

# Safe Use of

# Tidal Mudflats



Photography by Jack Monroe

Southend-on-Sea  
**LSCB**  
Local Safeguarding Children Board



Maritime and Coastguard Agency

Southend Local Safeguarding Children Board (LSCB) and Thames Coastguard would like all visitors to enjoy the mudflats safely. Please take time to plan your visit for an exciting and SAFE trip by following these guidelines:

## Tides

All visitors to the mudflats should ensure they are aware of the tidal times prior to walking onto the mudflats.

([http://news.bbc.co.uk/weather/coast\\_and\\_sea/tide\\_tables](http://news.bbc.co.uk/weather/coast_and_sea/tide_tables))

**Visitors should only walk onto the mudflats as the tide is going out (approx 1 hour after high tide) and return to the shore as the tide starts to come in (approximately 6 hours after high tide), or earlier.**

Allow plenty of time to return to the shore before the incoming tide starts to advance.

If in doubt, get out. Tides can rise extremely quickly, and it is possible that you may not be able to outrun the increasing water levels, especially in soft mud.

## Getting Stuck

If you become stuck in mud try to spread your weight as much as possible.

If you have a mobile phone **call 999** and ask for the **coastguard**.

Avoid moving and stay as calm as you can. Discourage others from attempting to rescue you, since without the proper equipment they could become stuck too.

**If you or someone else become stuck on the mudflats, or caught by the incoming tide, call 999 and ask for the coastguard.**