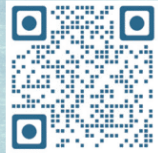




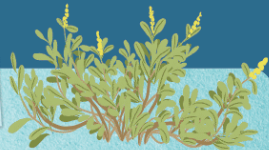
## Where to paddle

### Entry and exit

- Plan your route and choose a wildlife friendly entry and exit point. Use our online map to find the most wildlife friendly routes
- Keep kit at top of beach when not in use. Mud, marsh and the water's edge are feeding areas for birds; shingle beaches are resting and nesting areas.
- Carry or float equipment in and out. Dragging equipment will damage habitat and your craft.



### Did you know?



*Using suitable entry and exit points can reduce erosion, avoid trampling sensitive plants and animals, and lessen wildlife disturbance.*



## Protect sensitive places

- Islands, spits, marshes, lagoons and mud are vital habitats. Human presence will prevent birds using them. Avoid landing and keep your distance.
- Small creeks are the perfect hiding spots for birds and are sensitive to disturbance. Stick to the main channels.

### Did you know?

*Wildlife disturbance isn't just an issue in the summer. Coastal birds like waders, ducks and geese will be able to feed and rest safely if they're not disturbed in the winter months. This will help them thrive.*



WILDLIFE AWARE WATERSPORTS

## A guide for paddlers



Share how you are protecting wildlife on the water by using the hashtag [#watersportswithwildlife](#) on social media.



[www.birdaware.org](http://www.birdaware.org)



## Connecting with wildlife on the water

Paddle sports offer an opportunity to spot and appreciate wildlife from a unique perspective.

**What you get up to on the water matters.** Many paddlers are taking steps to avoid wildlife disturbance and share our shores with nature by following the Bird Aware Coastal Code:



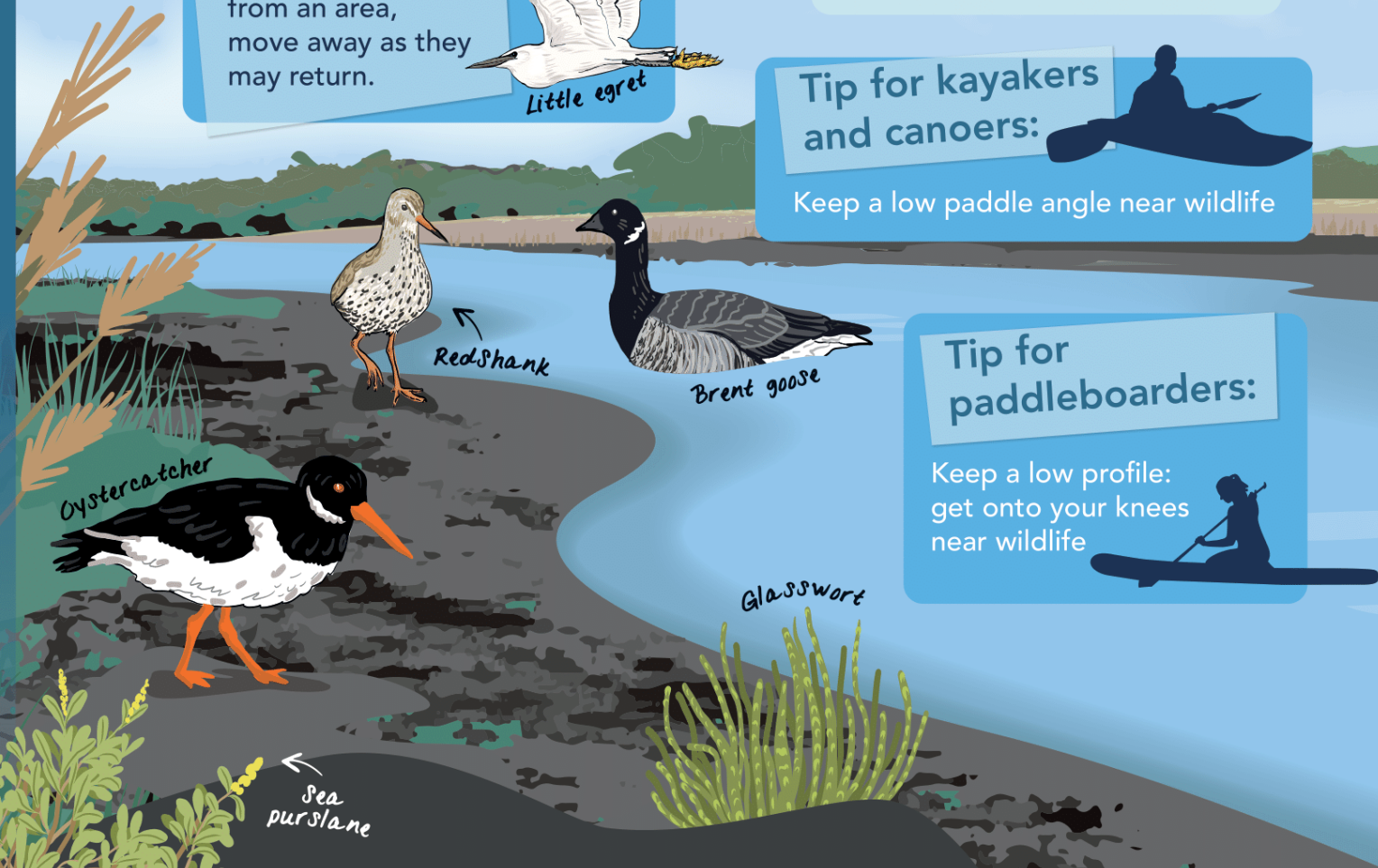
**Did you know?**  
Wildlife is more sensitive to being disturbed in areas that aren't frequently visited.

## Watch out, birds about!

Paddlers stay wildlife-friendly by minimising noise and sudden changes in direction.

### Tip

If birds have flown from an area, move away as they may return.



If birds become aware of you and change their behaviour, give them space by moving away at a steady pace. You'll know they've become aware of you if they start:

- putting up their heads,
- bobbing or turning head in your direction
- calling out
- stretching or flapping wings,
- walking, swimming or flying away.

### Tip for kayakers and canoers:



Keep a low paddle angle near wildlife

### Tip for paddleboarders:



Keep a low profile: get onto your knees near wildlife