

GUIDELINES FOR MANAGING RECREATIONAL USE OF BEACHES TO PROTECT  
PIPING PLOVERS, TERNS, AND THEIR HABITATS IN MASSACHUSETTS

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I. INTRODUCTION

The Massachusetts Division of Fisheries and Wildlife (the Division) has developed the following guidelines to assist beach managers and property owners with protecting piping plovers, least terns, common terns, roseate terns, arctic terns, and their habitats. Implementing these guidelines will help beach managers and property owners avoid potential violations of the Massachusetts Endangered Species Act (MGL c. 131A) and its implementing regulations (321 CMR 10.00) involving recreational use of beaches used by piping plovers and terns for breeding and nesting habitat.

The Division intends to apply these guidelines in its review of Notices of Intent, pursuant to the Massachusetts Wetlands Protection Act regulations (310 CMR 10.37), for vehicular use of beaches where piping plovers and terns occur.

The Department of Environmental Protection has developed a set of recommended conditions for barrier beach management to be used by municipal conservation commissions in drafting Orders of Conditions. In addition, the Massachusetts Barrier Beach Task Force, coordinated by the Office of Coastal Zone Management, has developed a comprehensive set of guidelines covering the full range of barrier beach management issues. The following guidelines should be read and applied in conjunction with these other documents.

Users of these piping plover and tern guidelines are advised that they do not supersede any law, regulation, or official policy of this or any other agency. Rather, these guidelines are intended to complement other regulatory review processes regarding recreational activities on beaches by providing a standard set of scientifically based management recommendations.

This document contains five sections: 1) an introduction, 2) summaries of life histories of these species and threats to their continued existence in the state, 3) a summary of pertinent laws and regulations, 4) guidelines for managing and protecting plovers, terns, and their habitats, and 5) literature cited.

In these guidelines, the Division has sought to provide the necessary protection to piping plovers and terns without

unnecessarily restricting appropriate access along all of the state's beaches. The Division has a long history of promoting the rights of citizens to enjoy a variety of outdoor pursuits, provided that they do not jeopardize the state's wildlife resources. The Division has worked to facilitate fishing and hunting access statewide and has supported the common law right of access to the shorelines of the coast and "Great Ponds" for the purposes of fishing and fowling. Although these guidelines make it clear that it will be necessary at times to restrict vehicular access temporarily on beaches where and when piping plovers and terns are present, the Division will only support such restrictions when it is necessary to protect the habitat, nests, and unfledged chicks of plovers and terns. The Division will continue to seek and consider management measures that offer maximum flexibility in balancing recreational use with protection of rare species and their habitats. Even when vehicular access is restricted, the Division will normally support continued access to beaches for fishermen and other recreational users by foot and by boat.

## II. SPECIES STATUS, LIFE HISTORY, AND THREATS

### Piping Plover

Piping plovers are small, sand-colored shorebirds that nest on sandy, coastal beaches from South Carolina to Newfoundland. The U.S. Atlantic coast population is listed as "Threatened" by the U.S. Fish and Wildlife Service under provisions of the U.S. Endangered Species Act of 1973 (U.S. Fish and Wildlife Service 1988), and was estimated at 790 pairs in 1992 (U.S. Fish and Wildlife Service 1992). In Massachusetts, the piping plover is also listed as "Threatened" by the Massachusetts Division of Fisheries and Wildlife under provisions of the Massachusetts Endangered Species Act. In 1992, 213 pairs of piping plovers nested on Massachusetts beaches (Melvin 1992).

Piping plovers nest on coastal beaches above the high-tide line, sand flats at the end of sand spits, gently sloping foredunes, and in blow-outs or washover areas between or behind coastal dunes. They may also nest where sandy dredged material has been deposited. Nests are simple scrapes in the sand or mixtures of sand, gravel, and shells. Nests are placed on open sand or in patches of sparse to moderately dense beach grass and other dune vegetation. Piping plovers depend on natural processes of beach erosion and accretion through wind and wave action to maintain suitable nesting habitat.

