

Seaford Beach and Inshore Waters Guide

Summer 2025



Emergency Contact
Dial 999 and ask
for the Coastguard

Lifeguards and Safety

As a rural beach, lifeguards aren't always on duty. Seaford Beach has volunteer lifeguards patrolling at weekends and public holidays from May 1 to September 30, 10am to 6pm. They can be seen on foot, quad bikes, rescue boards, or boats. The beach shelves steeply, meaning the water gets deep quickly – **swim with caution**.

Top do's and don'ts

Make sure you remember your trip to the beach for the right reasons, not the wrong ones:

Do:

- Read safety signs
- Swim between red and yellow flags
- Swim with a buddy
- Supervise children
- Know your limits
- Take litter away with you
- Follow the dog bylaws



Don't:

- Swim when red flags fly
- Swim in rough seas
- Swim after drinking
- Dive/jump from rocks, piers, or groynes
- Bring glass containers
- Play loud music or engage in anti-social behaviour
- Nude sunbathe



Water Quality

The Environment Agency regularly checks Seaford Bay's water quality, which has an 'excellent' water quality rating for 2025.

Hazards in the Sea

- **Weever Fish:** Found near Newhaven, these fish bury in sand and have painful spines. Wear beach shoes. Treat stings with hot water and seek lifeguard assistance.
- **Jellyfish:** Stinging species are rare in Seaford Bay.
- **Yellow Buoys:** These mark the 200m low-water zone. Weather may shift them, but restrictions remain.
- **Strong tidal currents** run along the shore, making it easy to drift unnoticed – especially with inflatables. Parents should always monitor children, be mindful of wind direction, and secure small inflatables when winds are blowing out to sea. Waves may seem fun but can be dangerous, even for strong swimmers.



Seaford: A Seaside Town, not a Resort

Seaford may not have a pier, arcade, or funfair, but it offers a friendly atmosphere and free on-street parking (check signs for limits).

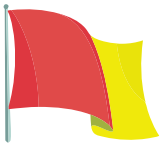
Shops, supermarkets, pubs, cafés, and takeaways provide plenty of food options.

Beach Rules

- **No Driving:** Except for authorized vehicles.
- **Kite Flying:** Large kites can cause injuries – fly with care.
- **Rescue Equipment:** Lifebelts and ropes are in red boxes along the beach. Misuse is a criminal offense with fines up to £500.
- **Tombstoning:** Jumping from heights into water is extremely dangerous. Tides change depth, and underwater objects add risk.

Don't do it – it can kill.





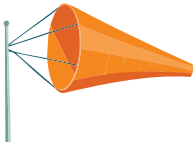
Beach Flags

- **Red and Yellow:** Lifeguards on duty – swim between the flags.
- **Red:** Unsafe to enter the water.
- **Orange Cone:** Inflatables unsafe due to offshore winds.

Flags fly only on weekends and public holidays
(May to September, 10am to 6pm).

Always check tide times and be mindful of your surroundings.

If the flags are showing that the wind is blowing out to sea, do not use inflatables.



Seaford Lifeguards

Volunteer lifeguards operate weekends/public holidays (May to September, 10am to 6pm) from their control room above Seaford Rugby Club (call: 01323 895554).

Their Martello Tower base is staffed when possible. Lifeguards undergo extensive training and enforce byelaws.

If you are interested in joining or donating, please contact:

T: **01323 895554** | M: **07897 262149** |

E: **secretary@seafordlifeguards.org.uk**



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KNOTS

Seaside Pleasure Boat Byelaws (May to September)

These byelaws are made under Section 76 of the Public Health Act 1961 and Section 10 of the East Sussex Act 1981 and copies are available on request from Seaford Lifeguards. The period of operation of these byelaws is annually from 1 May to 30 September.

A 200m safe swimming zone (Splash Point to Edinburgh Road) is marked by yellow buoys. Generally, only hand-powered craft are allowed to operate in this zone.

The exception to this allows powered craft to travel directly to the sea beyond the buoys or to return to land from beyond the buoys at a speed not exceeding 8 knots and with due regard to the safety of any person in that area.

Water-skiers have a designated lane at Splash Point.

Byelaw breaches can lead to £1,000 fines.

Persistent offenders may be photographed for identification.

Dogs

Dogs are not allowed on beaches from 1st May to 30th September between Edinburgh Road and West View (applies above Mean High Water). Please keep dogs on leads adjacent to dog ban area and on the promenade in dog ban area. Please clean up after your dog.

No Dogs Allowed



Between Edinburgh Road and West View
From 1st May to 30th September

Lewes District Council



Seaford Beach Map



Bus Stop



Public Toilets



Public Rescue Equipment



Railway Station



Car Park



Automated External Defibrillator

Up to marker buoys 200m from shore

Boats: speed limit 8 knots on landward side of buoys

Up to 500m from shore – All areas – Boats:

Not driven dangerously • Driven with due care and attention
Driven with consideration for bathers • Efficiently silenced

Barbecues

- Use proper barbecues, not open fires.
- Keep noise levels down.
- Avoid placing hot barbecues in bins.
- Take all rubbish with you – especially broken glass.
- Pour water over surrounding area after use – stones can become heated and dangerous.

Jet Skis and Watersports

Jet skis must launch west of Edinburgh Road and travel diagonally at max 8 knots. Kitesurfers and windsurfers must avoid safe swimming zones.

Sun Safety

Apply SPF 30+ sunscreen regularly, especially after swimming. Wear a hat to prevent overheating. If skin reddens, seek shade immediately.

Child Safety

Waterproof ID bracelets (with child's name and guardian's phone number) are available for free from lifeguards.

Lost Property

Check with lifeguards if you lose something – unclaimed items go to Seaford Police Station.

Chalk Cliffs

Stay away from cliff edges.

Chalk is unstable and collapses unpredictably. Keep away from both edges and bases.



Stay away from cliff edges

In an Emergency, call 999 and ask for the Coastguard



Beach Huts

These are mostly privately owned, but Seaford Town Council does have some available to rent. Contact 01323 894870 for availability.

Scuba Diving

Use a surface marker buoy and leave a shore watch to monitor divers. Keep a log of those entering and exiting the water, make sure to have a way to call emergency services if needed.

Local Facilities

- Salts Recreation Ground: Café, playground, skate park, tennis, pitch and putt, cricket, rugby, youth drop-in, and lifeguard HQ.
- Toilets: Available at Buckle Car Park and Martello Tower.
- Refreshments at the Salts Recreation Ground, Martello Tower and West View.
- Camping: Facilities can be found at the western end of Marine Parade.

Angling

Fishing is allowed along the beach. Handle hooks carefully – hook injuries can occur easily. Swimmers should avoid areas with nets. All hooks should be disposed of safely, there are a number of angling equipment bins available along the seafront.