



Health and Safety Guide

Introduction

Galway Atlantaquaria, working with Clean Coasts, offers valuable educational field trips, often including beach exploration along our beautiful coastline.

By anchoring the Explore Your Shore! Campaign with every outdoor activity, this ensures we can protect our Coastal Biodiversity through Citizen Science knowledge and learning.

This guide will ensure that all participants stay safe and have a fun, informative experience while exploring the marine environment.

1. Pre-Visit Preparation

Checklist for Participants:

Arrive on time for the Health & Safety Briefing

Be aware of Risk Assessment

- <https://nationalaquarium.ie/wp-content/uploads/2025/07/Risk-Assessment-Grattan-Beach.pdf>

- Wear Comfortable, weather-appropriate clothing (layers recommended)
- Waterproof jacket and trousers
- Sturdy, closed-toe footwear (wellies or water-resistant shoes)
- Sunscreen and hat (UV protection is necessary even on cloudy days)
- Reusable water bottle
- Snacks or lunch, if applicable
- Notebooks or field journals for recording observations
- Other Considerations:
- Ensure to inform us about allergies (e.g., shellfish) or medical conditions.
- Bring any necessary medications (e.g., inhalers, EpiPens).
- First Aid kits should be readily available.
- Personal Hand Cleansers

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2. Safety Guidelines on the Beach

General Rules

- Stay with your group: No wandering off alone.
- Listen to instructions: Follow the guidance of teachers, staff, and Galway Atlantaquaria educators.
- Leave no trace: Carry out all waste, and avoid disturbing wildlife.
- Respect wildlife: Do not touch or handle animals unless directed by staff; always handle with care.

Water Safety

- Stay out of the water unless permitted.
- Avoid slippery rocks and seaweed: These areas can cause falls.
- If unavoidable, please walk carefully and ensure your footing is solid.
- Be mindful of tides: Follow staff instructions regarding tide times and safe zones.

Rockpooling Safety

- Walk, don't run: Rocks can be uneven and slippery.
- Use tools provided: Buckets, nets, and observation equipment should be used carefully.
- Watch your hands: Be cautious of sharp shells or sea creatures (e.g., crabs, jellyfish).

3. Environmental Hazards

Weather Conditions

- Wind and Rain: Be prepared for sudden weather changes. Dress appropriately and stay with the group.
- Sun Exposure: Apply sunscreen and drink water regularly to stay hydrated.

Wildlife Awareness

- Jellyfish: Some species can sting; do not touch them.
- Sharp Objects: Shells, broken glass, and other debris can be hazardous.

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4. Emergency Procedures

- In Case of Injury, Alert staff or educators immediately.
- First Aid: Staff will administer first aid and, if necessary, contact emergency services.
- Stay calm and follow instructions.
- Lost Child Protocol
- Stay in one place and call out for help.
- Staff and educators will search and notify authorities if necessary.

5. Post-Visit Guidelines

- Wash your hands thoroughly after handling beach items and before eating.
- Check for cuts or scrapes: Clean and disinfect if necessary.
- Reflect and discuss the experience to reinforce learning and safety.

By following this guide, we aim to ensure an enjoyable and educational experience for everyone exploring Galway's unique coastal environment with Galway Atlantaquaria.

Thank you.

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**Health & Safety
By The Seashore**