

MEMBERS' HANDBOOK

CLUB RULES,

CODE OF CONDUCT

AND CONSTITUTION

www.sovereigncaravanclub.org

Committee 2019/2020

Chairman	Sharon Bates
Secretary	Peter Lancaster
Treasurer	Andy Watts

CLUB RULES

1. At all times observe the country and caravan codes.

2. Always keep noise and audio equipment volumes down to a minimum, especially after 11.00 pm and no generators are to be in operation after that time, except at the Rally Officer's discretion. The Rally Officer's instructions shall be followed on the per-mitted use of and restrictions on the use of generators which will be dependent on local site arrangements.

3. On all rally sites the 5 mph speed limit will be strictly enforced and vehicles may not be driven by learner drivers.

4. During wet weather conditions, members must avoid unnecessary use of their vehicles to prevent damage to the site and the site entrance. Vehicle movements in such conditions are at the discretion of the Rally Officer.

5. It is a requirement that caravans be spaced a minimum of 7 metres (approx. 23 ft) between facing walls of adjacent caravans or caravan and awning, and at a density not to exceed 20 to the acre. Motor vehicles should be parked at the off side of the caravan and there should always be a clear space of at least 3.5 metres (approx. 11 ft) between vehicle(s) and neighbouring caravan/awning.

6. You should provide your own sanitation facilities and dispose of the contents of the chemical toilets and waste water in accordance with the site owner's/occupier's instructions to safeguard water supplies and prevent the pollution of rivers and streams. At rallies all dry rubbish, tins etc, must be taken home or dis-posed of in accordance with on-site arrangements. It is the responsibility of the Rally Officers to ensure these requirements are met.

7. Please keep your pitch clean and tidy and before pulling away always ensure that your pitch is as you found it.

8.Dogs must be kept under control and tethered **at all times**. The length of lead or rope used must not exceed 3 metres (approx. 10 ft) in length so that the dog cannot reach an adjacent caravan or foul other persons' property.

9. Reservations of pitches for friends and relatives etc are not allowed.

10. Parents or guardians, including Member's guests and visitors, must not allow their children to trespass or cause damage to their host's property or to be a nuisance at Club socials.

11. While at rallies the Rally Officer's instructions are to be followed.

12. The open sale of goods other than Club equipment is strictly forbid-den.

13. To be entitled to a rally plaque you must at each rally sleep at least one night in a caravan on the rally field.

14. Before taking action to cancel a rally published in the Rally Book, the Rally Officer concerned shall consult the Chairman detailing the reasons for the cancellation.

15. Where awnings are erected they must not under any circumstances link caravans together.

16. Kite flying, ball games, including swing-ball must not be played near caravans.

17. No bicycle riding in the proximity of caravans.

18. No smoking is allowed at socials, in halls or other premises used for the purposes of meetings or other communal gatherings, e.g. awnings and party tents.

19. All rallies must be limited to a maximum of 5 days.

Code of Conduct

<u>General</u>

1. One named member of the organisation (the 'rally marshal' or 'responsible person') is to be responsible for the conduct of any exempted touring caravan or camping event and for ensuring that those attending comply with this code.

2. The responsible person must ensure that all members are aware of The Countryside Code, The Caravan Code and the Seashore Code (see annexes 1a-1c)

The Venue

3. The organisation will take reasonable steps to satisfy themselves that the site to be used is not subject to a relevant order under paragraph 12 of the First Schedule to the 1960 Act (for caravans), or an Article 4 direction under Schedule 2 to the Town and Country Planning (General Permitted Development) Order 1995(for Caravans and Camping), and that it is not one where planning permission has been refused or where enforcement action has been taken.

4. The organisation will consult the local authority before meeting on land adjacent to sites for which planning permission has been granted (i.e. next to permanent or commercial sites)

5. The organisation will agree to move from and avoid any site to which the local authority maintains a valid objection.

6. The organisation will not meet on sites adjacent to certified locations/sites unless the proposed site is clearly differentiated and the risk of interference with local people and others is minimal.

7. The organisation will take reasonable steps to ensure that the siting of units (a caravan, motor home, tent or trailer tent)dos not unduly interfere with the activities of local people, their privacy or their enjoyment of their property. They will also ensure that the siting of units does not interfere with the enjoyment by others of the landscape, natural beauty or nature conservation of the area, particularly in areas designated for their landscape or wildlife qualities.

