



**Rescue performed by well-trained members of
Blakeney Sailing Club in Blakeney Harbour**



The sand and marshes look inviting and safe....

except, when the tide is coming in!

This is true for all of the Harbours in this area, not just Blakeney.

A family playing on the sand on the other side of 'Blakeney Cut' (see photo) were totally unaware that they had been cut off by the tide and were in a very dangerous position!

When the tide starts to come in, from four hours before Blakeney Bar high tide time, the water fills the low-lying creeks and drains on the marsh first.

When the water starts flowing, it comes in very quickly, creating strong currents. Once the water is more than knee deep, is it unsafe to try to ford across creeks, etc. as the strength of the current can take your feet from under you! If you fall into cold water, you will get Cold Water Shock, which can all too often, be the start of the Drowning Process.

Help to keep yourselves safe and get back to dry sand/land (with no more water, creeks or drains to cross) at least four hours before Blakeney Bar high tide time.



This family were incredibly lucky that *Blakeney Sailing Club members* were on the scene and knew exactly what to do. The Sailing Club members used their throw bag (see photo above).

Quote from one of the members involved, “we were really glad that the Club had a throw bag and that we were trained to use it properly. Being able to help a family in real danger made that all worthwhile”.

Everyone was safely rescued, without anyone from the Sailing Club risking their own safety by entering the water themselves!

Throw bags are increasingly replacing Life Rings. They are easy to use and are less affected by the wind than Life Rings.

If you find yourself in this situation – **call 999** and ask for the Coastguard. More help can be on the way whilst you are assisting!



To learn more from the RNLI about the use of throw bags [link to throw bag use](#)

The Police, Fire service (inland), the Coastguard and the RNLI all run various initiatives to provide throw bags and training to waterside businesses. If you think you can help save a life, contact your local service.

