

Rockpools can be found in the intertidal area on many of Britain's beaches. They are formed when cliffs are worn away by waves, leaving a rocky platform that is exposed at low tide. Rockpools are home to a wide variety of life, including crabs, fish and seaweed. Whilst rockpools are fun and easy to explore, careless visitors have caused rocky shores to become the marine ecosystem that is most damaged by human activities. To help everyone to enjoy the wildlife in rockpools, check out this guide for some useful

BEFORE YOU GO...

- Check the tide times - It is best to go as the tide is going out, so you can access the rockpools without getting cut off from the beach!
- Check the weather, rockpooling is much more enjoyable on a sunny day!
- Wear suitable footwear such as wellies or walking boots
- Bring a bucket or tray that you can fill with water to put any organisms in
- If you want to, an ID guide and magnifying glass are good to bring, but not essential



HOW TO ROCKPOOL CONSIDERATELY

- Try to avoid standing in rockpools and on any organisms such as barnacles or seaweed
 - To spot animals it is best to avoid casting a shadow over the rockpool as this may scare them
 - It is best to watch the animals in the rockpool, but you can look under rocks and in seaweed too
 - If you move any rocks, turn them over carefully and then gently place them back in the same spot
 - Only lift rocks smaller than a football, otherwise you might drop it and hurt the wildlife
 - If you want to catch any animals, fill a bucket with seawater and place some rocks in it for animals to hide under
 - Never use a net to catch animals, they are very delicate so it is safer to catch them with your hands
 - Only keep a few animals in your bucket at a time otherwise they might fight
- Don't keep the animals for too long, and replace the water frequently so they don't run out of oxygen
 - Make sure you gently put all the animals back where you found them
 - Don't remove barnacles, whelks, limpets or seaweed from rocks as this will damage them
 - Take all your litter home - and any other rubbish you see on the beach!

HOW YOU CAN HELP SCIENTISTS

Citizen science projects are used by scientists to collect more data and to better understand our world. These projects welcome contributions from anyone, so next time you go rockpooling you can collect your own data to be used in projects around the globe! All you need to do is start a 20 minute timer and take photos of all the species you see! Check out <https://www.therockpoolproject.co.uk/citizen-science/> for more information on how to get involved!



SPECIES YOU MIGHT SEE

- Shore crabs (top and bottom left) - the most abundant crab along British coasts, it's size and colour vary but they are typically a dark green colour
- Beadlet anemones (bottom left) - at low tide these look like jelly-like blobs, but underwater you can see their tentacles! They are usually red or green.
- Common limpets (top left) - conical shells that stick to the rock. Limpets feed by scraping algae off the surface of rocks, so if you look closely you might be able to see where they've been!
- Check out the free Countryfile guide for more species! <https://www.countryfile.com/wildlife/marine-life/rockpool-identification-guide/>