8. The organisation will undertake not to over-use any venue and will consider carefully before holding successive meetings on the same land.

Nuisance

9. Local people should be able to carry on their normal activities when meetings are in progress. The organisation will take reasonable steps to minimise disturbance and will investigate and deal with the causes of complaints made.

10. Care should be taken not to damage the site or surrounding locality. Trees, fences, buildings, equipment and stock should all be respected.

11. Domestic animals belonging to members of the organisation will be kept on a lead and under close control. They will not be allowed to run loose on the site or cause disturbance to local people or animals. They will be exercised away from units and those parts of the site used for communal activities. Any mess will be cleared up.

12. The responsible person will identify open space suitable for the playing of games which might otherwise intrude upon or constitute a danger or annoyance to others on or around the site. 13. Noise should be kept to a minimum for the comfort of others on the site as well as people who live or work nearby.

Road Safety and Access

14. The responsible person will take steps to ensure that travel from major roads to a proposed site is not likely to cause undue disruption or difficulties for other road users. Access to the site must be suitable for the number and likely size of units attending the meeting. The arrival and departure of units should be arranged to minimise disruption to other road users.

15. The speed of vehicles on the site should be restricted to 5 mph.

Spacing and Density

16. For health and safety purposes emergency vehicles must be able to gain access to any unit on the site. As such, units should be spaced and sited so they do not restrict access to, or exit from, any other unit, or the site in general. At least 6 metres should be required between units in all circumstances. For this purpose, a unit includes the caravan, motor home, tent or trailer-tent, plus any awnings, gazebo or pup-tent and the car or towing vehicle. Emergency vehicles should be able to secure access at all times to within 90 metres of any unit on site.

17. Where a site is being used by both tents and caravans they must be sited entirely separate from each other for health and safety reasons. However, this does not necessarily mean segregated. If the layout of the field does not allow for separate lines of tents, it is permissible to continue a line of caravans/motor homes with a line of tents, but they must be sited en-bloc and not interspersed. Trailer tents are classified as tents and must be sited accordingly. Children's pup-tents may be erected alongside the parents' unit and should be considered part of the unit for spacing purposes. It is recommended that there is at least 6 metres between any rows of caravans and tents.

Fire Precautions

18. Open fires and barbecues will not be held except with the permission of the responsible person. Where permission is given for open fires or barbecues, they will be sited on open ground, away from units, vehicles, awnings and any other structures.

19. A fire extinguisher approved to British Standards Institute and/or Fire Officers Certificate standards will be held on site.

Chemical Toilets and Waste Water Disposal

20. Organisations will act responsibly when disposing of the contents of chemical toilets and waste water and take full account of the need to safeguard water supplies and prevent pollution of rivers and streams.

21. On-site disposal of the contents of chemical toilets and waste water will be in accordance with arrangements agreed with the site owner/occupier. Neither will be allowed to foul the ground except at designated disposal points. If there is any doubt about the disposal of waste, the organisation or, if appropriate, the responsible person will contact the relevant Local Authority for advice.

Refuse Disposal

22. Organisations should ensure that refuse is either taken home or dis-posed of in accordance with on-site

arrangements. The rally marshal should be satisfied that appropriate arrangements are in place.

CONSTITUTION

1. TITLE

1.1 The title of the Club shall be **Sovereign Caravan Club** hereinafter referred to as **the Club**.

2. AIMS of the Club shall be to:

2.1 Promote good fellowship amongst all its members and their families.

2.2 Organise events of interest to its members. All rallies to be run by and for Sovereign Caravan Club.

2.3 To maintain an effective liaison for the benefit of the members of the Club.

3. MEMBERSHIP

3.1 Membership shall be open to bona-fide owners of touring caravans and motorhomes. If a member ceases to be the owner of a touring caravan or motorhome, unless he/she is in the process of changing the caravan or motorhome and is temporarily without one, his/her membership shall cease at that time and no part of the annual subscription refunded.

3.2 Applications for membership shall be by means of a form pre-scribed by the Committee giving such information as may be required. The Committee shall have the power to refuse membership without explanation or reason.

3.3 The membership year shall run from 1st January to 31st December.

3.4 Subscriptions shall be due on 1st January each year and not later than 1st March. New members joining after 30th

September will receive membership for up to 15 months, i.e. to 31st December in the following year.

