



COMMUNITY CLEANUP HEALTH & SAFETY CHECKLIST

The health and safety of our volunteers is our priority. Before you register your cleanup and head out to the shoreline, please review the checklist below.

About the checklist:

This checklist will help guide you to make your cleanup safer for you and your community. Remember, you must also refer to the advice of your local public health authorities regarding COVID-19 and general health and safety measures. This includes details on appropriate group size, physical distancing measures, parks reopening and other important details.

Everyday actions in light of COVID-19:

Keep yourself safe before, during, and after your cleanup. In order to prevent the spread of illnesses including COVID-19, it is important to follow the advice of [Center for Disease Control and Prevention](https://www.cdc.gov) and for everyone to:

- Stay home if you are experiencing any fever or flu-like symptoms, even if mild.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60 per cent alcohol.
- Cover your cough and sneeze if you're not wearing a mask.
- Avoid touching your eyes, nose, mouth or ears with unwashed hands.
- Respect the choices that others make about using individual public health measures.
- Maintain a safe physical distance from others where possible.

If you, or anyone in your cleanup team is experiencing any of the fever or flu-like symptoms, please stay home and cancel or postpone your cleanup in your Shoreline Cleanup account.

If you have any questions contact us at: shorelinecleanup@ocean.org.

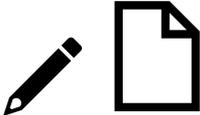
For online resources visit: www.shorelinecleanup.org.

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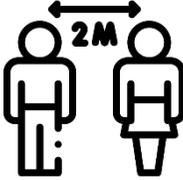
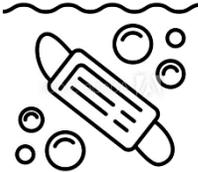


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Before the cleanup

		
<p style="text-align: center;">Get informed</p> <p>Check the provincial and local (municipal) restrictions and guidelines for your area.</p> <p>California</p> <p>Texas</p>	<p style="text-align: center;">Contact your municipality</p> <p>Contact the municipality for your site, relevant land managers, or Indigenous communities to seek information on:</p> <ul style="list-style-type: none"> • Whether your cleanup site is open • Input on where to dispose of the collected waste after your cleanup; and • Permission to clean the site <p>Refer to their instructions on how to handle any personal protective equipment (gloves, masks) you may encounter during your cleanup.</p>	<p style="text-align: center;">Register</p> <p>Register your solo or household team cleanup: Find a cleanup site and set a date at</p> <p style="text-align: center;">www.ShorelineCleanup.org</p> <p>If cleaning a park or trail, avoid the busiest times. Opt for a cleanup location close to home.</p>
		
<p style="text-align: center;">Visit your cleanup site</p> <p>Is it suitable? Is it safe? Is there enough litter (big and small)?</p> <p>Check the peak times for your site to avoid doing a cleanup during a busy time of day</p>	<p style="text-align: center;">Prep for safety</p> <p>Ask participants from your household or small team to come with their own personal protective equipment (i.e. mask, gloves and hand sanitizer) on the day of the event or bring sanitizing materials for your household or small team.</p>	<p style="text-align: center;">Cleanup supplies</p> <p>Prepare your cleanup supplies including gloves, bags, data card and pen. Have your participants sign the digital waiver form by registering to join your cleanup.</p> <p>Print the data card or look out for the link to the data tracking feature on the day of your cleanup. Please note, some municipalities are not providing supplies at this time. Look around your home for the supplies needed for your cleanup.</p>

During the cleanup

		
<p>Check your health</p> <p>Keep yourself and your community safe. If you or any member of your household, or small team has a fever or flu-like symptoms, please follow health authority recommendations. Cancel and postpone your cleanup if you are unwell.</p>	<p>Keep 2 metres of distance</p> <p>Be sure that you and your household or small team maintain physical distancing with members of the public (and each other if you're not from the same household) at the cleanup site.</p>	<p>Healthy hands are helping hands</p> <p>Wear gloves, and remember to avoid touching your eyes, nose, mouth or ears with unwashed hands.</p> <p><u>Wash your hands before touching your face, or if you are eating during your cleanup.</u></p> <p>Hand washing, or using hand sanitizer, should be done as often as possible.</p>
		
<p>What to do with PPE litter?</p> <p>If you, your household, or small team find personal protective equipment (PPE) such as disposable gloves and masks, be sure to refer to the instructions you received from the municipality or landowner of your cleanup site on handling and disposal.</p> <p>The instructions above also apply to syringes and any other personal hygiene material.</p>	<p>Take a selfie!</p> <p>Take photos of yourself, or your household or small team in action. Tweet @OceanWise or Instagram @oceanwise, or use the hashtag #TeamShoreline.</p>	

After the cleanup

		
<p>Separate recyclable items, and toss out the trash</p> <p>Be sure to get an estimated weight of your litter before disposing of it.</p> <p>Make sure that your bags of litter are closed well and don't have any holes. Refer to the instructions you received from the municipality or landowner of your cleanup site on waste and recycling disposal.</p>	<p>Clean your gear</p> <p>Sanitize any surfaces, objects and equipment that have been used.</p>	<p>Healthy hands are helping hands</p> <p>Wash your hands again!</p> <p>And give yourself a pat on the back or have a team round of "air high-fives." Well done!</p>
		
<p>Submit Your Data</p> <p>Submit your Summary Data on your online account, or by email to:</p> <p>shorelinecleanup@ocean.org.</p>	<p>Email your photos or forms</p> <p>Email in your waiver form (if you had a print version) and photos to:</p> <p>shorelinecleanup@ocean.org.</p>	

Questions?

Contact us at: shorelinecleanup@ocean.org