

Coastal Safety Code



The North Yorkshire & Cleveland Heritage Coast is a fascinating area to explore & enjoy. Many visitors come to the coast for that very reason, but the coast can also be a hazardous place to visit if a few basic safety precautions are ignored. You are responsible for your own safety when visiting the coast.

When out on the coast please observe the following points;



- **Be aware of tide times**

Being cut off by a rising tide is the most obvious, but commonest, reason for coastguard callouts. Always know the time of high tide so you can plan your visit to the beach safely, and give yourself time to get off the shore well before high tide. Tides can come in very quickly especially around the rocky headlands with an onshore wind. Tide tables are in local papers, newsagents or www.scarborough.gov.uk. Get yourself a copy before you visit.



- **Don't walk under cliffs**

Loose rockfalls are frequent. If you get too close to the bottom of the cliff you are in danger of being hit by falling rocks from above. Be aware of the danger. Avoid digging objects out of the cliffs for the same reason.



- **Wear suitable clothing**

– when walking on cliff paths, beaches & rocky shore. Boots with a good grip are ideal for paths & rocky shore and some kind of footwear is always advisable on beaches due to sharp objects in the sand. Also remember Slip, Slap, Slop to protect yourself from the sun. Slip on a shirt, slap on a sunhat and slop on the suncream.



- **Stay away from the cliff edges**

The rocks and soil are loose at the cliff edge and can be dangerous to walk upon, your weight may take you over. The coastal path is generally unfenced so it is your responsibility for your safety. Keep to the waymarked path to ensure a safe visit. Do not walk on coastal defences such as rock armour and boulders.



- **High Seas can be dangerous**

Stay away from sea walls & slipways during stormy weather. Overtopping of sea defence structures can occur and can sweep you off your feet. Do not play on sea walls or slipways.



- **Be aware of underwater currents**

Many areas of our coast have strong underwater currents which can catch bathers by surprise. Be aware of your own limitations when swimming here and ask for local knowledge etc.



- **Suspicious objects**

Very occasionally we have unexploded ordnance washed ashore. Keep your distance and report it to the police giving the time and location. Do the same with any leaking chemical containers if found

Above all enjoy the local coast, it is one of the most scenic areas in the UK. Keep these few safety points in mind when visiting the coast to ensure the time you spend here is safe and enjoyable.

For further information contact
www.coastalforum.org.uk
and follow the links.

