Never leave litter. Take it all home, every little bit. Leave only footprints behind you.

If you turn rocks over to see what lives underneath, put them back again in the same position.

Take care when handling rockpool creatures or crabs, as they are easily damaged.

Don’t take anything home that’s alive.

If you find a stranded whale or dolphin on the beach, don’t touch it. Call the RSPCA as soon as possible.

Don’t throw stones into rockpools—how would you like it if someone threw rocks into your home!

Join a local or national beach clean day to help keep your favourite beaches beautiful.

Avoid buying shells, starfish or other marine creatures from souvenir shops—they have probably been collected whilst alive.

Check local rules before taking your dog to the beach—and always clean up after it.