



DON'T JUMP INTO THE UNKNOWN

Tombstoning is a high-risk, high-impact activity which can lead to severe life-changing or life-threatening consequences.

Consider the dangers:

- **Water depths alter with the tide - the water may be shallower than it seems**
- **Strong currents can rapidly sweep people away**
- **Submerged objects like rocks may not be visible - these can cause serious impact injuries**
- **Getting out of the water is often more difficult than people realise**
- **Beware of Cold Water Shock that can leave even the fittest person struggling in water - float to live.**

For further information email: saferrcommunities@torbay.gov.uk

Working together to keep Torbay safe

Torbay Council • Devon and Cornwall Police • NHS Devon
Probation Service • Devon and Somerset Fire and Rescue Service

**SAFER
TORBAY**