



NEKMPA

Coastal Warden

Health and Safety



Before you go:

- Know your bay – Make sure that you are aware of any hazardous features at your adopted stretch of coastline, e.g., tide cut-off points or quick sand
- Check tide times to avoid getting cut off from the land
- Check the weather conditions – Avoid going out in adverse weather conditions, e.g., a storm, strong gales, or thick fog.
- Best to buddy up if possible – or if going alone, tell someone which part of the foreshore you will be surveying and what time you expect to return.
- If involved on your own beach clean, make sure you have carried out a risk assessment (*using guidance such as given by Beachwatch*)

Clothing & Equipment:

- Always carry your 'Advice for Reporting Incidents' card / telephone numbers
- Wear suitable clothing for the weather conditions – take water with you in the summer
- Be prepared for a change in weather – carry a spare layer of clothing, hat, or sun cream (depending on the season)
- Wear appropriate footwear for walking on rocks and slippery surfaces
- It helps to wear high visibility clothing so that you can be seen easily by other coastal users
- Wear protective gloves if you intend to take part in a beach clean or shorelife survey
- If possible, take a mobile phone or VHF radio with you. Make sure that batteries are fully charged, the devices are kept dry and that you know the available reception areas in your bay.

On the Coast:

- Take care near cliff edges –
 - *On the top, edges can give way*
 - *At the bottom, avoid cliff falls*
 - *Cliff falls regularly occur in cold weather*
- Beware of walking on slippery rocks, slopes or near the edge of promenades
- Keep away from soft sand and mud
- Always wash your hands after handling anything on the foreshore
- Know your adopted bay activity zones, bylaws and local beach safety information (displayed at main bays between April-September)
- Be aware of other activities taking place in the bay
- Treat other coastal users with respect
- Do not touch stranded or dead marine mammals
- Do not touch contaminated litter, pollution or faeces found on the coast
- Never intervene in an anti-social incident, instead report it to the appropriate authority.