
WAVE

Keeping you safe across the
Milford Haven Waterway



Introduction

The Milford Haven Waterway is a spectacular stretch of water and is one of the deepest natural harbours in the world. It is important to remember this beautiful waterway is the pathway to Wales' largest fishing port and UK's largest energy port; capable of delivering 30% of the UK gas demand, so needs to be enjoyed in a respectful and safe way.

In this booklet we will be explaining the dangers of tombstoning, repercussions of jumping into unknown water and what to do if you or someone you know has jumped and is in trouble.

Definition of Tombstoning:

Jumping or diving into water from a very high place
such as a harbour wall or cliff face

Contents

Dangers of jumping

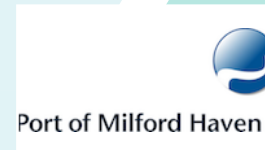
Cold water shock

What to do in an emergency

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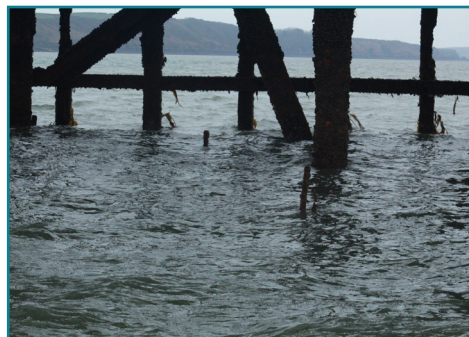
Activity: Antisocial behaviour



Dangers of Jumping

- Water depths alter with the tide – the water may be shallower than it seems
- The shock of cold water can make it difficult to swim
- Getting out of the water is often more difficult than people realise. Strong currents can rapidly sweep people away
- Submerged objects like rocks may not be visible – these can cause serious impact injuries.

Here are some of the objects found at low tide at some of the popular jump sites around Milford Marina. A mixture of crab baskets, shopping trolleys and even cement mixers have been discovered.



Cold Water Shock

The term 'cold water shock' refers to a range of natural reactions that our bodies take to protect us when we enter cold water. Cold water can be anything from approximately the temperature of a swimming pool and below, not just icy cold water.

What are the effects of Cold Water Shock?

There are three stages that your body goes through during cold water shock. You may be familiar with a mild version of one as a result of getting into a swimming pool...a gasp for breath; this is then followed by rapid breathing.

At the same time as your breathing goes out of control, your blood pressure shoots up as your body tries to keep your blood warm by moving it towards the middle of your body (this is why you go pale when you're cold).

As your muscles cool, your strength, endurance and muscle control reduces to the point where you can't swim any longer so can't rescue yourself.

What should you do if you fall into the water?

1. Fight your instinct to thrash around
2. Lean back, extend your arms and legs
3. If you need to, gently move your arms and legs around to help you float
4. Float until you can control your breathing
5. Call for help or swim to safety
6. As soon as you are out of the water, re-warm yourself as soon as you can to avoid hypothermia

Emergency Situations

If someone is in trouble in the water, **do not go in after them**. That would result in two people in trouble with no one able to call the emergency services.

- If there is something nearby that floats try and throw it to them but do not put yourself in danger
- Call 999
- Try to remain calm
- The operator will ask what service you require - tell them 'Coastguard'
- Tell the person you speak to exactly where you are - this information is vital
- Be prepared to tell them what has happened, again remaining calm
- Listen to any instructions you are given - for the safety of the person in trouble and your own safety



Peer Pressure

What does peer pressure mean?

Your friends and peers influence your day to day decisions, even if you don't realise it. Sometimes this can be a good thing. Maybe a friend suggested a game that's now your favourite.

Other times, they might pressure you to do things you don't want to do. Like hurt someone else, or miss school.

Peer pressure is feeling like you have to do something just because all your friends are doing it. But it's okay to say no and make your own choices. And we're here to give you some tips on how to do it.

4 ways to say NO

1. Say it with confidence

Be assertive. Practise saying 'no' so that it's easier when someone asks. Avoid situations which feel unsafe or uncomfortable. You could explain that you're going to pay for something instead of stealing it.

2. Try not to judge them

By respecting their choices, they should respect yours.

3. Spend time with friends who can say 'no'

It takes confidence to say no to your friends. You could try seeing how your other friends stand up to peer pressure and you can try this too.

4. Suggest something else to do

If you don't feel comfortable doing what your friends are doing, why not suggest something you could do instead.

Repercussions

The Port can and will prosecute anyone caught tombstoning from the area around Milford Marina

Under the Milford Haven Port Authority Byelaws (Milford Docks Act 1981), jumping or diving into the water and swimming is strictly prohibited. Any breach of these byelaws may lead to prosecution and a fine of up to £50, plus a victim surcharge of £30, in the criminal courts. In addition to this, antisocial behaviour of any kind is not permitted.

Antisocial behaviour (ASB) affects lots of people and can have an impact on you, your home and your community.

Remember:

- Antisocial behaviour is against the law
- Always think about how your behaviour affects others
- Sometimes bad behaviour can escalate and have very serious consequences for you and for others
- Don't give in to peer pressure. Be your own person and make positive choices
- Respect other people in the community and they will treat you with respect
- Respect your environment so it's a pleasant place to live

If you feel like you're being peer pressured into taking part in antisocial behaviour or you're affected by ASB or any other crime, you should speak to your School Community Police Office, drop into your local police station to report it or you can report anonymously via [Fearless.org](https://fearless.org).



