

HEAL THE OCEAN

BEACH CLEANUP

Why are beach cleanups important?

Each year 8 million metric tons of plastic end up in the ocean. That's the equivalent amount as having 5 grocery bags filled with garbage on every foot of beach in the world.

Garbage and plastic are very harmful to ocean animals. Seals, dolphins, fish, whales, turtles, and shorebirds don't know that plastic and trash is dangerous to their health. They often eat it or get entangled in the garbage and can get seriously injured or sick.

Beach cleanups are a great way to help keep the ocean free of trash.



**THANK YOU FOR PARTICIPATING
AND BEING APART OF THE
SOLUTIONS THAT KEEP THE
OCEAN CLEAN**

What to Expect:

You will search the beach far and wide and pick up any and all trash that you can find. You may find larger pieces of trash like soda cups, takeout boxes, cigarette butts, wrappers, or chip bags, but a majority of the trash on our beaches are microplastics, which are really small broken-down pieces of plastic or foam. Please look in the sand and seaweed and among the driftwood for small pieces of plastic and foam and make sure to pick those up and throw them out. They are very bad for the environment. Also, please try and remove fruit peels, nut shells, or other food materials that are not naturally found in the beach environment. While food is biodegradable, it isn't naturally found on the beach and can make marine life sick.

If you are cleaning up a beach with a parking lot, foot path, or park attached to it, please pick up trash not only on the beach, but also in the grass or plants around the beach, the sidewalks, parking areas, etc....it's all going to make its way to the ocean.

Be safe, be smart, be careful! Watch out for sharp objects and always use gloves when handling trash and please wash your hands when you finish.

LOOK OUT FOR MICROPLASTICS!

- What are microplastics?
 - Broken down, small pieces of plastic
 - Can be colorful in reds, yellows, greens, and blue or white and black
- Where are they found on the beach?
 - Often found tangled with kelp (seaweed) or driftwood or at the shoreline where the waves touch the sand
- Why are microplastics bad?
 - Sea animals eat them and they never go away!



How to Receive Community Service Hours or Volunteer Credit:

(NOTE: This section is relevant for volunteers who need their hours to be certified. This includes school required service hours, court mandated hours, and any other club or community group that requires verification.):

1. Time Card.

- a. Volunteer time card with the:
 - i. Location of the cleanup (what beach or beaches did you visit)
 - ii. Time of arrival and time of departure for each day you have agreed to participate

2. Photos.

- a. We ask you to send us photos of a variety of things. We would like photos of:
 - i. Trash you find on the beach (i.e. a Styrofoam cup or straw on the sand or in the seaweed)
 - ii. The total number of bags of trash cleaned up at the end of each day.
 - iii. Photos with you and other volunteers in them
 1. If you are working as a group, please include group photos. If you are working alone please have someone take a few photos of you with the trash bags on the beach each day, ideally upon arrival at the start of your beach cleanup and upon departure with time stamps showing date as well as time. **These photos are critical for accountability purposes in case we are contacted for further confirmation of community service completion. Without photos that verify your cleanup, we cannot sign off on volunteer hours.**

3. Trash Inventory.

- a. Please keep track of the following when you are picking up trash for each location you visit:
 - i. What type of trash you see repeatedly (i.e. plastic straws, cigarette butts, bottle caps, plastic bags, etc.)
 - ii. A rough estimate of how much of each trash type there is (for example: 20 plastic bottle caps, 4 chip bags, 10 aluminum cans, 14 plastic straws, 32 cigarette butts, 2 pieces of clothing, etc.)
 - iii. Location of the trash, please keep notes on which beaches have which types and amounts of trash.

4. Verification.

- a. Please send all materials to alison@healtheocean.org

Ocean Trash Data Collection Form

Directions: Pick up all trash (big or small) and record all items you find below.

SITE INFORMATION:

First Name:	<input type="text"/>	Last Name:	<input type="text"/>
Cleanup Site Name or Address:	<input type="text"/>	Zone or County:	<input type="text"/>
State or Province:	<input type="text"/>	Country:	<input type="text"/>

EXAMPLE:

Bottle Caps:  = 5

Please do not use words. Only numbers are useful data.

MOST LIKELY TO FIND ITEMS:	TOTAL:		TOTAL:
Cigarette Butts:	=	Beverage Bottles (Plastic):	=
Food Wrappers (candy, chips, etc.):	=	Beverage Bottles (Glass):	=
Take Out/Away Containers (Plastic):	=	Beverage Cans:	=
Take Out/Away Containers (Foam):	=	Plastic Bags:	=
Bottle Caps (Plastic):	=	Cups & Plates (Paper):	=
Bottle Caps (Metal):	=	Cups & Plates (Plastic):	=
Lids (Plastic):	=	Cups & Plates (Foam):	=
Straws/Stirrers:	=	Forks, Knives, Spoons:	=
FISHING GEAR:	TOTAL:	PACKING MATERIALS:	TOTAL:
Fishing Buoys, Pots & Traps:	=	6-Pack Holders:	=
Fishing Net & Pieces:	=	Other Plastic/Foam Packaging:	=
Fishing Line (1 yard/meter = 1 piece):	=	Other Plastic Bottles (oil, bleach, etc.):	=
Rope (1 yard/meter = 1 piece):	=	Tobacco Packaging/Wrap:	=
OTHER TRASH:	TOTAL:	MICROPLASTICS:	TOTAL:
Appliance (refrigerators, washers, etc.):	=	Foam Pieces:	=
Balloons:	=	Glass Pieces:	=
Cigarette Lighters:	=	Plastic Pieces:	=
Construction Materials:	=	DEAD OR INJURED ANIMAL:	
Fireworks:	=	ITEMS OF LOCAL CONCERN:	
Tires:	=	1.	<input type="text"/>
Personal Hygiene Products:	=	2.	<input type="text"/>

CLEANUP SUMMARY:

Number of Trash bags Filled: Distance Cleaned: miles/km