



WARNING: Tidal cut off at Place Name Here

A beach can seem like a vast playground but the tide can come in surprisingly quickly

LOW TIDE



HIGH TIDE



To avoid getting cut off by the tide:

- Always check the tide times and heights and keep a look out for incoming tide. Use tide timetables at websites like magicseaweed.com
- Make sure you have enough time to return safely. If in doubt, seek local advice
- Always carry a means of calling for help on your person
- Tell someone else where you're going and when you'll be back. They can raise the alarm with the coastguard by calling 999 if you are overdue

**In an emergency
call 999 and ask for the Coastguard**