

Beach Safety



LET'S GO TO THE BEACH

A BEACH USERS GUIDE TO NORTH NORFOLK'S BEACHES

North Norfolk's pristine and spacious beaches are at the heart of its attraction as a holiday destination, and as a place to live. From the lively foreshores and sandy cliffs of Cromer and Sheringham, to the uncluttered expanse of Holkham beach, and the award-winning dunes of Sea Palling, the beauty and variety of North Norfolk's beaches is unquestionable.

North Norfolk District Council (NNDC) takes great care in making sure they are safe and clean for everyone.

BLUE FLAG BEACHES



Cromer, Mundesley, Sea Palling and Sheringham proudly fly Blue Flags, having achieved and maintained the strict European Union standard for quality while also providing excellent facilities for beach users, including seasonal lifeguard cover.

That is not to say that North Norfolk's other beaches are not equally clean, but only 'resort' beaches can qualify for Blue Flags, and few of North Norfolk's many quieter beaches fall into that category.

BEACHES WITH RNLI LIFEGUARD COVER



The RNLI operates lifeguard cover on the four Blue Flag beaches on behalf of NNDC every day between 10am and 6pm from May to September.

Lifeguards are there to give beach users security and peace of mind, but the sea can be dangerous, so always take sensible precautions so you don't end up needing their help!

If you see someone in difficulty tell a lifeguard, or call 999 or 112 and ask for The Coastguard

VEHICLES ON BEACHES

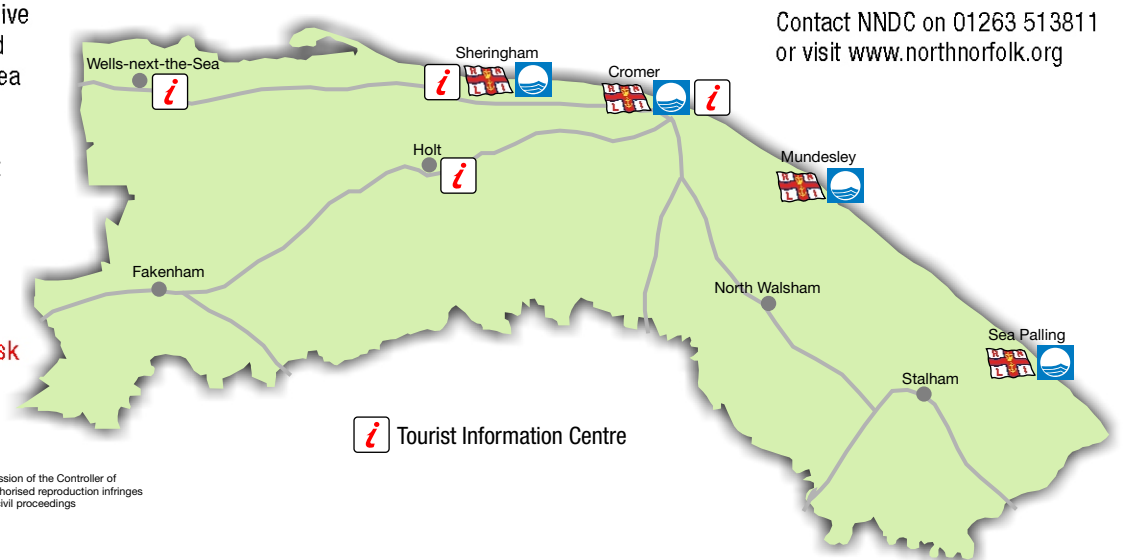
Vehicles are only allowed on beaches in order to launch and recover boats and watercraft. Local byelaws and Acts regarding the use of vehicles on beaches can be viewed on the NNDC website. The **'Where to park in North Norfolk' leaflet** (available from Tourist Information Centres and the NNDC website) provides details of all NNDC coastal car parks.

DOGS ON BEACHES

Dogs are not allowed on certain beach areas between May and September (dog-free areas are clearly signed on the beaches concerned). Dogs must be kept on leads on the promenades and seafronts adjacent to those beaches. See the NNDC website for further details.

BARBEQUES

Beach barbeques and parties of 12 people and under are only permitted on the following beaches: Cley, Salthouse, Sheringham, East and West Runton, Cromer, Overstrand, Sidestrand, Mundesley and Sea Palling. Each of these beaches has a designated barbeque/party zone. Details from the NNDC website or Tourist Information Centres. Barbeque parties involving 13 or more must have seven days prior permission from the Council.



Contact NNDC on 01263 513811 or visit www.northnorfolk.org

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Enjoy the sun sensibly

Be careful on cliff edges, they are liable to crumble

It is dangerous to climb or dig into cliffs.

Allow crabs to breathe and survive before returning them to the sea, by not overcrowding your crab bucket

It is illegal to remove beach material.

Replace upturned rocks when rock pooling, they protect sheltering wildlife between tides

Keep decking and seats clear of fish bait debris

Tombstoning (jumping from height into the sea) can be fatal, as you can't always judge depths, underwater hazards and under-currents

Don't swim in sport zoned areas

Use Personal Water Craft and Jet Skis within zoned areas and away from bathers

Don't swim close to piers and breakwaters as strong under-currents may pull you underwater

Supervise youngsters closely

For your safety choose to swim at lifeguarded beaches.

Swim between the flags but don't swim when the red flag is flying.

Inflatables are best not to be used at the beach where offshore winds can sweep you away

Make use of 'Scoop the Poop' bins

Make use of rubbish bins or take litter home

Read signs on arrival

Obey the local byelaws

Don't be caught out by incoming tides or weather. Check with the lifeguard, coastguard or locals before you set off

Please park in designated areas and remember vehicles are not allowed to be parked on beaches

Never enter the water after drinking alcohol, it can impede judgment and lead to greater risk taking

Respect local people's property and livelihoods and keep access to their property clear.