

Become a Dark Skies Champion

10 ways to help reduce light pollution (and it is easier than you think...)



NORFOLK COAST
DARK SKIES
FESTIVAL 2021

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1. Find out what the fuss is about - get out there and enjoy the night skies for yourself!

The Norfolk Coast boasts lots of places where you can see Milky Way and countless constellations. Visit our Dark Sky Discovery Sites which have some of the most pristine night skies in the country <http://www.norfolkcoastaonb.org.uk/partnership/dark-sky-discovery-sites/1160> Or just go for a stroll after sunset to experience the sights and sounds of the coast after dark.

2. Light only what needs lighting

Look at your property to work out exactly what you need lighting and install an appropriately sized light. Do you need a large security light to get into your front door or will a small downward facing fixture do the job? Take time to consider whether lighting is even needed – in many cases it won't be.

3. Use only the amount of light that is needed

How much light do you need to see by? Don't always install the brightest bulbs. Warm white light low-energy LED lamps are just as effective and can cast a good-sized footprint. They produce less dazzle than the blue-white LEDs yet are more energy efficient than orange sodium bulbs. You will save money AND won't waste light upwards into the sky (or your neighbour's bedroom window).

4. Shield your existing light fitting

Ensure all outdoor lights are fully shielded i.e., enclosed in full cut-off flat glass fittings (so that no glass is visible beneath the lamp's cover), and directed downwards (mounted horizontally to the ground and not tilted upwards).

5. Light only when you need it

If you think something really does need to be lit, consider whether it needs to be lit continuously from dusk till dawn. Installing movement sensor lights or time switches instead will not only reduce light pollution but also save you pounds AND reduce your carbon emissions.

6. Use reflectors or solar lights...

...on driveways and in gardens IF you need them to be lit. These are very effective, cheaper to buy, cost nothing to run and cause less light pollution.

7. Use blinds, curtains, or one-way glazing to reduce the effects of interior light pollution on wildlife and the landscape.

Particularly in very rural, unlit villages and hamlets, and on properties with large amounts of glazing, small changes like this help prevent interior lighting spilling into the countryside and impacting on the landscape and wildlife.

8. Tell your friends, neighbours & communities

Encourage everyone to look after our dark skies and landscapes. Darkness is inexplicably linked to tranquillity and rural character – one of the reasons our coast is designated as an Area of Outstanding Natural Beauty (AONB) and why people love it here.

9. Encourage and support improved / removal of street-lighting in your area

If you have streetlights in your village, town, or district, explore if/ how these could be improved. The older orange sodium lights could be replaced with LEDs. The newer blue-white LED lights can be dimmed or replaced with warm-coloured LED lighting or removed altogether?! There is lots of potential here to reduce light pollution. Speak to your district or borough council or your local parish or town council representatives.

10. Contribute to the planning process - encourage better design in new developments

Ensure dark skies are prioritised in your area by commenting on planning applications and consultations. Participate in your local Neighbourhood Plan preparation to ensure suitable policies are included to minimise light pollution. Use CPRE Norfolk's standard light pollution clause at every opportunity to ensure dark skies are included in decision making (www.cprenorfolk.org.uk/resources/standard-light-pollution-clause). For more information on appropriate lighting, see The Institute of Lighting Professionals guidance: <https://www.theilp.org.uk/documents/obtrusive-light/>

Further information:

- UK Dark Skies Partnership – Towards a Dark Sky Standard – a Lighting Guide
- CPRE Norfolk – Standard light pollution clause: www.cprenorfolk.org.uk/resources/standard-light-pollution-clause
- CPRE Reducing Light Pollution leaflet: <https://www.cprenorfolk.org.uk/wp-content/uploads/sites/32/2021/01/CPRE-Norfolk-Reducing-Light-Pollution-Letter.pdf>
- ILP – Guidance Note on Obtrusive Lighting: <https://theilp.org.uk/publication/guidance-note-1-for-the-reduction-of-obtrusive-light-2021/>
- International Dark Sky Association – Dark Sky Friendly Lighting: <https://www.darksky.org/our-work/lighting/lighting-for-industry/fsa/fsa-products#!/c/0>
- Dark Sky Discovery Sites: <https://www.darkskydiscovery.org.uk/dark-sky-discovery-sites/map.html#sites>
- CPRE Interactive light pollution maps: <https://nightblight.cpre.org.uk/>
- Go Stargazing: <https://gostargazing.co.uk/>
- International Dark Sky Association: <https://www.darksky.org/>
- Commission for Dark Skies: <https://britastro.org/dark-skies/>