Globalisation and technology have changed the way in which people relate to their local environments. Many residents of small-scale fishing communities attempting to deal with these impacts are put at risk by factors resulting from the loss of traditional livelihoods. Achieving sustainability in such communities is dependent upon maintaining a delicate balance between conserving marine resources and people’s livelihoods. This thesis explores the changing character of the Hangberg fishing community, situated in Hout Bay near Cape Town, within the context of changing risks, risk reduction and sustainability. Institutional mechanisms established to sustain marine resources have impacted negatively on local traditional livelihoods. Hangberg today is located within a declared Marine Protected Area that prohibits once traditional subsistence fishing practices, exacerbated by an inequitable allocation of fishing quotas. This has led to growing unemployment and crime, particularly poaching of marine resources. After conducting a Critical Risk Assessment and multiple interviews in the area, results were ordered and analysed using the Prism of Sustainability framework created by Valentin & Spangenberg. The study illustrates that there are strong linkages between the environmental, institutional, economic and social planes and suggests that alternative livelihoods can be pursued by building on the positive elements of the traditions of the past.