Beach Safety
in the Vale of Glamorgan

The Vale of Glamorgan boasts some of the very best coastline in the UK. The most southerly point in Wales, The Vale of Glamorgan has the Wales Coast Path running along the length of the coast along towering cliffs, golden beaches, and remote coves. Our shores offer boat trips, great surfing, fishing, and some great paddling for the little ones.

Unfortunately our coastline does bring dangers so to make sure you enjoy our coastline in the safest possible way, here are a few point to consider.

**Tide Times**

It is very easy to become stranded by the tide in this region. Please be aware that the tides change quickly along this coastline, so check the tide times before setting out, especially if you plan to walk along the beaches or spend time in the smaller coves.

For local Tide Times see: www.tidetimes.org.uk/barry-tide-times or the free Tide table issued by the Council, or local newspapers.

**Strong Currents**

With one the highest tidal ranges in the UK, this stretch of the coast has extremely strong currents so please be extra careful when swimming or using the sea for leisure activities. Parents of children playing with inflatable beach toys, especially rubber dinghies, should take extra care as it’s easy to get into difficulties.

**The Cliffs**

The cliffs here are fascinating but dangerous and liable to rock falls without warning. Please do not climb the cliffs, pull loose stones, sunbathe or walk close to the cliffs. Whilst tempting to rest on the rock platforms at the foot of the cliffs, this is extremely dangerous so please do keep well clear.

**Lifeguards**

Whilst many of the beaches along our coastline are manned by lifeguards during the busier seasons, many smaller beaches are not, so please consider this when choosing your destination of choice and plan ahead. Each summer, Southerndown, Ogmore, Llantwit Major and Whitmore Bay at Barry Island are manned daily by the RNLI Lifeguards.
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**RNLI**

The Local Authority works closely with the RNLI to ensure the safety of visitors to our coastline. As well as providing an on call, 24-hour lifeboat search and rescue service and seasonal lifeguard service, the RNLI, who have very recently opened a new Visitor Centre on Barry Island, are available to help and advise on the safety on our shores.

A great source of information to help you keep safe can be found online at: rnli.org/safety/respect-the-water/activities/at-the-beach/Pages/at-the-beach.aspx

Or alternatively download the ‘RNLI Beach Finder’ App to find out all about the beach of your choice before you visit.

HM Coastguard will readily help you with local information. Look out for their Patrol Vehicles in your area.

**Lost Children - Wrist Bands**

Introduced by the Coastguard service, the brightly coloured paper wristbands are easily attachable and feature space for parents to write their mobile phone number. They are available for collection at any of the RNLI lifeguard units along the beaches.

**Signs & Flags**

You will notice Signs and Flags along the coastline informing you of the dangers. Please take note, they are there for your safety. Just because a sign may not be in a specific location, it doesn’t mean it’s safe. Please remember all of the above during your visit with us.

**What to do if you or others are in danger?**

Call **999** and request the HM Coastguard immediately.