

WATER QUALITY

The water quality in Cardiff Bay can vary from very good to poor. In all open freshwater in the UK there is a risk of catching various infections and diseases, and in particular for those persons who suffer from reduced immunological response.

Types of infections that are common include minor gastro-intestinal complaints, eye, ear and throat infections, typhoid, dysentery, and infectious hepatitis A. The risk is greatly increased by ingestion of the water.

It is for this reason that swimming, for example, is presently prohibited in the Bay. However other immersion sports such as water skiing and windsurfing are permitted only when authorised by the Harbour Authority. A list of prohibited water based activities can be obtained from the Harbour Authority.

Whilst immunisation can reduce the risk of contracting certain diseases, there are others for which there is no vaccine protection available e.g. Weil's disease (leptospirosis). Weil's disease is rare and the risk of contracting the disease is very low but it can cause serious, even fatal, illness.

WHAT SHOULD I DO?

If you feel off colour following contact with open water, then see your doctor immediately. Take this leaflet with you.

WHAT CAN BE DONE TO REDUCE THE RISKS?

The risk of contracting serious illness is low but by taking sensible precautions, the risk of infection can be further reduced. You should cover cuts with a water proof dressing; wear footwear to protect feet from cuts; avoid ingestion of water and avoid unnecessary immersion, especially of the head. If you have been in contact with the Bay water, wash or shower afterwards using soap and freshwater especially before eating and drinking.

For further information on water quality and potential risks, please contact Cardiff Harbour Authority on (029) 2087 7900 or visit the website. www.cardiffharbour.com

AMSAWDD Y DŴR

Gall ansawdd y dŵr ym Mae Caerdydd amrywio o dda iawn i wael. Mae perygl o ddal gwahanol heintiadau ac afiechydon mewn dŵr croyw agored ledled y DU, ac yn enwedig i bobl ag ymateb imiwnelegol is. Mae'r heintiadau cyffredin yn cynnwys gwahanol fân-anhwyllderau stumog-berfeddol, heintiadau'r llygaid, heintiadau'r clustiau a'r llwnc, teiffoid, dysentri a hepatitis A heintus. Mae llyncu'r dŵr yn cynyddu'r risg yn sylweddol. Am y rheswm hwn y mae nofio, er enghraifft, wedi'i wahardd yn y Bae ar hyn o bryd. Fodd bynnag, mae chwaraeon eraill fel sgïo dŵr a hwylyfyrddio'n cael eu caniatáu, ar yr amod bod Awdurdod yr Harbwr yn rhoi hawl. Gellir cael rhestr o'r gweithgareddau dŵr a waharddir oddi wrth Awdurdod yr Harbwr.

Er y gall immweiddio leihau'r risg o ddal rhai afiechydon, nis oes brechlyn yn erbyn eraill e.e. afiechyd Weil (leptospirosis). Mae afiechyd Weil yn anghyffredin ac mae'r risg o'i ddal yn fach iawn ond gall achosi salwch difrifol, neu hyd yn oed farwolaeth.

BETH DDYLWN I EI WNEUD?

Os ydych yn teimlo'n sâl ar ôl bod allan ar y môr, gwnewch drefniadau i wedi eich meddyg ar unwaith. Ewch â'r daflen hon gyda chi.

BETH GELLIR EI WNEUD I GWTOGI AR Y RISG?

Mae'r risg o ddal salwch difrifol yn fach, ond drwy gymryd rhai rhagofalon synhwyrol, gellir cwtogi rhagor ar y risg o heintiad. Dylech orchuddio briwiau â gorchudd gwrth-ddŵr; gwisgo rhywbeth am eich traed i osgoi briwiau; osgoi llyncu dŵr a dylech osgoi ymdrochi diangen, yn enwedig eich pen; os ydych chi wedi bod mewn cysylltiad â dŵr y Bae, dylech ymolchi neu gael cawod wedyn gan ddefnyddio dŵr glân a sebon, ac yn enwedig cyn bwyta ac yfed.

Am ragor o wybodaeth ynghylch ansawdd dŵr a pheryglon posibl, cysylltwch ag Awdurdod Harbwr Caerdydd ar (029) 2087 7900 neu ewch i'r wefan. www.cardiffharbour.com

BAY SAFETY DIOGELWCH YN Y BAE



PATROL BOATS

If you require the services of a patrol boat please call the Harbour Master on (029) 2087 7900, or the patrol boat on 07879 483 426. If you need assistance out of working hours please contact Barrage Control on, (029) 2070 0234 or VHF Radio Channel 18.

