

TIDES AND WAVES. BE AWARE OF THE SEA'S MOVEMENTS.

Keep an eye on tides. To avoid getting into difficulties, always check the tide before you enter the water. Equally, be careful not to get cut off by the tide when walking along the shore—and make sure children playing on the beach are not in danger of the tide.

Watch out for waves. Waves are formed by the wind blowing across the surface of the sea. The longer the wind blows, the bigger the waves will be. How steeply a beach shelves will also affect the size and type of wave.

There are three types of wave:



SURGING

Surging waves never actually break. Look out for this type of wave, as they can easily knock people off their feet and drag them back out to sea – especially when standing on rocks, the shoreline or harbour walls etc.



SPILLING

Spilling waves appear when the top of the wave tumbles down the front of the wave. These types of wave are generally the safest for swimming in.



DUMPING

Dumping waves break with great force and in shallow water. These dangerous waves usually occur at low tide, when the sand banks are shallow and there is less water for the wave to break into. Avoid the sea when you see dumping waves.

REMEMBER: it's important to be constantly aware of tides and waves when you are in, or beside the sea.

To find out more about beach safety visit
www.beachsafety.org.uk
or call 0800 328 0600.

Lifeboats

BeachSafety