

My clean beach

Organizer's Checklist



Main steps

Before volunteers arrive

1. Set up a check-in station.
2. Install a base where emergency material is kept.

When volunteers arrive

1. Have all volunteers sign the attendance sheet.
2. Give each volunteer gloves and bags.
3. Divide your group into smaller teams of 2 to 6 people.
4. For each team, name a leader who is told how to complete Data Card 1 – Debris Inventory.
5. Once all of your volunteers have arrived, explain the schedule for the day.

What to say to volunteers

1. Thank them for their time.
2. Tell them about the site (history, environment, fauna and flora).
3. Explain why the cleanup is important.
4. Explain the schedule for the day.
5. Give the main safety rules.

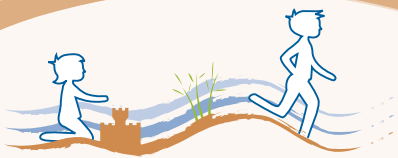
After the cleanup

1. Bring all trash bags to the pickup point.
2. Thank volunteers for their time and effort.
3. Collect all completed copies of Data Card 1 – Debris Inventory.
4. Complete Data Card 2 – Health Check.



Useful phone numbers

Emergency	911
Fire department	
Coast Guard	
Park ranger	



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Remember to...

- Bring enough pens, data cards, trash bags and gloves for all volunteers.
- Don't remove debris that is buried, overgrown with vegetation or has become part of the environment in any other way.
- This activity can easily be instructive as well as useful if you bring a few of the learning cards that come with the toolkit.

Safety first

- Bring a first aid kit.
- Always wear gloves and closed-toe shoes (no sandals).
- Dispose of broken glass and scrap metal in a sharps container.
- Ask for help if you need to lift heavy objects and use your legs, not your back.
- Young children must be supervised by an adult at all times.
- Stay a safe distance away from fast-moving water.
- Never throw a syringe or container full of syringes into the garbage. Instead, bring them back to a pharmacy.
- Wear long pants and sleeves to protect yourself from itchy plants.
- Don't boat out onto water that seems higher than usual since the current could be tricky and dangerous.
- Don't work in the dark.
- Stay in a group.
- Wear a life jacket at all time when on a boat.
- Bring a shortwave radio or cell phone in the event of an emergency.

Protect the environment

- NEVER attempt to free an entangled animal yourself. You will cause it considerable stress and possible injury, as well as endanger yourself. Instead, notify the appropriate authorities (SCPA, park administration, etc).
- Stay at least 10 m away from all animals. You are too close if the animal displays signs of nervousness (e.g., raised or twitching head, frequent or insistent calls). Use binocular to see wildlife closer up.
- Don't trample vegetation.
- Leave your pet at home or, if that's impossible, keep it on leash.
- Avoid islands on the St. Lawrence River from mid-April to mid-July to minimize human impact on breeding birds.
- Avoid moving anything natural more than you must since it may be home to plants and animals.