



Paddlers: 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. Light onshore winds
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. Buoyancy aid/life jacket: wear one whether you're a strong swimmer or not!

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

