

# How to Be at the Beach...

*Take only pictures,*

*Leave only footprints...*

Marine plants and animals are adapted to withstand wind, pounding waves and extreme weather. But they *are not* adapted to withstand human contact.

Large numbers of visitors significantly impact animals and plants in a marine habitat.

200 footsteps an hour can kill life in a small area.  
It can take 7 – 10 undisturbed years to recover.

Eelgrass is the 'nursery' of the intertidal zone. Many of the animals begin life there and rely on it for shelter and food. Eelgrass is prone to trampling due to its shallow root system.

## So Please, Watch Where You Step!

*Walk on bare rocks and sand to avoid stepping on vulnerable creatures and eelgrass beds. Refill any holes you dig and never dig in eelgrass.*

## Don't Rock the Rocks!

*Lift them and replace them carefully.  
Turning rocks over crushes and kills many creatures.  
Touch animals gently with clean, damp hands.  
Intertidal plants and animals are fragile; be gentle.*

## Don't Collect:

*Leave marine critters, shells and plants in their natural setting – enjoy wildlife in 'the wild'.*

*Remember:*

- *Shells provide homes/habitat for other plants & animals.*
- *Shells eventually become sand on the beach.*
- *Empty shells may not be truly empty!*
- *Many collections aren't valued once you get them home... they may even be smelly!*

## Keep Garbage Off the Beach and Out of the Water!

*Please take it home or use trash containers provided.  
Double-check your area before you leave.  
Keep food and garbage secure to keep gulls out.  
Leave the beach as you find it (or even better than you found it!).*



*These tips have been brought to you by The Friends of Semiahmoo Bay Society. To learn more about protecting Boundary Bay, our volunteer opportunities or educational programs, please visit [www.birdsonthebay.ca](http://www.birdsonthebay.ca)*