



Essential facts from Safe by the Sea

Here are the most important sea and sands safety facts to takeaway from the Safe by the Sea film and QR code hunt in the West End of Morecambe.

For further information, head to hmcoastguard.uk and rnli.org



Day One: Casey's Story

'Float to Live' strategy:

- Lie on your back like a starfish.
- Tilt your head back with ears submerged.
- Relax and try to control your breathing.
- Use your hands to help you stay

afloat. It's OK if your legs sink, we all float differently.

- Plus if you need emergency assistance, ring 999 and ask for the coastguard.

Day Two: Michael and Jo on The Sands



Plan of action when stuck in the sands:

- Don't panic!
- Walk backwards and retrace your steps.
- If this doesn't work, call 999 and ask for the Coastguard.
- While waiting you can kneel, sit or lie down to spread your weight. This should stop you sinking further.

Day Three: Jon on Swimming in The Bay

Morecambe Bay has a range of hidden dangers including rip tides. Novice swimmers should always remain in the shallow! If you can't feel the sands underneath you, it's a strong sign that you should come back to shore.



Day Four: Amber on The Bay's Nature

Always check the tide times beforehand when discovering nature! There are QR codes on the prom that link you to the tide times. To check the tide times right now you can head to tidetimes.org.uk





Learning Opportunities in Morecambe Bay

Here's a few suggestions of the many opportunities for learning in the bay based on the key moments and experiences from our Safe by the Sea film.

You can find many more by heading to morecambebay.org.uk



Safe by the Sea: The Story Hunt

Follow the trail of QR codes around Morecambe's West End Promenade to hear real-life bay tales and sea safety facts from Morecambe's young people. All you need is a smartphone, a touch of curiosity and a keen eye for spotting all 10 codes. We've created a quiz sheet (on page 3) for extra encouragement. Can you find them all? Google Map pin: shorturl.at/OrvVp

Guide Over Sands Bay Walks

Guide-over-Sands Bay Walks and their minimum age recommendations are advertised on the Guide Over Sands website. This historic route has been used to travel and move goods between Cumbria and Lancashire for centuries. Lancaster's Maritime Museum displays a wealth of artefacts and information for you to discover more. lancaster.gov.uk/sites/museums/maritime / guideoversands.co.uk



Rockpooling in Heysham's Half Moon Bay

Pull on your wellies, grab your looking glass and head to Half Moon Bay at low tide to explore this wonderful wildlife habitat. Identify the creatures you come across with the help of downloadable identification guides from The Bay: A Blueprint for Recovery website, and challenge yourself to get a full house of nature finds by playing their Beach Bingo! thebay.org.uk / lancswt.org.uk



Keep your eyes peeled and your ears open for **Safe by the Sea: The Story Hunt**, a QR code scavenger hunt designed to illuminate you in the wild and wonder of Morecambe Bay.

Each QR code you find will connect you to an audio story. Listen closely to the end of each one for a related fact about the bay that you will need to complete your hunt successfully and prepare you for future adventures.

Story One - Morecambe has some of the most stunning sunsets in the UK. Did you know the reason why we see so many amazing colours in our sunsets? **It is due to the effect.**

Story Two - Did you know there is a strategy known as 'float to live' If you find yourself in difficulty in the water? It goes as follows: **like a starfish.** Tilt your head back with ears submerged. Relax and try to control your breathing. Use your hands to help you stay afloat.

Story Three - Did you know that nearly half of people in the UK reported that exploring nature helped them to cope throughout the Covid 19 pandemic? **The term refers to the way we relate to and experience nature.**

Story Four - The best way to keep yourself safe when being out on the sands is to plan ahead and **always check the beforehand.**

Story Five - If you find yourself stuck in the sands, the golden rule is not to panic. Did you know **your first plan of action should be to walk backwards and** the sands should be firm enough for you to walk back to safety.

Story Six - Swimming in the bay can have a number of dangers and is not recommended for novices. Did you know **you can get advice from a group of local open-water swimming veterans called** ?

Story Seven - As the bustle dies down, Morecambe Bay really comes to life around the sunset. **An in the bay is an easy way to reflect and relax**, which can also reduce stress and anxiety and improve your mental health on the whole.

Story Eight - Did you know there are no such thing as seagulls? Morecambe Bay is one of the most important areas for birds in the country and **most commonly features the bird you may recognise as a seagull, the** , along with lesser black-backed gulls, great black-backed gulls and black-headed gulls.

Story Nine - The tides of Morecambe Bay can have a range of hidden dangers including rip tides beyond the rocky limestone groynes you can see around you. Did you know **a good tip is to always remain in the** ?

Story Ten - It's important for us to enjoy the sun as much as possible, but in a way that is safe for you. Did you know **the sun generates the production of feel-good hormones and boosts your body's supply?**

Safe by the Sea is a project designed to encourage better personal relationships to nature locally and has been developed by the young people of Stanleys Community Centre in partnership with The Morecambe Bay Poverty Truth Commission, Lancaster & Morecambe College and The Morecambe Bay Curriculum.



Lancaster &
Morecambe
College