WARDENS

The Wardens work closely with the Patrol Boats' crews, and patrol on the land to help ensure the safety of visitors, walkers, anglers and other land activities. Wardens are identifiable by means of badges and high visibility uniforms.

If you require the services of the wardens, please contact Barrage Control on (029) 2070 0234 or by using VHF Radio Channel 18.

SAFETY WHILE LOCKING

Boats wishing to pass through the Barrage must first contact Barrage Control, preferably by VHF Radio on Channel 18, or by telephone on (029) 2070 0234.

The safety of all customers is of primary importance. For your safety please follow these guidelines:

1. Listen to and follow instructions given to you by Barrage staff.
2. Maintain a listening watch on VHF Radio Channel 18 until clear of the Barrage, and throughout the duration of your time in the Bay.
3. Moor your vessel securely in the lock.
4. In the event of an emergency contact Barrage Control immediately.
5. The lock ladders are for emergency and staff use only.
6. The safety of a vessel and its crew is the responsibility of the vessels' master.
7. Turn engine off when in the lock.

SEAMANSHIP & NAVIGATION

Skippers are responsible for the safety of their vessel and crew. Competence is gained by training and experience. Cardiff Harbour Authority recommends that everyone in charge of a boat should have completed an RYA recognised practical course. A list of recognised sea schools offering these courses is available from:

Marine Leisure Association
24 Peterscroft Avenue, Ashurst, Southampton SO40 7AB.
Tel./Fax: (023) 8029 3822
E-mail: info@marineleisure.co.uk

WEATHER FORECAST TIMES

Swansea Coastguard broadcasts the Inshore Waters Forecast on channel 73 (10), after an announcement on channel 16, at 0005, 0405, 0805, 1205, 1605 and 2005 GMT, add 1 hour to these times during BST. Navigation, gale and strong wind warnings are also broadcast at these times, as well as the shipping forecast twice a day.

RNLI - SEA CHECK

This is a service provided by the RNLI to the leisure craft owner, it offers a free check of safety equipment and a leaflet is available from Cardiff Harbour Authority, or from your local marina or yacht club. It lists essential and recommended equipment for different waters. A silver or gold sticker is available to confirm your boat complies with these standards. For more information about the SEA CHECK service: Tel: (0800) 328 0600

Sea Safety publications:

Tel: 0845 121 4999

E-mail: seasafety@rnli.org.uk

RNLI interactive sea safety web www.rnli.org.uk

Cardiff Harbour Authority recommends that all leisure boats apply for a SEA CHECK.

SIMPLE SAFETY POINTS

1. Purchase a lifejacket suitable for your activity, ensuring it has a whistle, light and reflective strip, and conforms to European Conformity (EC) guidelines.
2. Learn how to use your jacket or buoyancy aid, checking regularly in accordance with manufacturers' instructions.
3. Remember buoyancy aids DO NOT have the same capacity as a lifejacket, but can assist in keeping a person afloat.

NOTICE TO MARINERS

Temporary 'Notice to Mariners' are issued by Cardiff Harbour Authority. These are displayed at Yacht Clubs and Marinas. Copies are available either from the Harbour Master or on the Internet. www.cardiffharbour.com

It is recommended that mariners check the latest information before arrival in Cardiff.

HEALTH AND SAFETY AND MARINE ETIQUETTE

Please make boating in the Bay more enjoyable by abiding by the following:

1. Passing moored craft at slow speed and observing speed limits.
2. Observing the rules of the road at sea.
3. Avoiding sailing boats, being aware that they have to tack (manoeuvre).
4. Using waste bins, waste oil and battery disposal facilities.
5. Avoiding noise from engines and loud noises, particularly at night.
6. Tie halyards to prevent them banging against the mast.
7. Asking before coming alongside or crossing the deck of another boat and using plenty of fenders.
8. Not jumping onto another boat's deck, nor putting weight on ropes or guardrails.
9. Ensure you use a tender that is of adequate size to safely access your vessel, taking into account persons carried, equipment and weather conditions. **Remember always wear your life jacket.**
10. Always check the weather conditions on www.cardiffharbour.com. If in doubt don't go to sea!

