

Surfers, Windsurfers, Kite surfers, 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 *Port of Jersey Website *Radio & 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 i.e. 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 & 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 & VHF ch82