

## CLEAN COASTS

### Health & Safety “Know Before You Go”

#### Description:

Grattan Beach is a sandy beach located just before Salthill. The intertidal areas between the beach and nearby Mutton Island and Nimmo's pier hold the highest densities of wintering birds in the immediate vicinity of Galway City. In addition, the beach is home to a variety of sea life and is an ideal location for a fun family day out, while admiring the views of Galway Bay.

Bathing water quality is monitored regularly throughout the bathing season.

#### LOCATION

Beach Clean ups are a great way to engage & learn about marine litter and how it impacts on human health and the ecosystem. You get to meet a host of different people, and learn more about the environment as you clean up the shore.

**Traditionally Grattan is a relative good place to start a habit of beach clean ups, as it is relatively clean with very occasional excess of marine litter. It is ideal for the family and first time beach cleaners.**

Our aims are to develop;

1. Develop social capital and building people's relationship with the ocean and each other
2. Educate people about ocean literacy, through posters or video development
3. Use events and simultaneous workshops to encourage people to join
4. Keep our beaches free from litter
5. Encourage people to participate in clean coasts initiatives like street cleans, #2min beach cleans, roadshows, etc.

#### SOCIAL MEDIA

<https://www.nationalaquarium.ie/>

<https://www.facebook.com/GalwayAquarium/>

<https://www.instagram.com/galwayaquarium/?hl=en>

<https://twitter.com/GalwayAquarium>

## HEALTH & Safety Key Advice

Pay attention to the beach master of the day, the beach master is usually the organiser and expects all participants to follow they/his/her/ lead.

- Move carefully over wet grass, seaweed etc. especially on slopes as it can be very slippery.
- Move carefully over rough or rocky terrain avoiding loose stones, burrows etc. Never run down scree or steep hills and take care not to dislodge loose rocks or other objects.
- Take particular care in areas where uneven compaction may lead to instability e.g. tips, spoil heaps, etc.
- Avoid becoming tired, cold or wet.
- Observe weather conditions continuously, as deterioration can be rapid.
- Make sure that you have gone to toilet, as there may not be facilities on the day

- Obtain and note local weather forecasts. If applicable, check and record the times of tides.

(<https://www.sailing.ie/tides/galway/>)

- Dress in suitable clothing & footwear for the activity.

- Do not consume alcohol or take illicit drugs

- Do not touch suspect or unidentified objects.

- Keep a constant look out for changes in the weather.

- Before starting any activity examine the surroundings carefully, note and avoid any hazards present

- Wear eye protection and protective gloves when completing activity

- Maintain a reasonable standard of personal hygiene.

- Cover cuts and sores immediately with a waterproof bandage.

- Avoid entering or handling material from around static or standing water bodies.

- Do not handle dead rats.

**Thank you for helping keep our beaches and seas free from litter.**