

How to avoid disturbance

These guidelines will help you to avoid causing undue disturbance to breeding birds.

- If birds are flying around repeatedly over the same area and calling anxiously, then move away. Be careful to watch where you put your feet in case you have inadvertently entered a breeding colony.
- If birds are calling repeatedly in an agitated fashion move far enough away from them so that they can settle down again.
- If you suddenly become aware of the presence of an agitated bird then move away, carefully watching where you place your feet, as there is probably a nest nearby.
- Alert others in your party if you are aware that they may be disturbing breeding birds.

If you feel your beach clean up is causing too much disturbance, then call it off and contact Mick Clifton at Shetland Amenity Trust.

What can the Redd Up tell us about breeding birds?

The Redd Up presents us with a great opportunity to find out more about the distribution of breeding birds in Shetland. Please inform us of any breeding birds you see while undertaking beach clean-ups. The behaviour described above will help you to assess whether or not the birds are breeding. Be careful not to disturb them though!

If you have more than a passing interest, then please do not restrict your activities to the Redd Up. Go and make careful observations on your local beach at other times of the year. It would be particularly useful to know if those birds that you suspected of breeding successfully raise chicks. Look for these later in the summer (late June and early July). Again the behaviour of the adults may give you an indication whether breeding has been successful or not.



SURVEY SHEET No. 5

Nesting Birds and the Redd Up



Shetland's beaches provide an important habitat for many species of birds. The Ringed Plover (sandy loo), Oystercatcher (shalder) and Arctic Tern (tirrick) frequently nest along the shore. Their eggs are patterned in a way, which makes them very difficult to see among shingle and pebbles - except of course to the birds themselves. This camouflage protects the eggs from potential predators.

Shetland's beaches are also enjoyed by local folk and tourists alike, and every spring hundreds of volunteers turn out for the annual beach clean up - **Da Voar Redd Up**. Some volunteers worry that the Redd Up may disturb nesting birds and Shetland Amenity Trust has produced this leaflet to help you to avoid this. By following the guidelines it contains during the Redd Up and at other times, you will minimise any disturbance to wildlife. You can also help us learn more about the distribution of some of Shetland's most popular birds by filling in the recording sheet at the end of the leaflet.