

# Guidance if you are visiting your local coastline this winter



[National lockdown rules apply in England](#). Stay at home.

Please take care and follow the rules remembering that you must not leave, or be outside of your home except where necessary.

If you are exercising at the coast with your household (or support bubble) or one other person, it should be limited to once per day, and you should not travel outside your local area.

See specific guidance for [Scotland](#), [Wales](#) and [Northern Ireland](#).

We're in difficult times, but if you're in trouble at the coast, we're always here for you. In an emergency at sea or at the coast dial 999 and ask for the Coastguard.

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1. 6 January 2021

Guidance updated following national lockdown announced in England

2. 21 December 2020

Updated tiers listed to include tier 4

3. 2 December 2020

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