



**national
water safety
forum**

Beach Advisory Group

**BEST PRACTICE SAFETY GUIDANCE
FOR COASTEERING PROVIDERS**

FINAL DRAFT: OCTOBER 2010

BACKGROUND

The following document contains safety advice that providers of coasteering activities should consider when drawing up their own plans or guidelines. The following information should not be considered in isolation from a provider's other safety practices and should not be taken out of context.

This guidance represents what is currently considered to be best practice. Providers may not always be able to sustain each recommendation, attain it, or find it relevant so this guidance is therefore not compulsory or legally required. However, good practice could be described as the minimum legally accepted standard. Providers may use alternative systems or procedures that have been identified through a robust risk management process; these should be ideally benchmarked against a comparable industry.

Following this guidance will normally be enough to comply with the Adventure Activities Licensing Regulations (AALR 2004).

SCOPE AND DEFINITION

Coasteering involves traversing along a stretch of intertidal zone, often as part of an organised group activity. Participants travel across rocks and through water, using a variety of techniques including climbing, swimming and jumping into water. Coasteering guides and participants wear appropriate clothing and equipment while undertaking coasteering activities. The following advice is solely for providers offering coasteering activities. Further advice should be sought for operators providing additional activities to the public.

The following advice has been obtained from members of the National Water Safety Forum's Beach Advisory Group – Working Group for Coasteering Safety. Members include: RNLI, RoSPA, MCA, RLSS UK, SLSGB, AALS, coasteering providers, governing bodies and associations. Much of the content is based on AALS's safety checklist for combined water/rock activities – C/Int34v10.

SAFETY GUIDELINES

The following safety guidelines are split into three key sections:

1: Pre-activity safety guidelines

2: During-activity safety guidelines

3: Post-activity safety guidelines

1.0 PRE-ACTIVITY SAFETY GUIDELINES

1.1 Risk in context – as safe as necessary not as safe as possible:

Water as a resource for recreation and leisure purposes presents the attraction of challenge and of being at one with nature. However, all adventurous activity has an element of danger; adventure infers that there is an element of the unknown, and it is this that presents the biggest challenge.

The issue is how to balance the need to offer excitement and the feeling of potential danger with methods to ensure an optimum balance between the benefits and the risks of the activities available.

The reality is that sometimes the balance is wrong. This can have real consequences that may be serious or even fatal. Participants should either acknowledge that these risks exist or find a more benign activity.

An appropriate assessment of the benefits and risks of coasteering should be carried out by the centre/coasteering organisation and by a competent and experienced member of staff who has practical knowledge of the benefits of the activity as well as the risks. Standard or Normal Operating Procedures (SOPs or NOPs) and Emergency Action Plans (EAPs) should be drawn up taking account of both the benefits and risks.

1.2 Risk analysis and management systems

Rationale for conducting a risk/benefit assessment includes:

- identifying the benefits to individuals and groups, including recreational, social, environmental, interactive, developmental, and health benefits
- identifying the risks, both generic (such as risks that are common to any coasteering activity) and those that are specific to a particular venue or participant group.

This will enable you to draw up operating procedures that will:

- provide the basis for a risk management plan
- improve safety, reducing the risk of death or injury at the site
- ensure the best use of resources and encourage effective management and cost-effective operations
- enhance participant satisfaction
- reduce the potential for litigation stemming from accident and management practices
- provide guidance for further development of policy, procedure and practices.

When conducting a risk assessment, the Health and Safety Executive (HSE) acknowledges that risk assessment documents need not be complicated, don't have to consider all risks – only those that are significant – and should be conducted by someone with considerable expertise in coasteering.

They may best be thought of as an 'induction checklist' for use with new coasteering guides, which you may employ.

The World Health Organization offers the following advice in relation to the assessment of hazard and risk in its guidelines for safe recreational water environments (coastal and fresh waters):

'Assessment of hazard and risk inform the development of policies for controlling and managing risks to health and well-being in water recreation.

'The assessment of a coastline or water should take into account several key considerations, including:

1. the presence and nature of natural or artificial hazards
2. the severity of the hazard as related to health outcomes
3. the availability and applicability of remedial actions
4. the frequency and density of use
5. the level of the built development.'

The Health and Safety Executive has provided some generic guidance on practical risk assessments. It also sets out a simple five-step guide to conducting a risk assessment:

1. identify hazards
2. decide who might be harmed and how
3. evaluate risks, evaluate existing precautions and determine if more is required
4. record findings
5. review or establish a review process.