3.5 All details of membership will be maintained by the Hon. Treasurer to whom any enquiries on membership should be addressed. No-tice of change of membership details must be given to the Hon. Treasurer.

3.6 Membership may be withdrawn at the discretion of the Committee. The member will have the right of appeal and to appear before the Commit-tee to state their case for continuation of membership.

3.7 When holding rallies under the Club's paragraph 6 Exemption Certificate, only full members of the Club may attend. Membership must have been granted in advance of attendance at any event.

3.8 All members and their guests shall adhere to the Club Rules and Code of Conduct.

4. MANAGEMENT

4.1 The affairs of the Club shall be administered by the Committee in accordance with the terms of this Constitution.

4.2 The property, assets and income of the Club shall be applied solely for the benefit of the Club and its members, or for the purpose of donations to charity as decided at the A.G.M., or an E.G.M., by the members.

4.3 Management of the Club shall be under the overall control of a Committee elected from the membership by the members at each A.G.M. The Committee shall comprise of three Officers: a Chairman, Hon. Secretary and Hon. Treasurer with up to four other general Committee Members. All members of the Committee will serve a term of one year but may stand for re-election. Any member wishing to be nominated for a Committee position at an A.G.M. shall have attended at least four rallies with the Club in the previous twelve months.

4.4 All money in the name of the Club shall be deposited in a bank approved by the A.G.M., or an E.G.M., in the name of the Sovereign Caravan Club. The Committee will authorise three Committee Members as signatories for banking purposes. Any two of the three designated (signatory) Committee Members would need to sign cheques or to give instructions to the bank.

4.5 In order for a Committee meeting to take place a quorum (the majority) of the full Committee must be present.

4.6 In the event of a vacancy occurring in respect of any position on the Committee, the remaining members of the Committee may appoint any willing Club member to serve on the Committee until the next A.G.M. subject to 4.3. The appointed member will not have voting rights.

5. NOTICE TO MEMBERS

5.1 Due notice of any matter, including convening of any meetings, shall be deemed to have been given to members generally within thirty days of mailing to the latest addresses of the Club's official membership list, or in the current year's Rally Book containing any such notice.

5.2 Any member may request an advance copy of the agenda, pro-posed motions and nominations for office to be considered at the forthcoming A.G.M.

Requests, accompanied by an A4 stamped self-addressed envelope, must reach the Hon. Secretary not later than six weeks prior to the A.G.M. Due notice of any matter to be considered at the A.G.M. shall be deemed to have been given to all members:

- If a member attending the meeting in person is handed a copy of the agenda containing the motions and/or nominations upon arrival at the venue.
- If, not less than 28 days prior to the date of the meeting, copies of the agenda and proposed motions are sent to each member requesting them using the envelope provided for that purpose.
- Only one copy of any notice shall be given to each family unit not withstanding that a member and his/her partner are both eligible to attend and vote at a meeting.

NOTE:

It is the responsibility of all members attending the A.G.M. to obtain a copy of the agenda and associated documentation prior to commencement of this meeting.

6. ANNUAL GENERAL MEETING (A.G.M.)

6.1 One general meeting designated as an A.G.M. will be held every calendar year. A minimum of six weeks' notice of that date, time and venue shall be given to all members.

6.2 The only matters to be formally dealt with at the A.G.M. shall be as follows:

- To receive reports from the Chairman, Hon. Treasurer and Hon. Secretary, and all matters arising from reports.
- To elect the Chairman, Hon. Treasurer, Hon. Secretary, and Commit-tee members for the following year.
- To consider any proposals of which due notice to members has been given.

- two members to check accounts
- Any Other Business, previously notified.

6.3 Propositions for consideration at the A.G.M. must contain the names and membership numbers of the Proposer and Seconder, be signed by both and be received by the Hon. Secretary not less than six weeks be-fore the meeting.

There must be a separate nomination for each Committee position. Each nomination form must contain the names and signatures of the Nominee, Proposer and Seconder and must reach the Hon. Secretary not less than six weeks before the meeting.

7. EXTRAORDINARY GENERAL MEETING (E.G.M.)

7.1 The Committee may convene an E.G.M. at such time and for such purpose as it directs.

7.2 An E.G.M. must also be convened by the Hon. Secretary on receipt of a requisition in writing and signed by no fewer than 12 members or 25% membership whichever is the fewer. The requisition shall show the name and membership number of each member signing it and state the full details to be put to the meeting.

