DISTURBANCE is caused when people are too close, too visible or making too much noise.

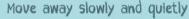
### **DID YOU KNOW:**



If a seal is looking at us (when on land or in the water) it is aware of our presence. It's fight or flight response has been activated.

Remain quiet and back off to avoid it moving away

If a seal is moving from its resting position it has been spooked, it's stress levels have increased, rest has been disrupted and energy wasted.





If a seal is making for the water, it is fleeing.

Panicking, stampeding seals are likely to be injured.

Move away immediately

'It is vital for us all to love and enjoy the freedom of our inspiring marine and coastal environment in ways that help marine life to thrive.'

#### The Seal Alliance is a

collective of regional organisations focused on

marine conservation work with seals. It was set up by the Seal Protection Action Group.

Between us, the Disturbance Working Group founding members have decades of experience protecting seals and include:

- o British Divers Marine Life Rescue
- o Cornwall Seal Group Research Trust
- o Friends of Horsey Seals
- o North Wales Seal Research Organisation
- o Yorkshire Seal Group
- o Seal Research Trust
- o St Mary's Island Wildlife Conservation Society
- o The Seal Project
- Ythan Seal Watch

Avoid displacing or disturbing seals at sea.

Seals can be inquisitive,
but please don't take
advantage. Do not seek
encounters with seals.
If by chance you come across
one at sea, stay calm and keep moving. A big
splash - 'crash dive' shows the seal is distressed.

we hope this information is interesting and helps you to share our seas successfully and safely with seals!

Find out more at www.sealalliance.org

Concerned about a sick or injured seal? Ring British Divers Marine Life Rescue: 01825 765546



Watching
SEALS
Well





Top tips to get the best experience



# GIVE SEALS SPACE and...

#### **DID YOU KNOW?**

We are lucky in the UK to see both grey seals and common seals!







#### **WHATIS** DISTURBANCE?

Disturbance is a change in an animal's natural behaviour caused by people

DISTURBANCE IS BAD FOR A SEAL AS IT:

Interrupts their rest - Causes stress - Wastes energy Can result in injury or death

#UseYourZoom

Seals need to rest on land to digest, socialise and feed their pups, so please leave them there

#Respect The Nap

Stay out of sight: Seals in the sea close to shore may want to haul out



If a seal makes a big splash 'crash dive' it shows they are distressed

Put Seals First

## DO KEEP:



QUIET: so seals can't hear us

DOWNWIND: so seals can't smell us

OUT OF SIGHT: so seals can't see us

DOGS: under control on leads

LITTER: take it home

## Signs of Seal Disturbance

we have disturbed a seal if it is looking at us



Back off to avoid it moving away

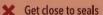


Seals injure themselves if we scare them into the sea



## **NEVER:** 👎





Fly drones near seals

Feed wild seals

Scare seals or put pups into the sea

Copy the bad behaviour of others

Take a seal selfie

Supported through Defra Green Recovery Challenge Fund