However, in *Five Steps to Risk Assessment*, the HSE acknowledges that this is not the only way to do a risk assessment. There are other methods that work well, particularly for more complex risks and circumstances. Coasteering is an example where the risks are more complicated. This is because it is not possible to eliminate risk in coasteering altogether.

The biggest single factor affecting the safety of any participant taking responsibility for their own safety in any adventure sport is their own experience, competence, knowledge and judgement.

The key factor, therefore, in any led activity such as coasteering, is the experience, competence, knowledge and judgement of the leader, instructor or guide.

Providers in particular should note that in many cases their participants will be novices in the sport. Individual participants and providers of coasteering experiences for others should note the following examples of coasteering hazards to be considered during a risk-benefit assessment:

1 – Impact

- rock falling from above
- falling or slipping onto rocks below
- jumping/falling onto submerged rocks
- jumping from a height into water
- being swept onto rocks.

2 – Drowning

- entrapment under the water
- repeated submersion in waves or sea swell
- unpredicted tidal changes
- being swept out to sea
- tidal cut-off
- getting caught in rip currents
- sudden immersion into cold water (dry drowning etc).

3 – Effects of temperature

- inadequate personal clothing or equipment during or after getting wet
- sunburn
- submersion hypothermia, for example, being swept out to sea
- over-exposure to cold and windy conditions
- exposure to high temperatures, hypothermia, sunburn and dehydration.

Control measures

Control measures can be thought of in four contexts:

1. where there is no (realistically) foreseeable possibility of a participant ending up in the water
2. where participants *may* end up in the water
3. where participants *will* end up in the water
4. where participants *may* realise an injury from a dry incident.

In cases where participants *may* end up in the water, it would be appropriate to apply the control measures (and test them accordingly) as though participants *will* end up in the water.

Due to the large number of variations of activities and the wide range of local conditions and site-specific hazards, universal guidelines must be augmented by site-specific policies and practices.

1.3 Informed consent and acknowledgement of the risks:

A policy on informing the participants of the nature and extent of risks, and what to expect from the activity, is encouraged. This is particularly important where the participants may have no concept or prior knowledge of this type of activity.

It may be unreasonable to expect a commercial provider to detail the hazards in their primary advertising. However, it may be reasonable, for example, to leave this information until the point of booking or even (in some cases) to the point of departure. The identification of risks should be clear and allow realistic and uninhibited options to any participants who, as a result, wish to decline the activity. The risks should therefore be highlighted as soon as possible after the participants congregate. It may require one-to-one discussions. ***Never try to persuade a hesitant potential participant that the activity will be safe!***

Coasteering providers should ensure that each participant acknowledges the risks involved in coasteering. An Acknowledgement of Risk form should outline any associated risks and fitness/medical requirements. It is important that such forms capture the participant's name, contact details, contact person, other information and their signature to confirm they appreciate the risks and agree to the terms and conditions outlined by the provider. Please note: This is *not* a disclaimer and does not indemnify the provider from any statutory responsibility.

Coasteering providers should ensure they have correct and in-date insurance for conducting coasteering to the public.

1.4 Participant swim and fitness requirements:

It is important that each participant is made fully aware of the physical nature of coasteering and the type of environment they are expected to interact with.

It is recommended that participants are confident in the open water, wearing appropriate equipment to a level that suits the environmental conditions. Attention must be given to maximum distance from egress points.

It is essential that providers check each participant's physical abilities before the start of the activity as well as dynamically during the coasteering session. A 'familiarisation' period, as soon as feasible, and in sheltered conditions, is recommended.

1.5 Medical requirements:

It is important that coasteering providers are aware of any medical conditions that a participant may have that will affect their ability to undertake coasteering in a safe and enjoyable manner.

It is recommended that all participants complete a standard medical declaration form listing any pre-existing or current medical conditions that could affect their safety and that of others.

Medical information should be treated confidentially and be obtained in a manner that respects the rights and sensitivities of the individual. Please allow time for the participant to discuss any medical concerns with a guide on a one-to-one basis.

It is best practice for individuals to carry their own medication and administer medication by themselves. However, in the coasteering environment, this may not always be possible and therefore it may be necessary for coasteering guides to carry participant's medication.

If a guide is to carry medication for a third party, it is recommended that it is labelled clearly with the participant's name and exactly what that medication is for and how best administered. Medication should be carried in a waterproof container/bag with the participant shown where it's being kept during the session. It is important that the guide and participant always remain in the same group.

