

Jersey's Living Coast: General Rules

Jersey's coastline is a beautiful and exciting place to explore but it is also a delicate and fragile ecosystem which is easily disturbed. When on the beach please observe the following rules and use your common sense both for your own sake and that of the marine environment.

Basic Rules:

- Check the tide times using a timetable, the Internet or a local paper. The tide comes in very fast and it is easy to get cut off on rocks and in gullies. Start making your way home a few minutes after low tide: don't get cut off by the sea!
- Wear appropriate clothing. The sea is cold and you will probably get wet; even in the summer it is easy to get very cold, very quickly. Wrap up and wear appropriate footwear. Consider wearing builders' gloves if you are turning over rocks. **Always return a rock back to its original position.**
- Take a mobile phone with you and/or tell somebody where you going. It is preferable to go with more than one person; if not then arrange a check in time with a friend or family member. Consider taking a basic first aid kit.
- Avoid scrambling over sand dunes and areas that are obviously environmentally sensitive. Do not climb cliffs, tall rocks or slippery surfaces, such as seaweed covered rocks or outfalls. Stay within sight of the land and do not wander into areas of soft sand and mud.
- When searching for animals, minimise any disturbance to their environment. Return rocks and seaweed strands to their original position and do not dig across large areas of beach.
- Do not stick your hands into holes or crevices. Be careful of feet and fingers when turning over rocks.
- Do not handle animals unless necessary. Observe them in their native environment and take photographs, rather than touching and moving them. Most animals will soon die if removed from their habitat, even if they are later returned to the sea.
- Report any unusual or interesting finds to the Fisheries Department or the Société Jersiaise (Marine Biology Section).
- Take all rubbish with you when you leave and pick up any litter you encounter, especially plastic and polystyrene.

Recommended Reading:

- S. Daly, *Marine Life of the Channel Islands*, Kingdom Books [A general local guide]
- P.J. Hayward and R.S. Ryland, *Handbook of the Marine Fauna of North-West Europe*, CUP [A comprehensive guide to European marine life]
- J Sinel, *An Outline of the Natural History of our Shores*, Sonnenschein [A 1906 guide to the sea-shore written by a Jersey naturalist]