



CoastSmart.ca



## HAZARD INFORMATION

# Tides

A beach can seem like a vast playground but the tide can come in surprisingly quickly. Incoming tides can isolate rocks from headlands and the shore. Avoid the temptation of strolling out to an interesting rock without knowing when the tide rolls back in.

## HOW TO BE COASTSMART

- Plan your seashore activities according to the tides. Check your Tide Guide, talk with the visitor Information Centre or Parks Canada staff
- Be aware and watch the rising tide along your route to ensure that you can safely return the way you came. Keep track of time
- Stay off rocks and small, enclosed beaches until you know when the tide is due to roll back in
- Always keep a look out for the tide's direction while on the beach
- Consult a tide table, the swell forecast, and Pacific Rim National Park Reserve's Wave Hazard Rating before your shoreline activities