1.6 Age requirements:

Centres offering coasteering to participants under the age of 18 should conform to AALS licensing requirements and are subject to inspection. (Always check regional/national regulations/legislation to ensure operating practices conform to current guidance in place).

There needs be no upper age limit as long as the participant meets the necessary insurance and medical requirements as determined by the provider. Parents ought to be involved in determining the suitability of sessions for very young participants.

It is highly recommended that children participating in coasteering activities are offered bespoke and independent sessions, taking into consideration age, group size, supervision, ability and behaviour. It is recommended that children are not grouped together as part of an adult session unless they form part of the same party/group. Children will normally require parental/guardian permission to take part in coasteering activities.

1.7 Identification of group competence:

A policy ensuring identification of group competence is essential, identifying experience, special needs, and physical and medical condition of the participants. Particular attention should be paid to establish the water confidence and swimming ability of participants before undertaking activities and dynamically during the coasteering session.

As a result of identifying group competence it would be equally acceptable to either:

- a. select the route on the basis of the group's abilities
- or
- b. select the participant group on the basis of the venue.

1.8 Checking personal protective equipment:

Before a coasteering session commences (and ideally before guides meet participants), guides should check equipment for any defects, especially if participants do not have an opportunity to try on equipment before setting off for the venue (such as meeting participants at a pre-arranged venue). It will generally be sensible, if possible, to take extra equipment to the coasteering location for instances such as a size change being required or the original equipment is damaged.

Participant safety equipment and clothing:

It is important that all participants have the correct safety equipment prior to leaving the activity centre and are allowed the opportunity to try it on to ensure it fits well. Equipment should be available in a range of sizes. The following equipment is recommended for all participants, regardless of ability and experience:

- helmet (fit for water-based activities) – BS/EN-type approved
- buoyancy aid (minimum 50N) – CE marked (with adjustable shoulder straps, side-panel adjusters and chest/waist straps)
- full-length wetsuit (suitable size and thickness for environment)
- wetsuit boots, trainers or canyoning boots (closed toes).

Guides' safety equipment and clothing:

Guides should have the following equipment and carry additional selected equipment to support the group while conducting a coasteering session:

Personal:

- helmet (fit for water-based activities) – BS/EN-type approved
- buoyancy aid (minimum 50N) – CE marked (with adjustable shoulder straps, side-panel adjusters and chest/waist straps)
- wetsuit (suitable size and thickness)
- wetsuit boots, trainers or canyoning boots (closed toes)
- a standard first aid kit supplemented as appropriate for the coasteering environment. It is recommended the first aid kit only contains supplies that can be delivered by the level of the first aid training acquired by the guide)
- throw line
- whistle
- watch
- knife.

Optional safety equipment (dependent on venue, conditions, expectations and ability and other factors):

- day/night, rocket or mini-signal flares
- rescue tube
- fins
- karabiner and sling
- communications – hand-held VHF and/or mobile telephone
- dry bag for medication, group names, maps, knife and energy food/water.

1.9 Forecasting conditions:

A policy for obtaining and interpreting weather forecasts, water levels, sea state and other conditions is generally needed. It must be clear who is to do this, when it is to be done, and what action they will take for a range of possible forecasts. These could include, but may not be limited to, modification of the venue, change of venue, cancellation and/or return of payment. If the addition of an assistant guide is the response, then there must be a mechanism whereby a suitable person can be deployed in the given time span.

1.10 Components of the safety briefing:

Basic principles that guides should address *prior* to a group's arrival (and certainly before commencing the participant's safety brief):

- which guide is leading the coasteering session
- can the chosen route be led safely on *that* day with *that* group by the chosen guide(s)?
- cancellation/alternative plan if the sea conditions change or other factors vary or deteriorate, including new sites and session duration
- escape routes and early completion exits are known
- equipment has been checked
- check there is a system to collect details from participants – contact details, medical issues, acknowledgement of risks. This could all be on one form
- contacting HM Coastguard in an emergency.

There will generally need to be a policy on the existence, content and presentation of a safety briefing. Participants should be advised on what they can do to help ensure their own safety. It may not be appropriate for guides to deliver all relevant instructions in one briefing. Verbal communication at some venues can be very difficult so prior thought should be given to what needs to be explained, where and when.