7.3 Notices of an E.G.M. may be sent to all members either individually or by Newsletter. At least 28 days' notice shall be given.

7.4 The only matters to be discussed at the meeting shall be those de-tailed in the notice to members.

8. VOTING AT A GENERAL MEETING

8.1 A member and his/her registered partner are each entitled to one vote in respect of each item on the agenda.

8.2 If there are more nominations for Committee membership than positions available the election of members of Committee shall be by secret ballot, the successful candidate in each case being deter-mined by the person polling the largest number of valid votes cast.

8.3 Other resolutions shall be decided either by a show of hands or by a secret ballot, as announced by the Chairman, and the declaration of the result of the vote by the Chairman shall be final and binding.

9. AMENDMENTS TO THE CONSTITUTION AND RULES

9.1 Amendments to the Constitution can be made at a General Meeting. Amendments to the Constitution carried at any meeting will take immediate effect.

10. PUBLIC LIABILITY

10.1 The Club is insured for Public Liability, but will not be held liable for any injury or damage to a member, a member of his/her family unit, members' guests and visitors, or to his/her, their property.

11. DISSOLUTION OF THE CLUB

11.1 Voluntary dissolution of the Club requires a resolution to be passed at a General Meeting. In the event of the winding up of the Club, any assets and monies deposited in the Club's name shall, after payment of any outstanding debts incurred by the Club, be disposed of by a majority vote of members attending a meeting called to discuss such action.

12. INTERPRETATION

12.1 In the event of any dispute over the interpretation of the Constitution the decision of the Committee shall be final and binding.

Annex 1a: The Countryside Code

Helping everyone to respect, protect & enjoy our countryside

The Countryside Code applies to all parts of the countryside. There are five parts to the Countryside code and most of it is just good common sense. It's de-signed to help us all to respect, protect and enjoy our countryside.

The Code, which applies in England and Wales (Scotland has its own Outdoor Access Code), makes it clear what the responsibilities are for both the public and the people who manage the land. For further information see

http://www.countrysideaccess.gov.uk/things_to_know/countrys ide_code

1) Be safe - plan ahead and follow any signs

- Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of open land may be restricted while work is carried out, for safety reasons, or during breeding seasons. Follow advice and local signs, and be prepared for the unexpected.
- Refer to up-to-date maps or guidebooks or contact local information centres.
- You're responsible for your own safety and for others in your care, so be prepared for changes in weather and other events. Visit www.countrysideaccess.gov.uk for links to organisations offering specific advice on equipment and safety, or contact visitor information centres and libraries for a list of outdoor recreation groups.
- Check weather conditions before you leave, and don't be afraid to turn back.

- Part of the appeal of the countryside is that you can get away from it all. You may not see anyone for hours, and there are many places without clear mobile phone signals, so let someone know where you're going and when you expect to return.
- Get to know the signs and symbols used in the countryside

2) Leave gates and property as you find them

- please respect the working life of the countryside, as our actions can affect people's livelihoods, our heritage, and the safety and welfare of animals and ourselves.
- a farmer will normally leave a gate closed to keep livestock in, but May sometimes leave it open so they can reach food and water. Leave gates as you find them or follow instructions on signs. If walking in a group, make sure the last person knows how to leave the gates.
- If you think a sign is illegal or misleading such as a 'Private
 No Entry' sign on a public footpath, contact the local authority
- In fields where crops are growing, follow the paths wherever possible.
- Use gates, stiles or gaps in field boundaries when provided - climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Our heritage belongs to all of us be careful not to disturb ruins and historic sites.
- Leave machinery and livestock alone don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.
- 3) Protect plants and animals and take your litter home

- We have a responsibility to protect our countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees.
- Litter and leftover food doesn't just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals and can spread disease so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.
- Discover the beauty of the natural environment and take special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife, and add to everybody's enjoyment of the countryside.
- Wild animals and farm animals can behave unpredictably if you get too close, especially if they're with their young - so give them plenty of space.
- Fires can be as devastating to wildlife and habitats as they are to people and property - so be careful not to drop a match or smouldering cigarette at any time of the year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between October and early April, so please check that a fire is not supervised before calling 999.
- 4) Keep dogs under close control
- The countryside is a great place to exercise dogs, but it's every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or other people.
- By law, you must control your dog so that it does not disturb or scare farm animals or wildlife. On most areas of open country and common land, known as 'access land' you must keep your dog on a short lead on most areas of

open country and common land between 1 March and 31 July, and all year round near farm animals.