Piping plovers return to nesting beaches in Massachusetts

from mid-March to early May. Males establish and defend territories and court females. Nesting may occur from mid-April through late July. Clutch size is usually four eggs, and eggs are usually incubated for 27-28 days before hatching. Piping plovers fledge only a single brood per season, but may renest several times if previous nests are lost. Chicks are precocial and able to move about within hours after hatching. They may move hundreds of yards from the nest site during their first week of life. Chicks remain together with one or both parents until they fledge (are able to fly) at 25 to 35 days of age. Depending on date of hatching, unfledged chicks may be present from late May until mid-August, although most fledge by the end of July. Adults and chicks feed on amphipods, marine worms, flies, and other invertebrates. The most important feeding habitats for both adults and chicks are intertidal areas and wrack (seaweed, vegetation, shells, and other organic debris deposited on the beach by tides and storms) (Gibbs 1986, Goldin et al. 1990, Hoopes et al. 1992).

Sandy beaches that provide nesting habitat for piping plovers are also attractive recreational habitats for people and their pets. Human recreational activities can be a source of both disturbance and direct mortality to piping plovers (Blodgett 1990, Melvin et al. 1991). People on beaches may inadvertently crush eggs, cause nests to be abandoned, and disturb or displace unfledged chicks. Unleashed dogs may chase adults, kill chicks, and eat eggs. Kites and fireworks are highly disturbing to piping plovers (Hoopes et al. 1992; Howard et al. 1993).

Unrestricted use of motorized vehicles on beaches is a serious threat to piping plovers and their habitats. Vehicles can crush both eggs and chicks (Burger 1986, Patterson 1988, Strauss 1990, Melvin et al. 1991). In Massachusetts, biologists documented 7 incidents in which 9 chicks were killed by vehicles between 1989 and 1992 (Melvin et al. 1993). Many biologists that monitor and manage piping plovers believe that many more chicks are killed by vehicles than are found and reported. On sections of Massachusetts beaches used by vehicles during nesting and brood-rearing periods, breeding plovers are generally either absent or less abundant than expected given available nesting and feeding habitat. In contrast, plover abundance and productivity has increased on beaches where vehicle restrictions during chick-rearing periods have been combined with protection of nests from predators.

Typical behaviors of piping plover chicks increase their vulnerability to vehicles (Melvin et al. 1993). Chicks frequently move between the upper berm or foredune and feeding habitats in the wrack line and intertidal zone. These movements place chicks in the paths of vehicles driving along the berm or

through the intertidal zone. Chicks stand in, walk, and run along tire ruts, and sometimes have difficulty crossing deep ruts or climbing out of them. Chicks sometimes stand motionless or crouch as vehicles pass by, or do not move quickly enough to get out of the way. Wire fencing placed around nests to deter predators is ineffective in protecting chicks from vehicles because chicks typically leave the nest within a day after hatching and move extensively along the beach to feed.

Vehicles also degrade piping plover habitat by crushing wrack into the sand and making it unavailable as cover or a foraging substrate, by creating ruts that may trap or impede movements of chicks, and by causing disturbance that may prevent plovers from using habitat that is otherwise suitable (Goldin et al. 1990, Strauss 1990, Melvin et al. 1993).

#### Least Tern

Least terns are small, white and black seabirds that nest along Atlantic coast beaches from southern Maine to Florida. The least tern is listed as a "Species of Special Concern" by the Division of Fisheries and Wildlife under provisions of the Massachusetts Endangered Species Act. An estimated 2,642 pairs nested at 51 sites in Massachusetts in 1992 (Blodget 1992).

