

# Save The Bay Shoreline Cleanup Quick-Tips for Volunteers

*Thanks for volunteering with Save The Bay! Cleanups are a great way for people of all ages to help the local community and improve Rhode Island's environment. Cleanups last about two hours, and are an opportunity for groups of volunteers to improve the quality of Rhode Island's shorelines together.*

## **Important supplies that Save The Bay will bring:**

- Trash bags – Large trash bags can be used to collect debris and to carry garbage to the weighing station. Be careful not to fill your trash bags too full, as they can get heavy and hard to carry!
- Gloves – vinyl gloves are available for all volunteers. Gloves are an important protection against germs, dirt, and other substances you will come across on the shoreline. Please feel free to bring your own garden gloves to the cleanup.
- “Sharps” Container – if you come across syringes, or other sharp or dangerous pieces of trash, please dispose of these items in the sharps container. If you cannot find the Sharps container, please refer to your cleanup leader.
- Hand-Sanitizer, bug-spray, sunscreen– all of these items are available for your comfort and safety during the clean-up. They will be passed around before the clean-up begins and will be available throughout the cleanup. Just ask your clean-up leader if you can't find them!

## **Clean-up tips and important reminders:**

- Dress for the weather! Bring layers, and wear long, light colored pants to prevent ticks. **Sturdy, closed-toe shoes are required.**
- **Bring water**—we recommend a reusable bottle!—and any snacks you might want to have.
- If you are bringing children with you, make sure they understand these safety tips, and always keep them in your sight.
- *Always* use gloves when picking up trash and debris, even if it looks safe. Please throw out plastic gloves at the end of your clean-up and return canvas gloves to your clean-up leader.
- Pick up each piece of debris individually. If you try to pick up piles of trash at once, you risk cutting or injuring yourself on sharp pieces of trash.
- Beware of poison ivy, a common shoreline plant.
- Please work with a partner and make sure that you do not become separated from the group.
- Use common sense! Don't pick up items that are too heavy, such as large pieces of driftwood or tires, and always be careful not to disturb wildlife. Do not stick your hands into holes that may contain animals or thorns.
- If you encounter bottles containing liquid, do not attempt to empty these bottles. Please throw them away in your trash bag.
- Be careful when walking on the shore. Do not step on dark, green, or wet rocks, which may be very slippery or covered in slick algae; walk carefully on rocks in general to prevent falling. Please do not walk on dunes or close to breaking waves.