

Coast Safety

Coastal walking is a very popular pastime in the UK, with over 5.5 million people enjoying the activity each year. Although a relatively risk-free pursuit, it is still important to be sensible. The following guidelines will help you to enjoy the UK coastline safely; please read and always follow them.

Staying safe is your own responsibility - please look after yourself and other members of your group.

- Let someone know where you are going and what time you are likely to be back - mobile phone reception is patchy on the coast
- Take something to eat and drink
- Protect yourself from the sun – sea breezes can hide its strength
- Informal paths leading to beaches can be dangerous and are best avoided
- If you are crossing a beach, make sure you know the tide times so you won't be cut off
- Be extra careful when traversing rocks - when wet it can be very easy to slip and cause injury

Keep to the path and stay away from cliff edges - please follow advisory signs and waymarks.

- Keep back from cliff edges - a slip or trip could be fatal
- Remember that some cliffs overhang or are unstable

Take special care of children and dogs – please look after them at all times.

- Keep your dog under close control
- Children and dogs may not see potential dangers – such as cliff edges - especially if they are excited
- Do not disturb farm animals or wildlife – walk around cattle not between them, especially if they have calves
- Cattle may react aggressively to dogs - if this happens, let your dog off the lead

Dress sensibly for the terrain and weather - wear suitable clothing and footwear and be ready for possible changes in the weather.

- Check the weather forecast before you set out
- On the coast mist, fog and high winds are more likely and can be especially dangerous
- Wear suitable footwear
- Take waterproofs and extra clothing, especially in cold weather

Stay within your fitness level – some sections of the Coast Path can be strenuous and/or remote.

- Plan a walk that suits your fitness level
- Find out about the section you plan to walk
- Turn back if the walk is too strenuous for anyone in your group
- Be aware that the surface of the Coast Path varies and will generally be more natural and more uneven away from car parks, towns and villages.
- Remember that in remote areas or at quiet times you may not see another person for some time if you are in difficulties

In an emergency dial 999 and ask for the coastguard.

- Learn to read a map to be able to accurately report your position – visit www.ordnancesurvey.co.uk