Other issues that may be relevant include the following, in no particular order:

- introduction of coasteering guides and their role
- description of coasteering, such as what coasteering is
- keeping equipment on at all times
- alternative plan/cancellation
- how to enter the water safely
- swimming alongside the cliffs, submerged rocks
- exiting the water safely
- climbing on the rocks
- swell and tides
- jumping procedures and participants' competence and confidence
- swimming and walking through caves
- marine life (cuts, stings, poisons, barnacles, and others)
- bunch-up procedure
- emergency procedure in case of an accident, for example, immediately halt activity
- emergency escape routes
- signals
- group safety
- environmental factors
- self-awareness and awareness of others
- communication
- make sure that everybody is happy and understands all procedures before entering the water
- providers should decide whether a system of hand signals is necessary and introduce this at an appropriate point
- recognising and anticipating swell.

1.11 Identification of route options:

It is beneficial to have the option of alternative routes or alternative start or finish points. In some cases the degree of difficulty or the duration of the session, or both, can be determined by varying these. On the day, the most appropriate route or variation on the route should be used depending on factors such as the weather conditions, experience and expectations of the group, group number and experience of staff available.

See Appendix A: Examples of basic desirable attributes of a coasteering location route

Guides should allow for groups and individuals to progress within a selected route. An example would be to start with low-level jumps before asking a group or individual to jump from a highest platform or ledge on the chosen route.

New routes should only be considered for competent and experienced guides. Conservation and interaction with the natural landscape should be considered when selecting a new or alternative route. Permission from relevant stakeholders, landowners/managers should be sought prior to establishing new routes.

See Appendix B: Coasteering code of conduct for the environment

1.12 Emergency action plans and pre-departure communications:

Emergency action plans should be produced for the following situations:

1. support personnel on shore
2. for the guide leading the group.

Support personnel on shore

This will need to be site specific. Who contacts who? When and how does an overdue group become a 'standby for action'? When and how does it become 'action required', and what action and by whom?

For the guide leading the group

Since a rapid response to a complex situation may be required, the emergency action plan may well be used to guide an instructor's training.

Providers may wish to develop their own arrangements with the local Coastguard and should be based on the following points identified by the MCA (Maritime and Coastguard Agency). In such cases, always follow the guidance/communications that have been agreed. If in doubt, providers should use the system detailed below or contact their local Coastguard Sector Manager for further advice.

The MCA is responsible in the UK for coordinating maritime search and rescue. As such, the MCA has advised the following systems be implemented and operated when operating coasteering activities:

Before setting out, the group should leave their planned route and itinerary with a competent person who can contact the Coastguard if they believe the group is overdue.

That person should also have the following information with them:

- name of organisation
- number of participants/guides/total number
- time and place of departure/arrival
- route to be taken
- contact details of group
- name of group leader
- vehicle details (make and registration).

Before setting out the group should also contact the Coastguard to let them know the area in which coasteering groups will be operating during the day.

At the same time the group should ascertain tide/weather information from the Coastguard or from another source before they set out.

When out during the activity, the group should carry suitable means of raising the alarm, if possible carrying more than one means of communication such as mobile phones in waterproof covers or hand-held VHF radio.

1.13 Guide/participant ratio:

It is appropriate to have a policy on guide and participant ratios, group size, use of assistants and other relevant people. This should take account of group management difficulties associated with only having one guide, which can arise at some venues. Similarly, some providers find it useful to have two separate groups operating at the same venue, being available to give mutual support if required.

It is recommended that the group size does not exceed 10 with a single guide (not including the guide) or 15 with two guides. Groups exceeding 15 participants should be managed as two or more separate groups. The ratios may need to be decreased depending on the participant's ability, local conditions, participant's expectations or guide experience and other factors.

Policies should also indicate under what circumstances assistant guides or trainee guides can affect the ratios.

2.0 DURING-ACTIVITY SAFETY GUIDELINES

2.1 Session duration:

The duration of the session needs to be appropriate to the age, abilities, equipment and expectations of the participants (individually and collectively).

2.2 Route/destination recording/boards:

Before the coasteering session commences, it is advisable to complete route cards for the selected journey and provide written details and leave with a third party (centre/office). Route notes and written details should have the following information:

- number of participants/names including all guides
- start and estimated finish times
- route details (OS or Lat/Long)
- optional escape routes or contingencies
- any known medical concerns
- emergency contact information carried, if any
- transport details (registration number etc)
- other important information.

