This sanctuary was established in 1969. Spectacle Island is a small rocky island, less than a hectare in size. It provides habitat for colonial nesting birds. The sanctuary includes the water roughly 100 metres from the ordinary high water mark of the island, a rectangle 250 metres by 520 metres, so total area of the sanctuary is 13 hectares. Hunting and trapping are prohibited. Regulations prohibit people from entering the sanctuary from April 15 to August 15 unless they are fishing commercially or in a recreational boat traveling at a speed of less than 15 knots.

The island was a gift to the Province with the condition that it become a sanctuary.