

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 groyne
- 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.



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.