Simple ways to share our coast with birds

Seabirds depend on a mix of marine habitats to survive. Though seabirds spend most of their lives at sea, they must come ashore to rest, nest, and raise young—often in great colonies.

Why is human disturbance a problem for nesting seabirds?

Human disturbance causes a change in an animal’s normal behavior. In marine environments, such disturbances are typically caused by close approaches from the water, air, or land. Their effects range from minor to disastrous:

- Birds are distracted from normal activities, but don’t fly away.
- Parents spend less time tending young.
- Parents fly away from nest, leaving eggs or chicks vulnerable to predators and cold.
- Nests are destroyed.
- Parents are injured or killed.
- Seabirds produce fewer young.
- Seabirds entirely abandon their colony.

Learn more about Seabird Conservation

SEABIRD AWARE PROJECT
PRBO Conservation Science
3820 Cypress Drive, #11, Petaluma, CA USA 94954
www.prbo.org/seabirdaware
or (707) 781-2555, ext. 307

Join Us! PRBO Conservation Science is dedicated to conserving birds, other wildlife and their ecosystems through innovative research and outreach. Visit www.prbo.org/membership or call 707/781-2555, ext. 320 to become a member.

Seabirds are highly sensitive to human disturbance during their nesting season, while resting on cliffs and shores, and while looking for nest sites. These activities occur at the nesting sites between January and September. A single disturbance can cause the loss of eggs and chicks, or permanent desertion of the nest colony.

Report Disturbance Violations

Call NOAA Enforcement Hotline at 800/855-1964 or the California Department of Fish & Game’s CALTip Hotline 888/334-2258 with the following information:

1. Your name and contact information;
2. Time, location and cause of incident;
3. Which and how many birds were disturbed;
4. Number of people involved;
5. Description of craft(s) involved: complete registration numbers, type, military/civilian, color, number of engines, wing design;
6. Estimate distances and altitudes in reference to landmarks and permanent objects.

Raising our Seabird Awareness

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How You Can Help

State and federal laws protect seabirds and other marine life from disturbance and harassment. Being aware of wildlife around you is the key to preventing disturbance.

To report violations, please see back of brochure.

Boating & Fishing
- Stay 1000 ft. away from colonies where seabirds rest and nest. If you see birds reacting nervously (e.g., head-bobbing, calling, fluttering, or flying away), you are too close.
- Paddle, sail, or motor around flocks of birds rather than through them.
- Do not feed wildlife.
- Recycle or dispose of plastics, fishing hooks and line in the trash—not in the water.
- Use barbless fishing hooks and weighted fishing lines to avoid hooking seabirds.
- Never dump oil, fuel, or other foreign substances into the water or drains.

Coastal Hiking
- Stay on trail at all times, as one ill-placed foot can damage an underground nesting burrow.
- If you see wildlife acting nervous, you are too close. Slowly step away and leave the area.
- Pack out trash and never feed wildlife.
- Educate other hikers about seabird-safe hiking.

Aircraft
- Low-flying aircraft can cause severe disturbances to colonies. To avoid disturbance, maintain 2000-ft AGL. Note, some areas have a 1000-ft enforceable AGL restriction, visit http://farallones.noaa.gov/pilots.html for restrictions.
- Report wildlife disturbances caused by low-flying aircraft (learn how on back of brochure).
- Share this information with fellow pilots and airport staff.

The Life Cycle of Seabirds

Like us, seabirds need adequate food and safe places to rest and nest. Successfully completing this life cycle is critical to their long-term health and survival.

### Common Murre
- HABITAT: Steep cliffs of rocky islets and islands near- and offshore.
- PROFESSION: A fish and krill hunter, it uses its strong wings to “fly” underwater to depths of 600 ft.
- FUN FACT: Lays only one pear-shaped egg that will not roll off even the narrowest rock ledge.

### Brandt’s Cormorant
- HABITAT: Steep cliffs of islands, islets, and mainland.
- PROFESSION: A fish-hunter, it propels itself with large, webbed feet.
- FUN FACT: Unlike many other cormorants, these sleek seabirds flock together to communally hunt schools of fish.

### Pigeon Guillemot
- HABITAT: Rocky coasts of islands, islets, and mainland.
- PROFESSION: An opportunist, this large gull will eat just about anything.
- FUN FACT: To protect eggs and chicks, they release a hot dose of guano onto potential predators—including humans—from above.

### Western Gull
- HABITAT: Rocky coasts of islands, islets, and mainland.
- PROFESSION: An opportunist, this large gull will eat just about anything.
- FUN FACT: To protect eggs and chicks, they release a hot dose of guano onto potential predators—including humans—from above.

The seabird life cycle is disrupted or terminated when it, or its young or eggs are killed or destroyed.

**Today, California’s seabirds are threatened by:**
- Destruction or damage to their habitats;
- Disturbances during nesting and feeding;
- Death and injury from fishing hooks, lines, nets and trash;
- Lack of food from overfishing;
- Dangerous contaminants in the ecosystem.

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