There should also be a written procedure for the shore contact person to follow in the event of a no-show or distress call, or other emergency situation, with details of who to contact and other information.

2.3 Buddy system:

It is recommended that participant's be paired up with other participants of a similar ability to observe each other's welfare and safety during a coasteering session. When there are odd numbers, a group of three could be established.

2.4 The unexpected 'panicker':

Sometimes even strong swimmers will panic when they fall or jump into deep, cold water. They may not be able to help themselves and their violent actions can sometimes make a rescue very difficult. It is good practice to anticipate this by:

- carrying out realistic scenario-based training (in a controlled environment) on the importance and practicalities of reaching, throwing and swimming rescues, particularly of struggling 'casualties'. In some situations a throw bag may be appropriate, although its use would need to be practiced
- positioning a competent person where they can effect a rescue, preferably by reaching or throwing or wading
- throughout the session, always carry a piece of rescue equipment (for example, rescue tube) with which to reach or throw to participants who need assistance in deep water.

2.5 Checking a site – jumping into water:

On arrival at a planned jumping location, it is advisable, particularly at low water, at a new venue or an unfamiliar stage of the tide, to carry out a reconnaissance. Depending on the location and proposed activity this could include:

- Going down to water level to examine exit points. It may be appropriate to practise the exit to ensure that participants will be able to get out. Determine whether someone should be located there to assist with exiting and whether they should have equipment to reach or throw to a swimmer in difficulty.
- Wade in and, if necessary, duck-dive to check the bottom for obstructions, depth, current and other hazards. It may be appropriate to be attached to a throw line, although not if there is a strong current. A mask and snorkel search might also be considered at some venues.

- It is recommended that guides check unfamiliar depths prior to any jumps taking place. Lowering a weight on the end of a line with markers indicating depth in metres is the most commonly used system for accurately determining depth.
- There may be considerable advantages if the participants also wade in as a trial, particularly if the activity will involve jumping in from a height. The shock of sudden immersion in cold water can be very overwhelming.
- It is recommended that guides demonstrate jump techniques and provide the opportunity for participants to practise jumping from lower-level heights first and only be allowed to progress to higher jumps if their technique is acceptable.
- Jump heights need to be carefully considered and determined by a site-specific risk assessment. Factors including participant ability, sea/weather conditions, water depth, access and the stability of jumping points and participant behaviour all need to be considered when selecting a suitable height.
- To reduce the risk of spinal injuries, it is highly recommended that guides do not encourage participants to dive, flip or perform stunts while jumping from any height.
- Ledges and projections: If it is necessary to jump outwards in order to clear ledges and projections, or simply to reach the water, it is recommended that participants start with jumps that do not require this so as to build up technique and confidence. They should not be allowed to progress to higher jumps until both are acceptable.
- At the take-off point for all jumps, guides should assess the possibility of being pulled off the ledge by a participant and the likely consequences. They may find it necessary to secure themselves to something stable. This allows the guides to approach the edge to give assistance or support.

Remember that the likelihood and seriousness of injuries from hitting the water incorrectly will increase with height. However, even if entering the water correctly, the likelihood and seriousness of injuries will increase with height. Considerations and consequences will vary considerably from person to person, jump to jump and day to day. It is therefore unrealistic to determine a height below which a jump can be considered safe and above which becomes ill-advised.

2.6 Alternative exits:

Some venues have a number of possible entry and exit points. Knowledge and familiarity of these escape routes have clear benefits, particularly if it becomes necessary or desirable to cut a trip short. Some consideration should be given to any extra equipment that may be required for particular exits, ascents or a retreat.

2.7 Contingency planning:

Accidents have happened in the past when groups have not had an alternative plan in mind. *Not* having an alternative plan has resulted in the activity going ahead even though they knew the conditions were far from ideal. Alternatively the preferred venue may be over-crowded.

2.8 Remote locations:

Extra considerations should be given to safety when operating in remote and isolated locations. These considerations should be factored into the risk assessment. Factors can include:

- communications (including mobile signal)
- emergency help
- emergency action plan
- food, drink, shelter and warm clothes
- additional first aid equipment
- guide/participant ratio
- group and guide experience.

3.0 POST-ACTIVITY SAFETY GUIDELINES

3.1 Post-activity equipment checklist:

All equipment should be checked on return to ensure no damage has been sustained during the coasteering session.

It is recommended that a system for checking, recording and labelling all equipment be established and held in a central place.

