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.