Least terns nest in habitats that are similar to those of the piping plover, and the two species often nest near each other. Least terns arrive in Massachusetts in early May, engage in elaborate courtship rituals, mate, and quickly establish nesting colonies. Actual nesting occurs from about the third week of May to mid-July. Nesting colonies range in size from several pairs to over 500 pairs. Nests are shallow "scrapes" in the sand, usually in sandy areas devoid of vegetation, but sometimes in areas of sparse beach grass, beach pea, and other dune vegetation. Least terns, like piping plovers, have nested along the Atlantic coast for thousands of years and depend on natural processes of beach and dune erosion and accretion to maintain their habitats.

Clutches consist of 1-3 eggs and incubation averages 21 to 23 days. Least terns are single-brooded, but will reneest multiple times if previous nests are lost. Chicks are precocial and may move considerable distances along the beach before fledging, which occurs after 20-22 days. Adults deliver fish caught in the surrounding waters to chicks. Soon after chicks are able to fly, least terns gather in pre-migratory flocks and depart southward; most are gone before the end of August.

Least terns are vulnerable to disturbance from humans, pets,

and vehicles during periods of courtship and egg-laying in May and June. Similar to piping plovers, incubating least tern adults, eggs, and chicks are extremely cryptic. Prolonged or repeated disturbance at colonies can lead to egg and chick loss from exposure, predation, or abandonment. Least tern chicks are also vulnerable to mortality caused by off-road vehicles, and may stand or crouch in or walk and run along vehicle ruts.

#### Common, Roseate, and Arctic Terns

These three similar species of white and black seabirds nest together in mixed-species colonies. All are slightly larger than the least tern. The common tern is indeed the most "common" of the group. In 1992, 8,600 pairs were estimated at 35 sites in Massachusetts, although only 9 of those colonies exceeded 100 pairs (Blodget 1992). The arctic tern, at the southern edge of its natural range in Massachusetts, has been declining since the 1950's and reached an all-time low of only 8 pairs in 1992. Both of these species are listed by the Massachusetts Division of Fisheries and Wildlife as "Species of Special Concern" under provisions of the Massachusetts Endangered Species Act.

The Northeastern population of the roseate tern is listed as "Endangered" by both the U.S. Fish and Wildlife Service under the U.S. Endangered Species Act of 1973 (U.S. Fish and Wildlife Service 1989), and the Massachusetts Division of Fisheries and Wildlife under provisions of the Massachusetts Endangered Species Act. Of an estimated 1,412 pairs in Massachusetts in 1992, 1,375 pairs (97%) nested on Bird Island in Buzzards Bay (Blodget 1992). The rest were scattered among large colonies of common terns.

These three species of larger terns prefer to nest on offshore islands and remote tips of barrier beaches. Unfortunately, gulls have usurped most optimal nesting sites since the 1950's, forcing terns to nest at a limited number of secondary inshore sites where they are more exposed to human disturbance and a host of land-based predators.

The life histories of these three species of terns are generally similar. Exemplifying the three, common terns select dune areas with moderate to dense stands of beach grass and other dune vegetation. Birds arrive from the south in early May and select colony sites before the end of May. Ritualized courtship and pair formation occur on the beach and sandflats adjacent to the colony site. Nesting colonies range from a few to over 4,000 pairs. Nests are usually scrapes in the sand lined with beach grass and seaweed. Clutches of 2-3 eggs are laid and both parents share incubation duties for about 23 days. Young are precocial but are fed and brooded by adults. Diets of these

terns are almost exclusively fish. As the young approach fledging at about 28 days, they congregate in rearing or "nursery" areas on broad expanses of beach and sand flats, where they loaf and are fed by adults. At some sites, thousands of young terns may be present in these nursery areas from late July through mid-August. After mid-August, most terns have fledged and all three species gather at staging areas prior to departing for winter quarters by the end of August.

Prolonged or repeated disturbance at nesting colonies or nursery areas of common, arctic, or roseate terns can lead to egg and chick loss from exposure, predation, or abandonment. Eggs and young chicks tend to be less subject to mortality from vehicles because they occur more often in dune areas, but older chicks are sometimes run over when they move onto the outer beach prior to fledging. Older chicks have also been found dead, tangled in kite string.