You do not have to put your dog on a lead on public paths, as long as it is under close control. But as a general rule, keep your dog on a lead if you cannot rely on its obedience. By law, farmers are entitled to destroy a dog that injures or worries their animals.

- If a farm animal chases you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it.
- Take particular care that your dog doesn't scare sheep and lambs or wan-der where it might disturb birds that nest on the ground and other wildlife – eggs and young will soon die without protection from their parents.
- Everyone knows how unpleasant dog mess is and it can cause infections so always clean up after your dog and get rid of the mess responsibly. Al-so make sure your dog is wormed regularly to protect it, other animals and people.
- At certain times, dogs may not be allowed on some areas of access land or may need to be kept on a lead. Please follow any signs. You can also find out more by phoning the Open Access Contact Centre on 0845 100 3298.
- 5) Consider other people
- Showing consideration and respect for other people makes the countryside a pleasant environment for everyone at home, at work and at leisure.
- Whether you're walking on your own or with a large group, you'll have an impact on the local environment. Follow these brief rules to make it more pleasant for visitors and locals alike.

- Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife - so slow down and, where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Traveline on 0871 200 22 33 or use your local sources of information.
- Respect the needs of local people for example, don't block gateways, driveways or other entry points with your vehicle.
- Keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.
- When riding a bike or driving a vehicle, slow down for horses, walkers and livestock and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.
- Support the rural economy for example, buy your supplies from local shops.

Annex 1b: The Caravan Code

The Caravan

- Whether trailer or motor caravan it is a vehicle specifically for caravanning. Its appearance and colour are appropriate and do not offend public opinion.
- It is regularly serviced so that it is safe in all respects when touring on the road, and on site.

On The Road

- Selection of trailer caravan and towing vehicle allows adequate performance in line with the Towing Code, namely:
- The actual laden weight of the caravan should be kept as low as possible and should never normally exceed the kerb weight of the towing vehicle
- The engine is powerful enough to keep the outfit at a speed, particularly on hills, that does not baulk other traffic
- The caravan is carefully loaded to provide good balance and avoid instability
- The caravan complies with all Road Traffic Acts and other relevant Regulations, in particular that there should be an adequate view to the rear of the caravan.
- Where the caravan is a trailer towed by a vehicle, it is insured against third party risks. This must cover not only the caravan when attached to the towing vehicle, but also when detached.
- Particular attention is paid to those sections of the Highway Code relevant to trailer caravans.
- To cause the minimum inconvenience to other traffic the caravanner observes traffic to his rear and ensures that every opportunity is offered for other vehicles to overtake.

This includes the need always to allow space have two or more outfits bunched together) and on narrow roads to pull in and halt at a safe place to allow following traffic to overtake.

• To carry out normal road manoeuvres with increased care to take ac count of the length of the outfit, the vehicle's reduced acceleration and its longer stopping distances when braking. This requires greater anticipation, early signalling of intentions, and a very careful watch of overtaken traffic, particularly cyclists, before pulling in.

On Any Site

The member:

- Pitches on private land only with the express permission of the owner
- Places the caravan where it will not interfere with the convenience or enjoyment of others
- Avoids damage to turf by digging holes only when absolutely necessary, and replacing turf where possible and by considerate use of the vehicle
- Disposes of any rubbish only by the means provided on the site. If no receptacles are provided, as on some small farm sites, rubbish is taken home for disposal, or to any other recognised disposal point that has space.
- For touring other than on sites equipped with toilets, will carry his/her own sanitary equipment (usually chemical closet and approved related fluid) and dispose of the contents only at a point provided for the purpose. If burial is necessary, as perhaps on private property, this will not be done in the vicinity of any water course.
- Allows no waste water from the caravan to foul the ground, ensures that suitable receptacles are connected to the

waste water pipes to collect the waste, and the receptacles emptied as necessary. In the few instances where no disposal point is provided, minimum fouling is achieved by distributing the water over a considerable area, as along a hedge

- Allows neither children nor animals to spoil the enjoyment of others, by keeping them under control
- Drives slowly and quietly when on site
- Respects the privacy and peace of others at all times by keeping to a minimum, mechanical, instrumental or vocal noise
- Ensures that any laundry outside the caravan is displayed as discretely as possible
- Keeps the pitch neat and tidy, with no loose equipment outside the caravan beyond what is necessary or appropriate, and on departure leaves it as clean as, or cleaner than, it was on arrival
- Observes the country code relating to water, cleanliness, fire dangers, litter, public paths, gates, control of dogs, damage to crops, hedges, walls, trees and plants, livestock and wildlife.

