



ENJOY
EAST LOTHIAN
COAST

**RESPECT
THE WATER**

BE PREPARED

KNOW YOUR SPORT **RULES** & FOLLOW CODE OF **CONDUCT**.
CHECK OUT SURF/WEATHER **FORECAST** ONLINE IN ADVANCE.
WEAR/RIDE **CORRECT GEAR**.

BE AWARE

STAY WITHIN YOUR **ABILITIES**. FIND LOCAL KNOWLEDGE ABOUT **RIPS**
& OTHER CURRENTS. BE CAREFUL IN MODERATE TO STRONG WINDS
BLOWING OUT TO SEA, CHECK **WIND DIRECTION** B4 ENTERING WATER

BE KIND

RESPECT OTHERS ON THE BEACH, GIVE SPACE IN THE WATER.
WIND SPORTS PLEASE AVOID CROWDED AREAS.
LOVE WILDLIFE; **AVOID SENSITIVE HABITATS**.

BUDDY UP!

NEVER SURF, SWIM OR PADDLEBOARD ALONE.

INFLATABLES

NEVER USE INFLATABLE POOL TOYS IN THE SEA.

GO LIKE A PRO

GET LESSONS FROM A QUALIFIED SCHOOL.

**IF SOMEONE NEEDS HELP
CALL 999**



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RIP CURRENTS

DON'T SWIM AGAINST IT: YOU WILL GET EXHAUSTED

IF YOU CAN STAND: WADE, DON'T SWIM

IF YOU CAN SWIM: SWIM PARALLEL TO THE SHORE
UNTIL FREE OF THE RIP & THEN HEAD FOR SHORE



**IF SOMEONE NEEDS HELP
CALL 999**

WATERSAFETYSCOTLAND.ORG.UK/INFORMATION

WWW.TIDETIMES.ORG.UK

#WILDABOUTEASTLOTHIAN #LEAVENOTRACE

#GOEASTLOTHIAN #RESPECTPROTECTENJOY