CYCHOD PATRÔL

Os oes angen gwasanaeth y cwch patrôl ffoniwch yr Harbwr Feistr ar (029) 2087 7900, neu'r cwch patrôl ar 07879 483 426. Os oes angen cymorth arnoch chi y tu allan i oriau gwaith arferol ffoniwch yr Ystafell Rheoli'r Morglawdd ar (029) 2070 0234 neu Radio VHF Sianel 18.

WARDEINIAID

Mae'r Wardeniaid yn cydwethio'n agos â chriw y cychod Patrôl ac yn gwethio'n galed ar y tir i sicrhau diogelwch yr ymwelwyr, cerddwyr, pysgotwyr ac yn ystod gweithgareddau eraill ar y tir. Gellir adnabod y wardeniaid am eu bod yn gwisgo bathdynnau a gwisgoedd llachar.

Os oes angen gwasanaeth y Wardeniaid arnoch, cysylltwch â'r Ystafell Rheoli'r Morglawdd ar (029) 2070 0234 neu Radio VHF Sianel 18.

DIOGELWCH WRTH LOCIO

Rhaid i gyhoch sy'n dymuno pasio trwy'r Morglawdd gysylltu i ddechrau â Rheoli'r Morglawdd, yn ddymunol drwy Radio VHF ar Sianel 18, neu drwy ffonio (029) 2070 0234.

Mae diogelwch yr holl gwsmeriaid o'r pwsyrgwydd mwyaf. Er eich diogelwch dilynwch y canllawiau hyn:-

1. Gwrandewch a dilynwch y cyfarwyddiadau a roddir i chi gan staff y Morglawdd.
2. Gwrandewch ar Radio VHF Sianel 18 nes eich bod yn glir o'r Morglawdd, a gydol eich amser yn y Bae.
3. Angorwch eich llong yn ddiogel yn y loc.
4. Pe bai argyfwng cysylltwch â Rheoli'r Morglawdd ar unwaith.
5. Mae'r ysgolion loc ar gyfer argyfwng a staff yn unig.
6. Cyfrifoldeb captyn y llongau yw diogelwch llong a'i chriw.
7. Trowch yr injan i fwrdd yn y loc.

MORWRIAETH A MORDWYAETH

Y captyn sy'n gyfrifol am ddiogelwch y llong a'r criw. Hyfforddiant a / neu brofiad sy'n ennill cymhwysedd. Mae Awdurdod Harbwr Caerdydd yn argymhell fod pob person sy'n gyfrifol am long yn cwblhau un o gyrsiâu ymarferol cydnabyddedig yr RYA. Mae rhestr o ysgolion morwrwl cydnabyddedig sy'n cynnig eu gyrsiâu ar gael gan:

Marine Leisure Association
24 Peterscroft Avenue, Ashurst, Southampton SO40 7AB.
Ffôn:/Ffacs: (023) 8029 3822
E-bost: info@marineleisure.co.uk

AMSERAU RHAGOLYOGON Y TYWYDD

Mae Gwylwyr y Glannau Abertawe yn darlledu Rhagolygon y Dyfroedd ar y glannau ar sianel 73 (10), yn dilyn cyhoeddiad ar sianel 16, am 0005, 0405, 0805, 1205, 1605 a 2005 GMT, ychwanegwch 1 awr i'r amseroedd hyn yn ystod BST. Darlledir rhybuddion mordwyaeth, tymhestloedd a gwyntoedd cryfion hefyd ar yr adegau hyn, yn ogystal â'r rhagolygon i llongau ddwywaith y dydd.

RNLI – GWIRIO MORWRWL

Dyma wasanaeth a ddarperir gan yr RNLI i berchnogion cychod hamdden, mae'n cynnig gwiriad am ddim o offer diogelwch ac mae tallen ar gael gan Awdurdod Harbwr Caerdydd, neu oddi wrth eich marina neu glwb cychod lleol. Mae'n rhestru ac yn argymhell offer hanfodol ar gyfer gwahanol ddyfroedd. Mae sticer arian ac aur hefyd ar gael i gadarnhau fod eich cwch yn cydymffurfio â'r safonau hyn. Am ragor o wybodaeth ynglŷn â'r gwasanaeth GWIRIO MORWRWL: Ffôn: (0800) 328 0600

Cyhoeddiadau Diogelwch Morwrwl:

Ffôn: 0845 121 4999

E-bost: seasafety@rnli.org.uk

Gwefan diogelwch morwrwl rhyngweithiol RNLI

www.rnli.org.uk

Mae Awdurdod Harbwr Caerdydd yn argymhell fod yr holl gyhoch hamdden yn gwneud cais am WIRIAD MORWRWL.

