



Safety matters - the seashore code

- *Don't paddle or throw things in the rockpool - remember it's a creature's home!*
- *Always put rocks back in the same place and the same way up as they were when you found them.*
- *Be very gentle with animals and, if you pick them up, return them carefully to their place.*
- *Don't take any living things away with you.*
- *Don't pull seaweed off the rocks.*
- *Don't try to kick or pull limpets off the rocks.*
- *Don't frighten seabirds - give them some space!*
- *Always take your litter home with you.*
- *Take your time - don't run or rush about.*
- *Keep an eye on the tide so you don't get cut off.*
- *Don't get too close to the cliffs.*
- *Keep away from soft mud and quicksand.*
- *Wash your hands before you put your fingers in your mouth or eat anything.*

