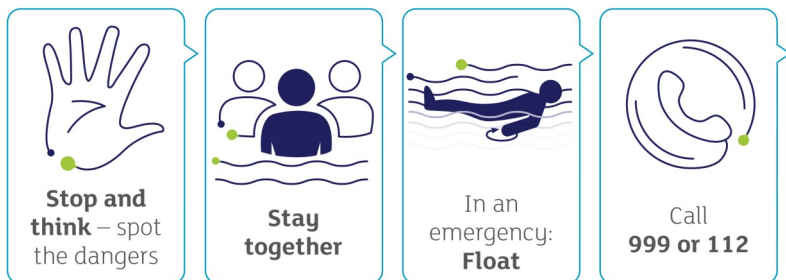


# River Safety

## The risks of getting in the water include:

- Low temperatures, which can cause the body to go into cold shock and even hypothermia,
- Reeds and other plant life, which can get tangled around limbs and keep you in the water
- Litter can cause injury
- Depth perception - it could be much shallower than you expect it to be.
- Waterborne diseases such as Weil's disease
- England and Wales have a separate Water Safety code to Scotland as detailed

## Water Safety Code





# WATER SAFETY CODE



## Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?



Be aware of cold water shock



Keep off all frozen waters



Check for safety signage



Avoid alcohol and drugs



The **depth** of the water may hide **underwater ledges, hidden currents and unseen items**



Be aware of other water activities



If it is **safe to enter the water**, ensure you have a safe way out



At the coast, consider rip currents, wind and the tide



## Stay Together, Stay Close

It is better to go near the water with a friend or family member



If you are in trouble in the water, float until you feel calm

Lean back, extend your arms and legs

Float until you can control your breathing. Then call for help or swim to safety



## In an Emergency, Call 999



If you see someone in trouble **DO NOT** enter the water



Look for a throw line or life ring to help whilst you wait on the emergency services



Call 999 or 112

**TOP TIP: Thinking of taking part in a planned activity?**

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.



# Cliff and other Safety

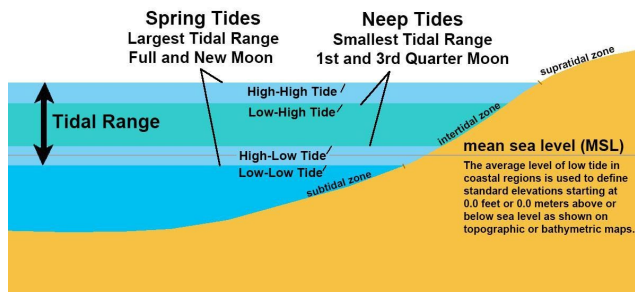
# Tidal cut off

The UK has some of the biggest tidal ranges in the world which can easily catch you out.

Most coastal locations experience two high tides and two low tides each day, with the water depth changing by as much as 10 metres.

Tide times and heights vary throughout the month – luckily, tides follow a predictable pattern so it's easy to plan your coastal visit.

- Rapidly rising water can trap you in isolated bays, coves or on sand bars, often with little or no warning and no easy escape route.



- Explore as the tide is going out and make sure you have time to get back as it comes in.
- Make sure you know where all the exit points are, if you're visiting a beach or bay.
- Keep an eye on which direction the tide is heading. Walking further along may not be an option as the water can come in along channels and block your way.
- If you get trapped by the tide try to find a safe location, call 999 and ask for the Coastguard.



## Cliff and coastal walking

Cliffs can be more unstable than they look, cliff falls or landslides happen without warning.

Reduce the risks:

- Stay well back from cliff edges.
- Take note of warning signs.
- Be aware that strong gusts of wind may affect your balance and can be fatal
- Stick to the signposted coastal paths – avoid informal or unsigned paths leading down to beaches as these can be dangerous.
- Wear suitable shoes and clothing, and take food and water.
- Be extra careful in the dark and if paths are slippery.



## Dog walking

Canine companions love going for ‘walkies’ and not much beats a trip to the coast. But sadly, many dogs die each year after running over cliff edges. Dogs are easily distracted by all the exciting sounds and smells on a coastal walk and often may want to chase a bird or an animal.

It's safer to keep your dog on a lead when out walking along the coast. It's also better for the local wildlife, especially during spring and summer when ground nesting birds are breeding at the coast.

Reduce the risks:

- Always keep dogs on a lead at the coast, especially near cliff edges.
- If they get stuck on a ledge, in mud or swept out to sea, don't go after them - most dogs make it back safely, but you might not.
- If someone is in danger trying to reach a dog call 999 and ask for the Coastguard.



## Mud and quicksand

Mud and quicksand can be dangerous as once you're stuck, it's incredibly difficult to get out without help from trained rescuers. As well as the danger of sinking, there's also a risk of drowning because of rising water levels and tides.

Reduce the risks:

- Look out for and follow the advice on warning signs.
- Avoid crossing estuaries and walking through mud where there can be hidden channels of fast-flowing water.
- If you do get trapped, sit back to spread your weight evenly across the surface.
- Stop others from trying to help you, as they might get stuck too.



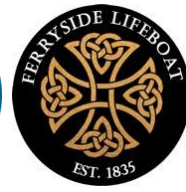
## Rocks and caves

Rocks and caves might seem like fun places to explore, but there are dangers that can catch you out.

Reduce the risks:


- Follow advice from warning signs.
- Check the weather forecast and tide times before going out, to avoid getting caught out by the tide.
- It's best to start exploring as the tide is going out and always allow enough time to get back.
- Avoid slippery and unstable rocks.
- Be careful around sea caves so you do not get trapped by the tide.
- Avoid jumping from rocks in and around caves,





**MUNDESLEY LIFEBOAT**  
WWW.MUNDESLEYLIFEBOAT.CO.UK

# Our Members

An aerial photograph of a sandy beach curving along the edge of clear, turquoise ocean water. The sand is light-colored and textured, while the water shows varying shades of blue and green, indicating depth and clarity. The overall scene is bright and serene.

This Booklet has been produced by the National Independent Lifeboat Association, all of the advice contained is meant for guidance only and before participating in any water related activity it is recommend that you research the relevant safety information.

For more information about the National Independent Lifeboat Association please visit our website

[WWW.NILA.ORG.UK](http://WWW.NILA.ORG.UK)

Some of the information in this book has been taken from other sources such as HMCG's website using the Open Government Licence