

Tombstoning: safety advice

What tombstoning is

- jumping or diving from a height into water
- a high-risk, unregulated activity, undertaken by unsupervised individuals

Why tombstoning is dangerous

- water depth alters with the tide; the water may be shallower than it seems
- submerged objects like rocks may not be visible; they can cause serious injury if you jump onto them
- the shock of cold water may make it difficult to swim
- strong currents can rapidly sweep people away

Think before you jump: don't let alcohol, drugs or peer pressure affect your judgement; even if you're jumping safely, children may be watching and try to copy your actions.

Since 2004 the Coastguard has dealt with over 200 incidents, with 70 injuries and 20 deaths.

Of those injured the youngest was 12 and the oldest was 45.

Don't jump into the unknown.

Tombstoning accidents: Nick Biddlecombe and Sonny Wells



Nick Biddlecombe, left paralysed whilst tombstoning when he was 17 years old said:

"I got bet 50p and a cigarette that I wouldn't jump in first."



Father of Sonny Wells, 20, paralysed when tombstoning in May 2008 said:

"I want people to look at this picture. This is what can happen if you're one of the unlucky ones"

[Read tombstoning information from the Royal Society for the Prevention of Accidents \(RoSPA\)](#)