

## Health and Safety

When exploring your local beach be careful and keep safe at all times, and respect the wildlife in the area.

- Always explore your coast in a group, never alone.
- Check tide times before heading out and keep an eye on the rising tide while out exploring.
- Check the weather forecast before visiting your beach, and wear appropriate clothing.
- Waves can be unpredictable, so keep an eye on approaching waves.
- Take notice of signs posted near your beach.
- Leave the beach as you found it, only take collected rubbish away with you.
- If you take your dog to the beach, keep it under control.
- Remember to leave plants and animals as you found them and walk carefully.



A mud snail, *Amphibola crenata*, leaves a track on a muddy shore at low tide.



Plastic rope washes up on a sandy beach, a potential danger to wildlife.

*Our Seas Our Future (OSOF) is a non-profit organisation founded in 2011 and run entirely by volunteers. We aim to protect New Zealand's coastal and marine ecosystems through advocacy, education, and environmental management, ensuring that they are managed sustainably and protected for future generations.*

100% of donations go towards running OSOF programmes. Donate at [www.givealittle.co.nz/org/osof](http://www.givealittle.co.nz/org/osof)

Please consider sharing this brochure with others when you are finished with it.

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## Adopt-a-Coast™

Take part in a project to care for your coastal environment



Turret shells, *Maoricolpus roseus* on a sandy beach.



Common plastic trash washed up on a beach.

  
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Intertidal zone exposes seaweeds - Coastal Otago. ©

Adopt-a-Coast™ is a practical project aimed primarily at schools, community groups, and families. Adopt-a-Coast lets you 'adopt' a part of your favourite beach so that you become responsible for keeping it clean and monitoring the seashore life on a regular basis.

During your visit to your chosen beach, a small scale clean-up takes place where you collect trash along the coast, followed by monitoring the seashore to find out what plants and animals are living in the intertidal zone of the beach.

Adopt-a-Coast uses the Marine Metre Squared (Mm<sup>2</sup>) citizen science initiative, making it easy for everyone to monitor seashore life and to upload collected information to the Mm<sup>2</sup> database<sup>1</sup>.



Trash collected during a coastal clean-up. ©

## Why Adopt-a-Coast?

One of the biggest issues facing our oceans and coasts is pollution. An estimated **4.8 to 12.7 million metric tons** of plastic entered the ocean in 2010 from people living within 50 kilometres of the coast in 192 countries<sup>2</sup>.

Plastic pollution has a direct effect on coastal and marine wildlife. Thousands of marine animals are killed each year as they mistake floating plastics for food or they become entangled in it.

If you would like to keep your local beach environment looking clean and beautiful by taking responsibility for it, then you can adopt a coast!

We all want to know more about our marine environment. As citizen scientists, you will collect meaningful baseline data on the state of New Zealand's seashores. This can help answer questions about biodiversity, abundance, species distributions, habitat types, and how these change over time.



Students monitor a rocky shore. ©

## Where do I start?

Our Seas Our Future can make your first trip to your coast easier by providing a class set of equipment, identification guide books, and expert volunteer assistance to run the event and share their knowledge about the marine environment.

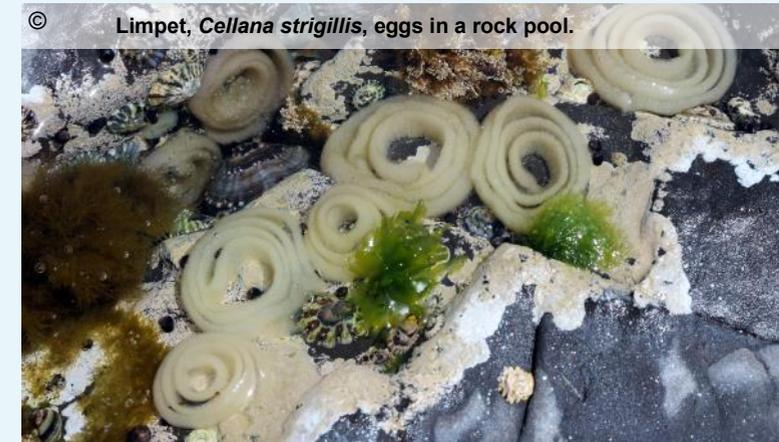
There are different levels available to suit different age groups and objectives with established links to the NZ Curriculum.

Contact us to learn more about Adopt-a-Coast and to access instructions for adopting your coast. It's easy to do and everyone living near the coast can take part in this project to take care of our oceans.

Web: [www.osof.org/portfolio/adopt-a-coast](http://www.osof.org/portfolio/adopt-a-coast)

Email: [info@osof.org](mailto:info@osof.org)

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1. Marine Metre Squared is owned and managed by the NZ Marine Studies Centre, University of Otago. See [www.mm2.net.nz](http://www.mm2.net.nz) for more details.
  2. Science 13 February 2015: Vol. 347 no. 6223 pp.



© Limpet, *Cellana strigillis*, eggs in a rock pool.