### III. MASSACHUSETTS LAW

This section is provided to give a brief overview of provisions of the Massachusetts Wetlands Protection Act and Endangered Species Act that are pertinent to the management of piping plovers, terns, and their habitats. The reader is strongly advised to read the official texts of the current laws and regulations cited below.

#### Massachusetts Wetlands Protection Act (MGL c. 131 s. 40)

The Natural Heritage and Endangered Species Program of the Massachusetts Division of Fisheries and Wildlife (the Program) acts as the scientific authority to determine what is actual habitat and to provide an opinion about whether proposed activities subject to the Wetlands Protection Act will have adverse effects on rare wetlands wildlife habitat. Opinions issued by the Program are presumed to be correct, although this presumption is rebuttable and may be overcome upon a clear showing to the contrary.

#### Massachusetts Endangered Species Act (MGL c. 131A)

The Massachusetts Endangered Species Act (MESA) and regulations (321 CMR 10.00) are administered by the Massachusetts Division of Fisheries and Wildlife. The Act prohibits the "taking" of any species of animal or plant listed as

"Endangered", "Threatened", or "Species of Special Concern" in Massachusetts. For animals, "taking" is defined as: "to harass, harm, pursue, hunt, shoot, hound, kill, trap, capture, collect, process, disrupt the nesting, breeding, feeding, or migratory activity or attempt to engage in any such conduct, or to assist such conduct". Regulations implementing the Act state further that: "All state agencies shall utilize their authorities in furtherance of the purposes of MESA and these regulations; review, evaluate and determine the impact on Endangered, Threatened and Special Concern species or their habitats of all works, projects, or activities conducted by them; and use all practicable means and measures to avoid or minimize damage to such species or their habitats." This includes "any work, project, or activity either directly undertaken by a state agency, or if undertaken by a person, which seeks the provision of financial assistance by an agency or requires the issuance of permits by an agency".

#### IV. MANAGEMENT GUIDELINES

##### VEHICLE MANAGEMENT

###### Protection of Nests and Nesting Habitat

On beaches where vehicles will be driven, all areas of suitable piping plover nesting habitat, as determined by the Division, should be identified and delineated with posts and warning signs or symbolic fencing on or before April 1 each year. Suitable nesting habitat for all species of terns should be identified and so delineated on or before May 15 each year.

All vehicular access into or through delineated nesting habitat should be prohibited. However, prior to hatching, vehicles may pass by such areas along designated vehicle corridors established along the outside edge of plover and tern nesting habitat. Vehicles may also park outside delineated nesting habitat, if beach width and configuration and tidal conditions allow. Vehicle corridors or parking areas should be moved, constricted, or temporarily closed if territorial, courting, or nesting plovers or terns are disturbed by passing or parked vehicles, or if disturbance is anticipated because of unusual tides or expected increases in vehicle use during weekends, holidays, or special events.



### Protection of Chicks and Chick Habitat

Sections of beaches where unfledged piping plover or tern chicks are present should be temporarily closed to all vehicles not deemed essential. (See the provisions for essential vehicles below.)

When unfledged plover chicks are present, vehicles should be prohibited from all dune, beach, and intertidal habitat within 100 yards of either side of a line drawn through the nest site and perpendicular to the long axis of the beach. The resulting 200 yard-wide area of protected habitat for plover chicks should extend from the ocean-side low water line to the bay-side low water line or to the farthest extent of dune habitat if no bay-side intertidal habitat exists. However, vehicles may be allowed to pass through portions of the protected area that are considered inaccessible to plover chicks because of steep topography, dense vegetation, or other naturally-occurring obstacles. If unfledged plover chicks move outside the original 200 yard-wide area of protected habitat, then the boundaries of the protected area should be adjusted to provide at least a 100 yard buffer between chicks and vehicles.

