

# TIDES & TIDE POOLS

## CABRILLO COASTAL PARK

The [Cabrillo Coastal Park](#) is located in San Pedro and includes sandy beaches, an aquarium, a salt marsh, tide pools, a playground, and more! All images on this guide are taken at Cabrillo Coastal Park.

### BEFORE YOU GO - PLAN AHEAD!

When selecting your beach - think through what you'd like to do during your visit; not all California beaches are appropriate for swimming/water play. Bring sunscreen, water, and anything else you need to make your trip safe and enjoyable. Always practice ocean safety (learn more from [Red Cross](#) and [California Department of Parks and Recreation](#)). Follow all guidelines posted at the beach you are visiting.

### ACTIVITY 1: UNDERSTANDING THE TIDES

If you are at the beach for several hours, you may notice that sometimes the waves reach further up on the beach and the water is deeper in the same spot than earlier in the day. **Why is this?** The ocean water is affected by the gravitational pull of the moon (for great video explanation, check out [NOAA](#)). When the ocean water is at its highest point, this is called **high tide**. When the water is at its lowest point, this is called **low tide**. There are two cycles of high and low tides on most days. **Where you are, can you tell if you are watching the water level getting higher (a.k.a. "tide coming in") or lower (a.k.a. "tide going out")?** Scientists can actually predict high and low tides for any location on earth. Check out the high and low tides for your beach [here](#).



### ACTIVITY 2: TIDE POOLS

**What is a tide pool?** A tide pool is a shallow pocket of saltwater that you would find along a rocky shoreline. Tide pools form during periods of low tide; during these times the marine life (i.e. sea plants and creatures) are "stuck" in the pool of water until the tide comes in (for additional explanation, check out [NOAA](#)).

If you plan on visiting a tide pool, please remember the following: (1) **Watch Your Step!** Not only are the rocks around tide pools slippery, you want to watch out for any marine life. (2) **Leave The Tide Pools as You Found Them!** Do not pick up/turn over rocks (that could be someone's home). Never take rocks or marine life away with you when you leave (there are even laws protecting these precious resources). (3) **Watch the Tide!** Keep an eye out for waves and never turn your back to the ocean.

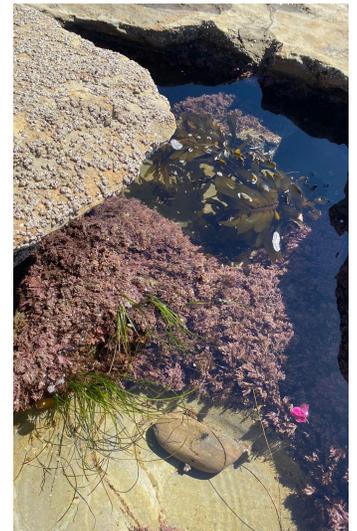
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Once at a tide pool, we want you to use your senses and observe the wildlife. We recommend you sit quietly and watch a particular tide pool for a few minutes. When you look into the water, be on the lookout for marine life including: sea anemone, crabs, seaweed, fish, sea cucumbers and starfish (the last two are [echinoderms](#)).

The more you look the more you will see. If possible you can ask an adult to help you create a picture album. You can take pictures of all the various animals you spotted on your trip. Then when you get back home you can look through those photos and try to search more about the animals you saw.



### WANT TO VISIT MORE TIDE POOLS?

Here is an [interactive map](#) where you can find the closest tide pools to your area.

