

**As well as following the Countryside Code, when you are walking the Coast Path or accessing beaches and coastal beauty spots please remember:**

- **Staying safe is your own responsibility - please look after yourself and other members of your group.**
  - *Let someone know where you are going and what time you are likely to be back - mobile phone reception is patchy on the coast*
  - *Take something to eat and drink*
  - *Protect yourself from the sun – sea breezes can hide its strength*
  - *Informal paths leading to beaches can be dangerous*
  - *If you are crossing a beach, make sure you know the tide times so you won't be cut off*
  
- **Keep to the Coast Path and stay away from cliff edges – for your safety please follow advisory signs and waymarks .**
  - *Keep back from cliff edges - a slip or trip could be fatal*
  - *Remember that some cliffs overhang or are unstable*
  
- **Take special care of children and dogs – please look after them at all times.**
  - *Keep your dog under close control*
  - *Children and dogs may not see potential dangers – such as cliff edges - especially if they are excited*
  - *Do not disturb farm animals or wildlife – walk around cattle not between them, especially if they have calves*
  - *Cattle may react aggressively to dogs - if this happens, let your dog off the lead*
  
- **Dress sensibly for the terrain and weather - wear suitable clothing and footwear and be ready for possible changes in the weather**

- *Check the weather forecast before you set out*
  - *On the coast. mist, fog and high winds are more likely and can be especially dangerous*
  - *Wear boots or shoes for walking on the coast path (not flip-flops)*
  - *Take waterproofs and extra clothing, especially in cold weather*
- **Stay within your fitness level – some sections of the Coast Path can be strenuous and/or remote**
    - *Plan a walk that suits your fitness level*
    - *Find out about the section you plan to walk*
    - *Turn back if the walk is too strenuous for anyone in your group*
    - *Be aware that the surface of the Coast Path varies and will generally be more natural and uneven away from car parks, towns and villages.*
    - *Remember that in remote areas or at quiet times you may not see another person for some time if you are in difficulties*
- **In an emergency dial 999 or 112 and ask for the coastguard**