Activity: Antisocial Behaviour

Match the incident to the correct consequence

Incident

Consequences

1.

In the park there are a few teenagers drinking alcohol and smashing their glass bottles in the play area.

2.

There are a group of teenagers down the docks. They are jumping in the water and putting themselves and others at risk.

3.

There is a teenage boy riding his motorbike up and down a street where many young children play. The children are very frightened and they all go home. The motorbike stays in the street for most of the day, so the children stay indoors.

4.

There are a group of six children hanging around, making a lot of noise in a corner street. They are asked to move by a woman living in one of the houses, but the children started swearing at her.

5.

A boy spray paints a swear word on someone's garage door.

A.

As the teenagers are over 10 years old, they could be arrested for a breach of the peace or Public Order offence. They would be taken to a police station and parents/guardians would have to attend.

B.

Police will talk to these children in front of their parents/guardians. If they return and cause further problems they could be dealt with using an Acceptable Behaviour Contract.

C.

The boy has committed a crime of criminal damage and if he is over 10 years old he could be arrested. He may have to pay for the damage and make an apology to the victim.

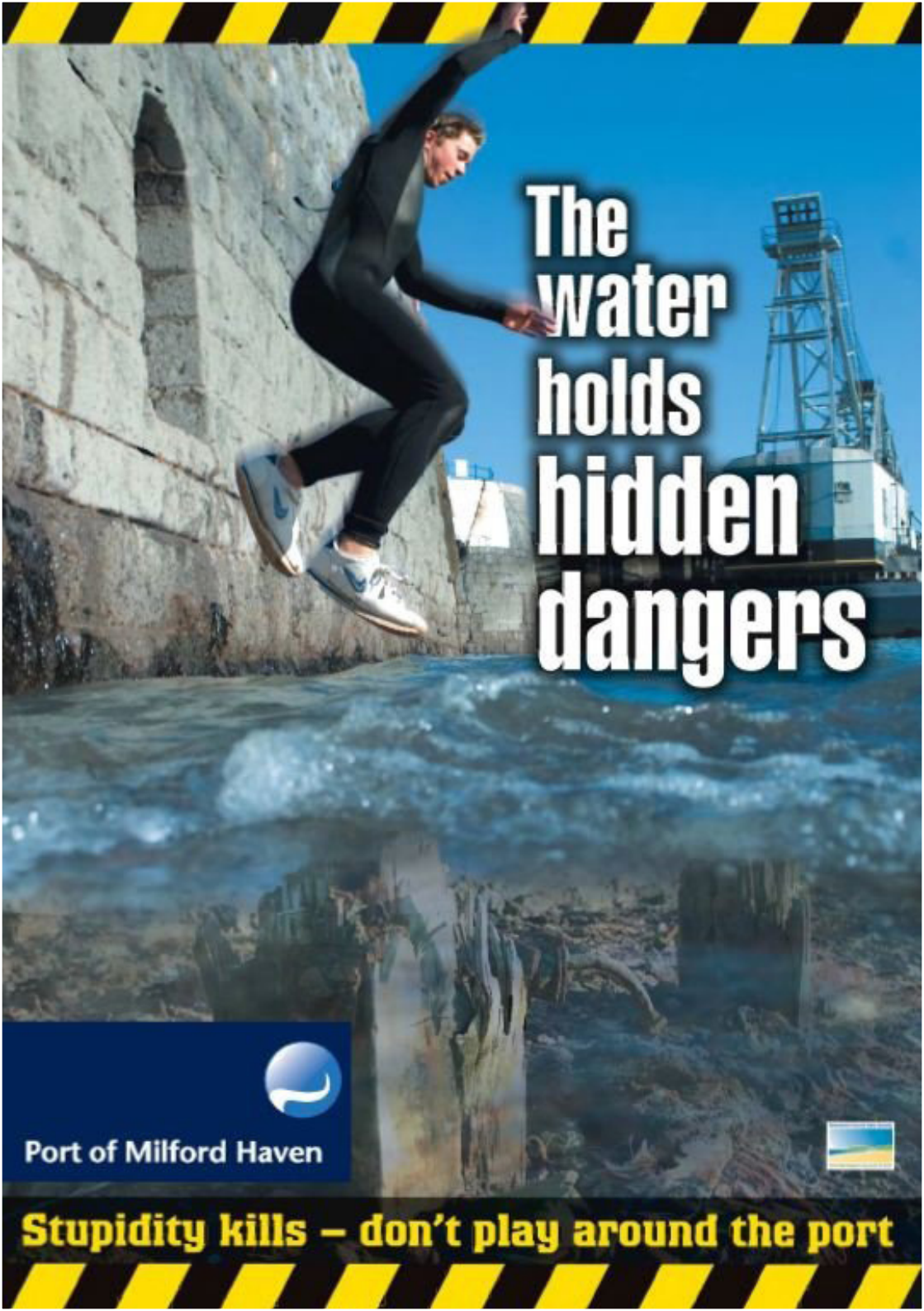
D.

Police would take the alcohol off the children. They would be taken home from the park and warned about their behaviour, in the presence of their parents or guardians.

E.

This teenage boy has his motorbike confiscated by the police and he would be dealt with for any driving offences he may have committed.

Answers: 1-D, 2-A, 3-E, 4-B, 5-C



The water holds hidden dangers



Port of Milford Haven



Stupidity kills – don't play around the port