When unfledged least tern chicks are present, vehicles should be prohibited from all dune, beach, and intertidal habitat within 100 yards of either side of lines drawn through the outermost nests in the colony and perpendicular to the long axis of the beach. The resulting area of protected habitat for least tern chicks should extend from the ocean-side low water line to the bay-side low water line, or to the farthest extent of dune habitat if no bay-side intertidal zone exists. If unfledged chicks move outside the original protected area, then the boundaries of the protected area should be adjusted to provide at least a 100 yard-wide buffer between unfledged chicks and vehicles. However, vehicles may pass through any portions of the protected area considered inaccessible to least tern chicks because of distance, steep topography, dense vegetation, or other naturally-occurring obstacles. Because least tern chicks disperse from nests shorter distances and at older ages than piping plover chicks, under some circumstances it may be possible to allow passage of vehicles through portions of protected least tern chick habitat if, in the opinion of the Division, this can occur without substantially increasing threats to least tern chicks or their habitats.

### Timing of Vehicle Restrictions in Chick Habitat

Restrictions on use of vehicles in areas where unfledged plover or tern chicks are present should begin on or before the



date that hatching begins and continue until chicks have fledged. For purposes of vehicle management, plover chicks are considered fledged at 35 days of age or when observed in flight, whichever occurs first. Tern chicks are considered fledged when they are capable of flight.

When piping plover nests are found before the last egg is laid, restrictions on vehicles should begin on the 26th day after the last egg is laid. This assumes an average incubation period of 27 days, and provides a 1 day margin of error.

When plover nests are found after the last egg has been laid, making it impossible to predict hatch date, restrictions on vehicles should begin on a date determined by 1 of 3 scenarios:

- 1) If a plover nest found with a complete clutch is monitored twice per day, at dawn and dusk (before 0600 hrs and after 1900 hrs), vehicle use may continue until hatching begins. Nests should be monitored at dawn and dusk to minimize the time that hatching may go undetected if it occurs after dark. Whenever possible, nests should be monitored from a distance with spotting scope or binoculars to minimize disturbance to incubating plovers.

- 2) If a plover nest is found with a complete clutch before May 22 (the earliest recorded hatch date for piping plovers in Massachusetts), and is not monitored twice per day, at dawn and dusk, then restrictions on vehicles should begin May 22.

- 3) If a plover nest is found with a complete clutch on or after May 22, and is not monitored twice per day, at dawn and dusk, then restrictions on vehicles should begin immediately.

If hatching occurs earlier than expected, or chicks are discovered from an unreported nest, restrictions on vehicles should begin immediately.

If, in the opinion of the Division, ruts are present that are deep enough to restrict movements of plover chicks, or vehicle impacts on wrack are so severe that wrack must be allowed to accumulate naturally prior to hatching, then restrictions on vehicles should begin at least 5 days prior to the anticipated hatching date of plover nests. If a plover nest is found with a complete clutch, precluding estimation of hatching date, and availability of wrack has been substantially reduced by vehicle passage, or deep ruts have been created that could reasonably be expected to impede chick movements, then restrictions on vehicles should begin immediately.

Restrictions on use of vehicles in least tern chick habitat should begin as soon as hatching begins (as early as June 12). Restrictions may begin later if, in the opinion of the Division, tern chicks are not endangered by vehicles because of distance or intervening steep terrain, dense vegetation, or other naturally-occurring barriers.

Areas of dune, beach, or intertidal habitat used as nursery areas by unfledged or recently fledged tern chicks, as identified by the Division, should be delineated with posts, warning signs or symbolic fencing not later than June 21. All access by vehicles into posted tern nursery areas should be prohibited while unfledged or recently-fledged tern chicks are present in these areas, until it is determined that use of nursery areas by young terns has ended (i.e. young terns are no longer being fed by adult terns).

