

# WILD CHILD | ROCK POOLING

Mysterious, intriguing and teeming with life, rock pools are guaranteed to engage even the most screen-obsessed child. Set in beautiful locations, they provide the perfect introduction to Ireland's sea life. The value of experiencing nature to the health and well-being of children, as opposed to watching it on a screen, cannot be overestimated.

Ireland's coast is rich with marine life and rock pools themselves are like aquaria containing a mix of life from the adjacent seas. The seashore is a harsh environment. At the cyclical mercy of the tides, much of our sea life lies hidden beneath the waves for large parts of the day and night. These rocky shores contain a myriad of specialised fauna and flora that give us a window into what lies beneath the adjacent waters. Animals and plants living high on the shore are exposed to air and sunlight for up to 80% of their lives and so we find fewer species there. The lower on the shore we get, the more species we find, as those areas are perhaps exposed only for an hour or two per day.

Rock pooling is a brilliant way to **Explore Your Shore** not just today but any time of year. Anyone can do it and you don't even need to get your toes wet! With a good seashore guide and a small bucket, you can take your **Wild Child** on a free Rocky Shore Safari!



**Promoting engaging, creative outdoor activities for children**

**WILD CHILD DAY 2019**



## Seashore Code: Be Safe

- Check the weather and the tides before heading for the shore. Ideally, aim to be on the shore 1-2 hours before low water and be leaving the shore as the tide turns. Tide Tables are widely available and there are many phone apps to assist you.
- Tell someone where you are going and when you expect to be back.
- Dress for the weather, whether it needs to be sunhat and suntan lotion or wind cheater and warm jumper.
- Wear sturdy shoes or boots as the shore will be uneven and slippery, with sharp shells.
- Stay away from deep water and from the base of cliffs, as falling rocks can be a hazard.
- Bring a fully charged mobile phone with you. Beware of getting trapped by the incoming tide and if you need help or rescue call 999 or 112 and ask for the Coast Guard.



## SPECIES CHECK LIST

Every time you find one of these species, check it off the list below. How many can you find?

<input type="checkbox"/> Beadlet Anemone	<input type="checkbox"/> Egg Wrack
<input type="checkbox"/> Bladder Wrack	<input type="checkbox"/> Flat Periwinkle
<input type="checkbox"/> Blue-rayed Limpet	<input type="checkbox"/> Hermit Crab
<input type="checkbox"/> Brown Crab	<input type="checkbox"/> Painted Topshell
<input type="checkbox"/> Channelled Wrack	<input type="checkbox"/> Sea Hare
<input type="checkbox"/> Common Limpet	<input type="checkbox"/> Serrated Wrack
<input type="checkbox"/> Common Prawn	<input type="checkbox"/> Shanny
<input type="checkbox"/> Common Starfish	<input type="checkbox"/> Shore Crab
<input type="checkbox"/> Dog Whelk	<input type="checkbox"/> Snakelocks Anemone
<input type="checkbox"/> Edible Periwinkle	<input type="checkbox"/> Thongweed

## Recording our Coastal Biodiversity

Help the **National Biodiversity Data Centre** to collect records of our coastal plants and animals. Take a photo of the animals and plants you see during your Rocky Shore Safari, identify them using one of the many online guides available, and submit them to us online at [www.ExploreYourShore.ie](http://www.ExploreYourShore.ie)



**National Biodiversity Data Centre**  
Documenting Ireland's Wildlife

An Chomhairle Oidhreachta  
The Heritage Council



We hope this guide provides some useful information that encourages you to access nature that is beneficial to everyone and is free to enjoy.