

Coasteerers / Shoreline & Low Water Explorers.....

As the summer season is upon us, Jersey Coastguard would like to promote the following safety advice for those adventurers wishing to explore Jersey's coastline.

CHECK THE WEATHER FORECAST

The Shipping forecast can be obtained from the following sources:

*Jersey Met website *Port of Jersey Website *Radio & television

CHECK THE TIDE

*Times of High and Low water *Be conscious of currents close to the shore and wash from boats passing close in *Avoid being cut off by the incoming tide

MAKE A PLAN

...But also have a 'plan B' in case the weather or circumstances change

ENSURE YOU HAVE SUITABLE SAFETY EQUIPMENT

*Life jacket if coasteering *Wetsuit *Sunglasses *Sun cream *First aid kit *A means of communication *Plenty of Drinking water

ENSURE YOU ARE WEARING SUITABLE CLOTHING

*Have warm clothing and waterproofs to hand *Wear Suitable footwear

TELL SOMEONE ASHORE OF YOUR INTENTIONS AND/OR DESTINATION

*Advise family or friends of your intentions i.e. type of activity *Where you are departing from, travelling to *Number of persons and expected duration of activity

EXPLORE WITH A FRIEND

....Especially in remote areas *Join an organised group excursion

ENSURE ALL MEMBERS IN THE GROUP ARE AWARE OF SAFETY PROCEDURES AND KNOW WHAT TO DO IN AN EMERGENCY

*Who to call & how to explain your location to the emergency services

If there are any concerns over safety whilst in and around the marine environment don't hesitate to contact Jersey Coastguard T: 0147325 81115 d:02