

# Surfers, windsurfers, kitesurfers, paddle boarders

As the summer season is upon us, Jersey Coastguard would like to promote the following safety advice for those who enjoy riding the surf line, whether a rookie or a pro.

## CHECK THE **WEATHER FORECAST** AND SWELL CONDITIONS

The Shipping forecast can be obtained from the following sources:

- Jersey Met website
- Ports of Jersey website
- Radio and television



## CHECK THE **TIDE**

- Times of high and low water
- Be aware of rip currents



## ENSURE YOU HAVE **SUITABLE EQUIPMENT AND CLOTHING**

- Wet-suit
- Sun cream
- Sunglasses
- Warm clothing for after your activity



## BE AWARE OF OTHER **WATER USERS**

- Ensure you are clear of the designated swimming areas

## **TELL SOMEONE** ASHORE OF YOUR INTENTIONS AND/OR DESTINATION

- Advise family or friends of your intentions ie type of activity, where you are doing your activity
- Expected duration of activity

## BE AWARE OF THE **DANGERS OF FINS AND BOARDS**

- Fins and boards can cause serious injuries

## NOTIFY THE COASTGUARD IF ANY EQUIPMENT IS LOST AT SEA



## KNOW WHAT TO DO IN AN **EMERGENCY**

- Know how to handle currents and to signal for help

If there are any concerns over safety whilst in and around the marine environment, don't hesitate to contact Jersey Coastguard Tel: 447705 and VHF channel 82



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