#### Essential Vehicles

Essential vehicles, as defined by municipal conservation commissions pursuant to the Guidelines for Barrier Beach Management in Massachusetts developed by the Massachusetts Barrier Beach Task Force, should only travel on sections of beaches where unfledged plover or tern chicks are present if such travel is absolutely necessary and no other reasonable travel routes are available. Essential vehicles should travel through chick habitat areas only during daylight hours, except in emergencies, and should be guided by a qualified monitor who has first determined the location of all unfledged plover and tern chicks. All steps should be taken to minimize number of trips by essential vehicles through chick habitat areas. Use of open, 3 or 4-wheel motorized all-terrain vehicles (ATVs) or non-motorized all-terrain bicycles is recommended whenever possible for monitoring and law enforcement because of the improved visibility afforded operators. Homeowners should consider other means of access, eg. by foot, water, or shuttle services, during periods when chicks are present. A log should be maintained by the beach manager of the date, time, vehicle number and operator, and purpose of each trip through areas where unfledged chicks are present. Personnel monitoring plovers and terns should maintain and regularly update a log of the numbers and locations of unfledged plover and tern chicks on each beach. Drivers of essential vehicles should review the log each day to determine the most recent number and location of unfledged chicks.

Travel by essential vehicles should avoid the wrack line and should be infrequent enough to avoid creating deep ruts that could impede chick movements. If essential vehicles are substantially reducing availability of wrack or are creating ruts

that could impede chick movements, use of essential vehicles should be further reduced and, if necessary, restricted to only emergency vehicles.

#### MANAGEMENT OF OTHER RECREATIONAL USES

*The activities discussed in this section are not subject to the jurisdiction of the Wetlands Protection Act because they are not considered to be alterations of wetland resource areas. The following guidelines should only be applied in reference to the Massachusetts Endangered Species Act.*

On beaches where pedestrians, joggers, sun-bathers, picnickers, fishermen, boaters, horseback riders, or other recreational users will be present in numbers that could harm or disturb incubating plovers or terns, their eggs, or chicks, refuge areas of at least 50 yard-radius around nests and above the high tide line should be delineated with warning signs and symbolic fencing. Only persons engaged in rare species monitoring, management, or research activities should enter refuge areas. Refuge areas should remain fenced as long as viable eggs or unfledged chicks are present.

Refuge areas around nests should be expanded if a 50 yard-radius is deemed inadequate to protect incubating adults or unfledged chicks from harm or disturbance. This may include situations where plovers or terns are especially intolerant of human presence, or where a 50 yard-radius refuge provides insufficient escape cover or alternative foraging opportunities for plover chicks. If nests are discovered outside fenced areas, fencing should be extended to create a sufficient buffer to prevent harm or disturbance to incubating adults, eggs, or unfledged chicks. On some beaches where plovers and terns have traditionally nested or where suitable habitat occurs, it may be necessary to symbolically fence portions of habitat during March or April, prior to plover nesting, or during May, prior to tern nesting, if, in the opinion of the Division, failure to do so could discourage plovers or terns from nesting as a result of disturbance from human use.

Rearing or nursery areas used by unfledged or recently fledged tern chicks, as identified by the Division, should be delineated with posts, warning signs, or symbolic fencing not later than June 21. Only persons engaged in rare species monitoring, management, or research should enter posted or fenced tern nursery areas while unfledged tern chicks or tern chicks being fed by adult terns are present, although individuals may pass by outside these areas. Such nursery areas may be re-opened

when all tern chicks have fledged and are not being fed by adult terns.

Pets should be leashed and under control of their owners at all times from April 1 to August 31 on beaches where piping plovers or terns are present or have traditionally nested. Pets should be prohibited on these beaches from April 1 through August 31 if, based on observations and experience, pet owners fail to keep pets leashed and under control.

Kite flying should be prohibited within 200 yards of nesting or territorial adult or unfledged juvenile piping plovers or terns, from April 1 to August 31.

Fireworks should be prohibited on beaches where plovers or terns nest from April 1 to August 31.

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