

Board & Paddle Sports



Enjoy

The sea provides us with a big playground to enjoy a variety of sports, from kitesurfing to kayaking, and the Norfolk coast offers some of the best conditions in the country for these popular sports.

Due to the diversity of water sports available, the National Water Safety Forum recommends you seek advice specific to the activity you'll be undertaking, and that you take into consideration the conditions and location in which you will be doing it.

Notably, there are several sailing clubs and schools in the area that cater for all levels. These can offer training and/or advice.



Respect

- Be considerate of others; many local people make their living through wildlife-watching but if wildlife is disturbed then it makes it harder for tours to operate and, in turn, affects local livelihoods
- Adhere to local rules and restrictions
- Be careful not to block access points
- Select a safe launch site
- Keep clear of busy boating areas
- Don't leave your kit unattended
- Always give way and stay clear of larger craft that can be harder to manoeuvre

Protect

- Keep your distance from animals in the water (let them decide how close they want to be)
- Never land on a beach where there are seals



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For general safety information, visit: www.rospa.com (select the "Safety advice" tab, then choose "Water & leisure safety" from the drop-down menu)