General

 At all times, on the road or on site, every caravanner shows courtesy and consideration to all comers so that the good will of the general public towards caravanners is maintained and improved.

Annex 1c: The Seashore Code (Marine Conservation Society)

The British Isles have over 16,000 km of coastline. This includes some of our most varied and best loved scenery - sea cliffs, rocky shores, rock pools, sand dunes, salt marshes - and some of our most interesting wildlife.

On a warm sunny day the coast is ideal for holiday makers, but it is also our wildest frontier and can be dangerous. It is subject to battering by wind and sea, searing heat, bitter cold and driving rain. Coastal wildlife survives by ingenious means, often at the limit of its tolerance. Compiled by the Marine Conservation Society, this Code explains how you can best enjoy the coast and its wildlife, without causing harm. By following the Code, and showing it to other people, you can help to ensure that this wonderful part of British heritage survives for us all to appreciate in years to come:

Show Respect for Seashore Creatures

Seashore creatures are fascinating and have found special ways of living in their environment. They have to adapt to survive the rigours of wave-action, exposure and predation. Some have shells for protection, but many need to hide under rocks, seaweed or in the sand

Exploring the seashore is fun, but please remember:

- Leave animals where you find them.
- Take care when touching soft-bodied animals they are very delicate.
- Carefully lift and replace any rocks you may have moved there are animals underneath which need them for shelter.

- Leave attached seaweed in place there is plenty lying loose on the strand line.
- Do not trample through rock pools.

Take Photos, Not Living Animals

- Shells come in all shapes, sizes and colours. Many still contain living animals, even if they do look 'dead'. If you want to collect shells, please make sure they are empty before taking them home.
- If you want to buy a souvenir:
- Buy a photograph, book or poster of colourful marine creatures rather than shells, coral, starfish and urchins or other 'marine curios'.
- Remember 'curios' would almost certainly have been alive, when collected.
- If we don't buy them, the shops won't sell them.

Avoid Disturbing Wildlife

You can see many animals at their best when they are behaving naturally. This is true for animals such as seals, otters and seabirds, as well as rock pool animals

To avoid disturbing wildlife:

- It is best to watch from a distance, through binoculars if possible, especially if the animals are nesting, or pupping in the case of seals.
- Keep your dog clear of birds and other animals.

Remember, it is now illegal to disturb or harass many species of birds and animals.

Take Your Rubbish Home with You

Beach rubbish is unsightly and can be dangerous to sea creatures. Much of the litter on our shores comes from tourists, shipping, fishing vessels and sewage outfalls. You can help to reduce this problem when visiting the coast:

- Take your rubbish home burying it is no solution.
- Keep your dog from fouling the beach.
- Report canisters or drums that may be washed up on the beach, but do not touch them.
- Take part in BeachWatch the annual beach clean and survey organised by the Marine Conservation Society, or Adopt-a-Beach - a regular survey of beach litter.
- Bag It and Bin It, Please Don't Flush It bag and bin all plastic bath-room waste such as cotton bud sticks.

Watch Where You Go

Beaches and sand dunes are prone to erosion and easily damaged by people and vehicles. To help protect the coast:

- Keep to established paths and dune boardwalks.
- Park in designated car parks and keep access to footpaths clear.
- Do not use beaches or dunes for scrambling motorcycles or other 'off-road' vehicles.
- If you dig holes in the beach, please fill them up again.
- Leave pebbles and rocks on the beach rather than collect them for your garden.

Be Careful!

All cliffs are unstable and potentially dangerous, yet they are an impressive sight and from the cliff top it is possible to enjoy a panoramic view of the coastline. Cliffs also provide a very specialised habitat for the plants and animals that live on them.

Take Care Near Cliffs:

Remember that it is dangerous to climb up or go near the top or bottom of a cliff. Please don't throw or push anything over the edge of cliffs. As well as being dangerous, it can increase the rate of cliff erosion and kill or disturb wildlife.

Play safe on the beach too:

- Check tide times to avoid being cut off.
- Keep away from soft sand and mud it is easy to get stuck!