PWYNTIAU DIOGELWCH SYML

1. Prynwch siaced achub addas ar gyfer eich gweithgarwch, gan sicrhau fod ganddo chwiban, golau a sribryn adlewyrchol, ac sy'n cydymffurfio â chanllawiau Cydymffurfio Ewropeaidd (CE).
2. Dysgwch sut i ddefnyddio eich siaced neu gymorth hynofedd, gan ei gwirio'n rheolaidd yn unol â chyfarwyddiadau'r gwneuthurwyr.
3. Cofiwch NAD OES gan gymhorthion hynofedd yr un gallu â siaced achub, ond gall gynorthwyo i gadw person ar wyneb y dŵr.

HYSBYSIAD I FORWYR

Mae Awdurdod Harbwr Caerdydd yn cyflwyno Hysbysiad Dros Dro i Forwyr. Mae'r rhain ar gael yn y Clybiau Cychod a'r Marinas. Mae copïa ar gael un ai gan Feistr yr Harbwr neu ar y Rhyngwydd. www.cardiffharbour.com

Rydym yn argymhell fod pobl sydd am ddefnyddio'r dŵr yn cael y wybodaeth ddiweddaraf cyn cyrraedd Caerdydd.

IECHYD A DIOGELWCH AC ARFER MORWRWL

Sicrhewch brofiad dillyr ar y Bae drwy gydymffurfio â'r canlynol:

1. Pasio cwch a angorir ar gyllymder isel a chadw at y cyfyngiadau cyllymder.
2. Cadw at reolau'r ffordd ar y môr.
3. Osgoi cychod hwylio, bod yn ymwybodol fod rhaid iddynt dacio (symud).
4. Defnyddio biniau gwastraff a clyleusterau gwaredu olew a batrî.
5. Osgoi swm o beiriannau a synau uchel, yn enwedig gyda'r nos.
6. Clymu hwytraffau i'w rhwystro rhag taro yn erbyn yr hwylybren.
7. Gofyn cyn dod ochr yn ochr neu groesi dec cwch arall a defnyddio digan o fenders.
8. Peidio neidio ar ddec cwch arall, na rhoi pwysau ar raffau neu ganllawiau.
9. Sicrhewch eich bod yn defnyddio tendr sy'n ddigon mawr i gael mynediad i'ch cwch yn ddiogel, gan ystyried y bobl ac offer sy'n cael eu cludo a'r tywydd.
10. Sicrhewch eich bod yn gwirio'r tywydd ar y wfan www.cardiffharbour.com. Peidiwch â mynd i'w hwylio ar y môr os ydych chi'n amau bod y tywydd yn troi!

LIFEJACKETS MUST BE WORN AT ALL TIMES WHEN AFLOAT.

RHAID GWISGO SIACEDI ACHUB BOB AMSER AR Y DŴR.

IF YOU NEED THIS LEAFLET IN A LARGER PRINT PLEASE CONTACT US.

OS HOFFECH DAFLEN MEWN PRINT MWY CYSYLLTWCH Â NI.



Cardiff Bay provides a square mile of open freshwater and recreational facilities, and forms a dynamic new waterfront for the capital city of Wales.

It is here for you to enjoy - but safety is paramount, so please read this leaflet carefully. It highlights potential hazards and contains some useful information for water users on getting the best from their Cardiff Bay experience, while observing simple safety precautions. There is also general navigational information and contacts.

You are welcome in Cardiff Bay, and we would ask that you be sympathetic to the needs of others also enjoying this superb facility. Be safe, and please come again.

IN CASE OF AN EMERGENCY

The Maritime and Coastguard Agency (MCA) co-ordinates all search and rescue within the Bay and at sea. If you observe a life threatening situation, dial 999 and ask for the Coastguard.

Mae Bae Caerdydd yn cynnig milltir sgwâr o ddŵr croyw agored a hamdden, ac mae'n creu glannau deinamig newydd ar gyfer prifddinas Cymru.

Mae'r Bae yma i chi ei fwynhau – ond mae diogelwch yn hollbwysig, felly darllenwch y daflen hon yn ofalus. Mae'n tynnu sylw at y peryglon posibl ac yn cynnwys rhywfaint o wybodaeth ddefnyddiol i ddefnyddwyr y dŵr i fanteisio i'r eithaf ar eu profiad ym Mae Caerdydd wrth ddilyn rhagfalon diogelwch syml. Mae yna wybodaeth gyffredinol am fordwyo hefyd a chysylltiadau defnyddiol.

