

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

## DID YOU KNOW:

**1** 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

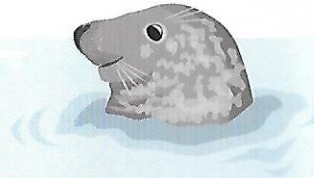
If a seal is moving from its resting position it has been spooked, it's stress levels have increased, rest has been disrupted and energy wasted.  
Move away slowly and quietly

**3** If a seal is making for the water, it is fleeing.  
Panicking, stampeding seals are likely to be injured.  
Move away immediately

## 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.

'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
- o Ythan Seal Watch

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

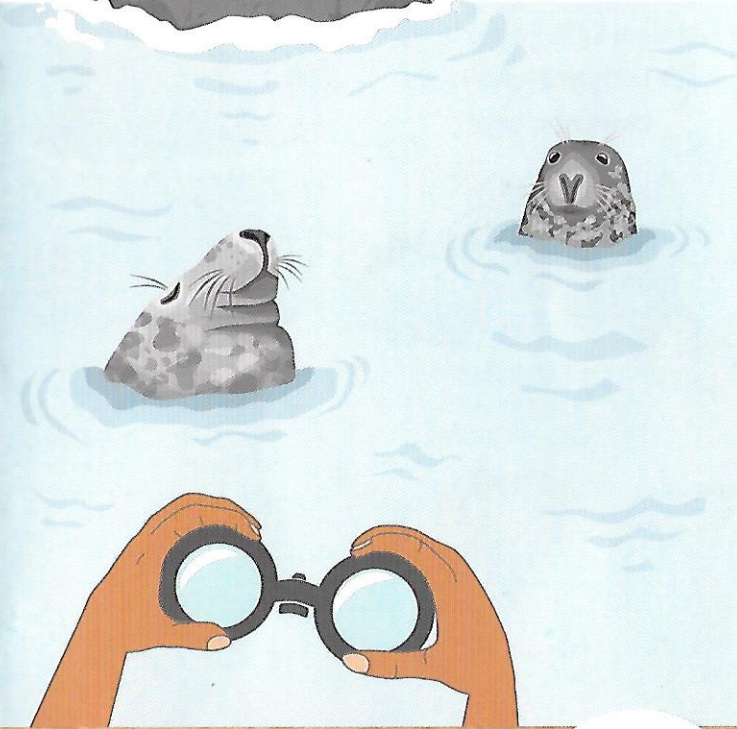
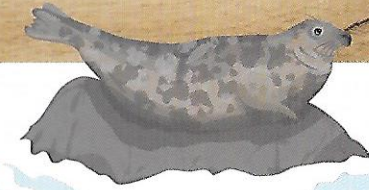
Find out more at  
[www.sealalliance.org](http://www.sealalliance.org)

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

PLEASE DO NOT DISTURB

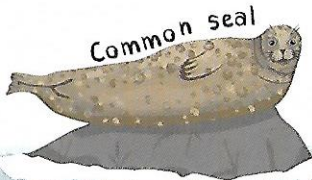


# GIVE SEALS SPACE and...

**PLEASE  
DO NOT  
DISTURB**

## DID YOU KNOW?

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



### WHAT IS 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



Put Seals First

#RespectTheNap

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

## DO KEEP: 👍

## Signs of Seal Disturbance

## NEVER: 👎

- ✓ WELL AWAY: use your camera or binoculars
- ✓ 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

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



- ✗ Get close to seals
- ✗ 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

CREATED BY



find out more at  
[www.sealalliance.org](http://www.sealalliance.org)



Designed by Sally Pether (COPPE)  
Wooden background by Alex



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