



## FIELD TRIP GUIDELINES:

### Science Based Tide Pool/Shoreline Excursions That May Involve Limited Entry Into Water

#### Before the Trip:

1. *Prepare your students physically!* Uncomfortable children don't learn or listen very well! Make sure they are prepared for the weather, which can be very unpredictable at the coast, so be prepared for anything!
2. It could be hot and sunny, so a hat and sunscreen are best. Even on cloudy days, sunburn is possible. Recommend to students to bring a waterproof formula with an SPF of at least 30.
3. It could be cold, foggy, windy or drizzly, so warm, layered clothing is a must.
4. Wear long pants. Spiney sea urchins and sharp barnacles can easily cut exposed skin. You might get wet, so wear appropriate clothing.
5. Have everyone either wear waterproof boots or old tennis shoes that have good treads and cover your entire foot. Bring an extra pair of shoes and socks so they are comfortable on the drive home
6. Cameras, magnifying glasses, plastic buckets, identification guides and binoculars are all good ideas to take when exploring but, remember, don't take too much. Many of these items can weigh you down and make it difficult to explore the pools.
7. Please follow these adult to student ratios when arranging groups: 4th grade & up-- 1 adult: 10 children 3rd grade & below-- 1 adult: 5 children
8. Call the park or agency in charge of the area for updated information. Call as you are planning and again right before your trip. Winter storms can wipe out or change trails very easily. Many parks also have a flyer or brochure you can request which describes their area and tide pool etiquette.

#### While at the pools:

1. Tides can be very dangerous, and carelessness can result in injury or death. Start your visit to the tide pools at least one hour before low tide, and don't forget your watch. Keep an eye on the tide. Be aware that the tide will come back in when you are out exploring.
2. Rocks and algae can be very slippery - walk carefully and wear shoes or boots with good traction. Walk between rocks (don't rock hop) and stay off slippery seaweed.
3. Cliff edges can be unstable - stay back and absolutely do not climb on them.
4. Sea palms (Go to <http://www.ocnms.nos.noaa.gov/LivingSanctuary/plants/seapalms.html> for a picture) are a sign of dangerous, heavy surf - stay away from area where this algae is found.
5. Do not step on any animals while you are exploring a tide pool, especially jellyfish and sea urchins!
6. Never turn your back to the ocean -- you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning- sneaker waves are unpredictable. Occasional large waves can easily sweep the unwary into the water. never let the incoming tide cut off your route back to shore
7. If you do encounter a large wave, do not run. The cardinal rule is to "make like a limpet," hold on tight to a big rock and let the wave wash over you.