Croeso i Fae Caerdydd. Gofynnwn i chi barchu anghenion pobl eraill sydd hefyd yn mwynhau'r cyfleuster rhagorol hwn.

MEWN ARGYFWNG

Yr Asiantaeth Forwrol a Cheidwaid y Glannau (MCA) sy'n cydlyn ymarferion achub yn y Bae ac yn y môr. Os gwelwch chi sefyllfa a allai fod yn beryg bywyd, ffoniwch 999 a gofynnwch am Geidwaid y Glannau.



Did you know there are a variety of water sports courses available? Call Adventure Cardiff on (029) 2035 3912 for more information. www.adventurecardiff.com

A oeddech chi'n gwybod bod amrywiaeth o gyrsiau chwaraeon dŵr ar gael? Ffoniwch Antur Caerdydd ar (029) 2035 3912 am ragor o wybodaeth. www.adventurecardiff.com

ZEBRA MUSSELS

Zebra Mussels are a non-native invasive species, probably introduced into Cardiff Bay on a visiting vessel. Water users in Cardiff Bay should note the following:

1. Zebra mussels grow rapidly and in large masses, which can lead to blockages or restrict engine cooling water intakes, resulting in engines over-heating. They can also foul the hull of vessels. Routine maintenance of vessels will limit this build-up and prevent such problems occurring.
2. Zebra mussels have very sharp-edged shells. These mussels will grow on mooring ropes, boat hulls and submerged equipment. Care should be taken to avoid cuts when handling objects that have been submerged in the water.
3. Although Zebra mussels are found at other sites in the UK, Cardiff Bay is the first site to record them in Wales. Before transporting vessels, when ashore, the hull should be inspected and cleared of any attached mussels. Bilge water should be drained out and the bilges rinsed with dilute bleach solution, allowed to soak for one hour and drained.
4. All personal watercraft (e.g. canoes and dinghies) that have been in Cardiff Bay water for any length of time should be washed down using a sponge and dilute solution of bleach before moving the boat to any other fresh water. Avoid runoff of excess bleach solution into watercourses.

Water users have a legal responsibility to prevent the transfer of the mussels to other water bodies.

MISGLOD RHESOG

Mae Misglod Rhesog yn rhywogaethau ymledol anffroddol, a gyflwynwyd i Fae Caerdydd mae'n debyg ar long ymweld. Dylai defnyddwyr dŵr ym Mae Caerdydd nodi'r canlynol:

1. Mae misglod rhesog yn tyfu'n gyflym ac mewn niferoedd mawr, a all arwain at flocio neu rwystro mewnlifoedd dŵr oeri peiriannau, gan arwain at beiriannau yn gor-gynhesu. Gallant hefyd faeddu cragen llongau. Bydd cynnal a chadw llongau'n rheolaidd yn cyfyngu hyn ac yn rhwystro problemau o'r fath rhag digwydd.
2. Mae gan fisglod rhesog gregyn ag ymylon miniog iawn. Bydd y misglod hyn yn tyfu ar raffau angori, cregyn cychod ac offer tanddwr. Dylid cymryd gofal i osgoi toriadau wrth ymdrin â gwrthrychau tanddwr.
3. Er bod misglod rhesog yn bodoli mewn safleoedd eraill yn y DU, Bae Caerdydd yw'r safle cyntaf i'w cofnodi hwy yng Nghymru. Cyn cludo llongau, pan fo'r llongau ar y lan, dylid archwilio'r cregyn a chlirio unrhyw fisglod atodedig. Dylid draenio dŵr gwaelodion allan a rinsio'r gwaelodion â thoddiant cannu gwanedig, gan socian am un awr a'i draenio.
4. Dylid golchi unrhyw gychod (e.e. canwod a dingis) sydd wedi bod yn nyfroedd Bae Caerdydd am unrhyw gyfnod o amser gan ddefnyddio sbwng a thoddiant cannu gwanedig cyn symud y cwch i unrhyw ddŵr croyw arall. Ceiswch osgoi roi toddiant cannu yn y cwrs dŵr.

Mae gan ddefnyddwyr dŵr gyfrifoldeb i rwystro trosglwyddo misglod i gyrff dŵr eraill.