

APPENDIX B

ORIENTATION INTRODUCTION, MARINE DEBRIS & SAFETY TALK

Welcome to California Coastal Cleanup Day! Thank you for being part the largest volunteer event in the state! You are the most important part of this effort. You're going to be spending the next few hours cleaning up the trash that has accumulated over the past summer – stuff that has washed off our city streets or down from inland creeks, trash left by beachgoers, and debris washed up from the ocean. All of it poses a threat to marine wildlife, so do your best to pick up everything you find that's man-made.

California Coastal Cleanup Day, the state's largest annual volunteer shoreline cleanup event, helps to encourage Californians to act on behalf of their local beaches, shorelines, and inland waterways while raising awareness about the connection between pollution along our coastal and inland shorelines and the overall health of our ocean.

Trash in the ocean and waterways is a growing problem, and most of the marine debris that dirties our beaches and fouls our ocean and waterways originates from land-based sources. Garbage that is not collected may end up in the oceans where it can endanger wildlife and human health. Coastal Cleanup Day addresses the need for individuals to take responsibility for the garbage that we produce each year, while providing an educational opportunity for all Californians. **Last year over 66,000 volunteers participated in the event statewide and removed more than 1 million pounds of trash and recyclables from our beaches, lakes, and waterways!**

By participating in this event you are already making a difference. However, it is important that after you leave today you continue to be part of the solution, some recommendations include:

- Reduce, reuse and recycle at home, work and school.
- Buy products made from recycled materials with little or no packaging.
- Keep storm drains clean – they drain to beaches.
- Keep cigarette butts off streets and beaches.
- Properly dispose of fishing lines, nets and hooks.
- Participate in the Coastal Commission's programs, call (800) COAST-4U:
- Volunteer for Coastal Cleanup Day, the third Saturday in September.
- Volunteer for the year 'round Adopt-A-Beach® program.
- Buy a "WHALE TAIL®" license plate.
- Become a "California Coastal Steward."

Everyone should have filled out a waiver form already. Has anyone not filled out a waiver? **WAIT FOR RESPONSE – IF ANYONE HAS NOT SIGNED A WAIVER, SEND THEM BACK TO THE CHECK-IN TABLE.**

Here are some safety rules for you to follow as you take part in the Cleanup:

1. Wear a glove on the hand you're picking up trash with and closed toe shoes at all times, and have clothing and sun-block to protect you from the sun.
2. Don't touch or pick up dead animals, or attempt to move injured animals. Make your cleanup Captains aware of the animals and where they are.
3. Don't pick up syringes, needles, or any sharp objects. Mark the area and notify the cleanup Captain or local official of their location.
4. Always stay in teams of at least two.
5. Be cautious and aware of sensitive habitat areas (i.e. sand dunes).
6. Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early.
7. All children need to be supervised by an adult at all times.
8. Don't lift anything too heavy; when in doubt, don't try!
9. Do not go near any hazardous materials (large drums, etc.)

WHAT TO PICK UP

We pick up only human-created matter (plastics, metal, glass, Styrofoam, etc.). Natural debris (algae, kelp, driftwood, etc.) is part of the natural system we are working to restore and should be left alone. Avoid disturbing plants and animals. Much of the trash you will find is small, so keep your eyes out for smaller pieces of trash. The smaller pieces can be mistaken for food by marine animals.

A word about the recycling bags – the recycling bags are for cans and bottles only. Nothing else you find on the beach today can be recycled, so please only deposit cans and bottles in the recycling bag.

DATA CARDS

The information volunteers collect on data cards is used to revise national maritime disposal policies, and is used to advance environment-protecting legislation.

- Although there is not a space to list every single piece or type of trash we expect to see during the cleanup, volunteers should still pick up every piece of debris they find.
- When filling out cards, count items in groups of five (as shown in the example on the card), and record the total in the box.
- Do not write the words “lots” or “many.” Count every piece and be specific! Only actual numbers of items can be used. If you get tired of counting, even an estimate with a real number is better than nothing.

Some Tips for Participants who will be Using Kayaks, Dinghies or Paddleboards:

- Access the water in areas that are easy and safe to access the waterway.
- Safety is first. Encourage on-the-water cleanup volunteers to **wear life jackets at all time** and to work in teams (of at least 2) during the cleanup event.
- Consider appointing a “lead” vessel (front) and “sweep” vessel (rear). Ask people to stay behind the lead and in front of the sweep. The lead and sweep should be more experienced boaters. Encourage the group to stay together.
- Recommend volunteers to stay within sight of each other.
- Appoint at least one person on the water to make decisions in case of an emergency.
- Identify and avoid hazards: Look out for strainers (trees, rocks and debris buildups in the water). For river cleanups, watch for drops or other difficult waterway features. Rivers are dynamic and its features may have changed since you first scouted the river when planning the cleanup.
- You may want to designate a dinghy to conduct milk runs and bring back on shore heavy items, trash and recyclables collected by on-the water participants.
- Concentrate your efforts on collecting trash and recyclables first. Consider using some of the items suggested on Page 9 of this document
- While collecting trash and recyclables on the water make sure, these items are collected in a trash bag, mesh bag, bucket or laundry baskets. Secure the bags, buckets or baskets to the vessel by using a bungee cord. Consider purchasing bags with belts for SUP Cleanups, like this one from The Gardener’s Hollow Leg (<http://www.thegardenershollowleg.com/welcome.html>)
- If large items are found during the on-the-water cleanup, make sure participants can safely tow the item(s) with a rope. These items should only be removed by stable vessels such as "sit on top" kayaks, canoes, and dinghies. It is very difficult to balance big items on a standup paddleboard.
 - Do data collection on-shore. Bring the collected trash to the meeting location and catalogue data for data cards.
 - Another approach to on the water cleanup data collection is to work in teams. The person in the kayak/paddleboard/dinghy will collect trash and recyclables and his/her partner on land will receive the trash and do the data collection. The shoreside volunteer can also collect trash while waiting for the kayaker/paddleboarder/dinghier.

Please Wear Your Life Jacket!

Please encourage Coastal Cleanup Day participants conducting on the water cleanups to wear life jackets at all time. Life jackets are the proven number one way to save a life in the event of a sudden, unexpected capsizing or fall overboard. For more information about life jackets visit:

<http://www.dbw.ca.gov/Boaterinfo/LifeJacketinfo.aspx/LifeJacket.aspx>



You may also want to check the following video about important safety information for paddlers: <http://vimeo.com/7725540> (American Canoe Association)

Make sure you start heading back to the meeting location by 11:30 am