



Seaham Harbour Marina

## OPEN WATER SWIMMING

**If you plan to swim in the open water from our Slope Beach, here are a few facts you will need to know**



### Health benefits of cold water bathing

- It boosts your immune system and gives you a natural high
- It improves your circulation
- It burns calories and reduces stress
- It is a great way of socialising and making new friends

### Did you know . . . . .

The Slope Beach is PRIVATE land, under the control of Seaham Harbour Marina.

Beyond the inner wave screen is the boating and shipping lane and you should **not** swim beyond this point.



## Frequently Asked Questions

### Do I need permission to swim off the Slope Beach?

*If you are swimming with an organised group or as part of an event, you will need permission. The organiser should contact the Marina Office (Tel 0191 5818998) for this permission and you will be required to provide a Risk Assessment.*

### Can the beach be accessed at all times?

*Yes, but with the exception of when there is adverse sea conditions and we have to close the gates.*

### Are there any public toilets for the swimmers to use?

*The only toilets at the Marina are for the use of staff and customers of the businesses. The toilets should not be used as changing facilities.*

### Are there Jellyfish in the water?

*Yes. Jellyfish usually arrive as early as May and can stay until September.*

## OPEN WATER SAFETY

- **There is no lifeguard present – swim at your own risk**
- **Please be aware of sea conditions and sea temperatures**
- **Do not swim on your own**
- **Do not swim beyond the inner wave screen**

We take great pride in our Marina and our staff clean the beach every morning to ensure our visitors have a safe and pleasant experience. However, please be aware that during the summer months in particular, litter could be left on the beach by visitors.

*We hope you enjoy your swim and would ask you to please respect other beach users*