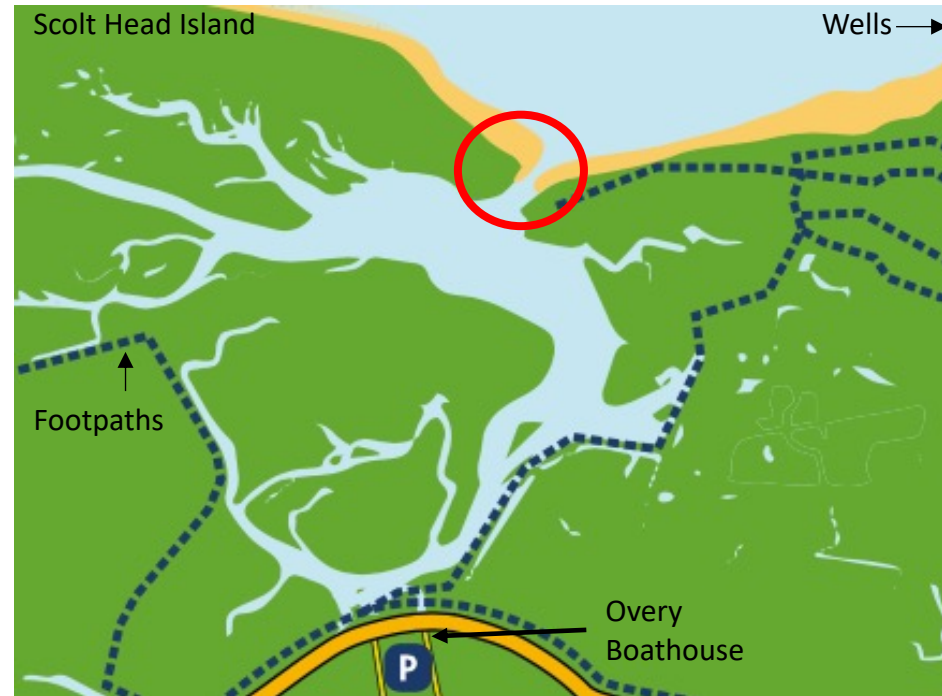


Swimmers:

Staying safe around Burnham Overy Staithe and Scolt Head Island



Tide times

Scan here for local tide times (Wells Bar)

or search tidetimes.org.uk/wells-bar-tide-times

1. Wells Bar high tide time: **one** hour either side is safest
2. Make sure you can be seen: wear a brightly coloured swimming hat/tow float
3. Stay near the land: in particular **avoid** the area near the Harbour Mouth (**red circle**)
4. Calling for help: keep fully charged mobile phone in a waterproof pouch around your neck
5. Take care when entering the water: you will need time to acclimatise to the cold water

For more information go to: www.rnli.org/openwaterswimming & www.wellslifeboat.org.uk

Video for swimmers in this area