3.2 Debrief and lessons learnt:

There should be an opportunity for each participant and/or guide to feedback his or her thoughts on the session, including any near misses, in a discreet way.

3.3 Staff feedback:

Guides should be able to feedback and review coasteering sessions and have the opportunity to learn from sessions and deal with any specific issues.

3.4 Incident reporting:

All accidents and near misses should be logged and reported in accordance with all current regulations and legislation.

Important: If participants contact a provider regarding advice on independent coasteering, it may be necessary to provide information as long as the participants recognise it is guidance only. Providers should always recommend that participants undertake coasteering as part of a controlled and organised group activity.

APPENDIX A:

Examples of basic desirable attributes of a coasteering location/route:

- parking/drop-off point in a car park or area able to facilitate the coasteering group and other location users. Ideally not roadside or location with heavy traffic
- start point or beach, sheltered with easy safe access for group and emergency access point. Often used as the briefing area away from the immediate start point
- ability to enter water easily and safely or to begin around rocky route, with scope to train those unfamiliar with terrain
- group catch-up points – areas where all in group can assemble for break or briefing along the route
- easy step/jump into water at low height to practise total immersion and water-entry techniques
- each jump/water-entry point to have a safe take-off point; participants able to feel comfortable and balanced before leaving rock
- regular escape points on routes used by inexperienced groups
- a coastline with natural protection for varying wind directions, allowing for change in weather while on the water, coastline.
- deep-water areas with sheer rock steps along the route for jumps and challenging sea conditions.

APPENDIX B:

Coasteering code of conduct for the environment

Access to the coast in the UK is often taken for granted. However, much of the coastline and the paths we use to access the coast are privately owned. Coasteering providers should familiarise themselves with land ownership of the sites they use and any site-specific access agreements that are in place.

The coastline is also home to an abundance of wildlife ranging from spectacular birds of prey, such as the peregrine falcon, and internationally important nesting sites for sea birds, to rare plants and lichens and delicate rocky shore species such as sponges and sea urchins. There are also inlets, caves and remote beaches that are sanctuaries for grey and common seals. Much of the coastline and wildlife on our coast is protected by law from damage and disturbance. As coasteering guides, we have a duty to lead activities on the coast with minimal impact to the environment and with respect for wildlife and other users of the coast.

Before activity:

- Before developing a new stretch of coast for coasteering, first find out about land ownership/access at the site and contact local conservation organisations to determine if there is any sensitive wildlife/geology or other considerations in that area.
- For existing and established coasteering venues, ensure that you have up-to-date site-specific agreements in place for access and use of the coast for coasteering activities from landowners and relevant conservation organisations.
- Pass on any access agreements and conditions of use to coasteering guides during staff training.

During activity:

- Avoid disturbing wildlife while coasteering – be prepared to change your route if necessary. Respect any site-specific access agreements that are in place to protect wildlife from disturbance/prevent damage to the environment.
- Show respect for other users of the coast – keep noise to a minimum when coasteering along a tranquil stretch of the coast.
- Leave the coast clean and tidy – where possible, pick up litter as you go, and report any pollution incidents/environmental damage to the Environment Agency or other relevant organisations.
- If changing into or out of coasteering kit at the venue, be sure to brief your group to maintain modesty at all times, and to use appropriate toilet facilities.

FURTHER INFORMATION

AALS

Adventure Activities Licensing Service
44 Lambourne Crescent
Cardiff Business Park
Llanishen
Cardiff
CF14 5GG
Tel: 029 2075 5715
Email: info@aals.org.uk
Web: www.aals.org.uk

MCA

Maritime and Coastguard Agency
Spring Place
105 Commercial Road
Southampton
Hampshire
SO15 1EG
Tel: 02380 329100
Web: www.mcga.gov.uk

RLSS UK

Royal Lifesaving Society UK
River House
High Street
Broom
Alcester
Warwickshire
B50 4HN
Tel: 01789 773994
Web: www.lifesavers.org.uk

RNLI

Royal National Lifeboat Institution
Prevention and Lifeguards
West Quay Road
Poole
Dorset
BH15 1HZ
Tel: 01202 663000
Email: beachsafety@rnli.org.uk
Web: www.rnli.org.uk

RoPSA

**Royal Society for the Prevention of Accidents
RoSPA House
Edgbaston Park
353 Bristol Road
Edgbaston
Birmingham
B5 7ST
Tel: 0121 248 2000
Web: www.rospsa.com**