

Tidepooling Tips

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Watch where you step.

Rocks can be slippery or covered in algae. If it's green, brown, or black, avoiding stepping on it. Rocks can also be habitats for many animals, so please stay on bare rocks when possible. Walk and move slowly.

Keep an eye on the ocean.

While exploring, always be sure to be looking at the ocean and watching the waves. While looking under rocks, a wave could sneak up on you and soak you.



Practice patience.

Nature will reveal its secrets to you in time. Enjoy the moment and just observe what is going on around you. Sometimes a small movement in the water or on a rock could be your greatest discovery.

Always put things back where you found them.

You can move small rocks and shells around, but always put that precious habitat back exactly where you found it. You never know who is using that rock or shell as a home or a hiding place.



Take only pictures. Leave only footprints.

Many tide pools are in Marine Protected Areas. Avoid taking things out of the area, including rocks, shells, or sand. Whatever you bring into the area must also be taken out.

Touch gently and briefly.

Most animals and algae in a tide pool are okay to touch. If you plan on touching something, wet your hands first and touch gently with one or two fingers for a brief moment. Avoid picking up animals or moving them.



Conserve and Inspire.

Protect and preserve this unique habitat for future generations. It is part of a larger system we depend on that is home to many amazing and wonderful species. Inspire others to learn more and protect tide pools.