

## **PART FOUR: ORIENTATION & SAFETY TALK SCRIPT**

**(given by Site Captains to volunteers at their Cleanup sites)**

“Welcome to the Great Sierra River Cleanup! This is part of the Coastal Cleanup Day which started in 1985, and is 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. All of it poses a threat to our river environment and the animals, fish and birds that live here, so do your best to pick up everything you find that’s man-made.

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, GIVE THEM A FORM TO FILL OUT.)**

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

- Do not go near any large drums. They are potentially filled with chemicals.
- 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.
- Don’t lift anything too heavy; when in doubt, don’t try!
- 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.
- Don’t pick up syringes, needles, or any sharp objects. Mark the area and notify the Cleanup captain or local official of their location.
- Always stay in teams of at least two.
- Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early.
- All children need to be supervised by an adult at all times.

### **WHAT TO PICK UP**

We pick up only human-created matter (plastics, metal, glass, Styrofoam, etc.). Natural debris (algae, driftwood, etc.) is part of the natural system we are working to restore and should be left alone. Avoid disturbing plants and animals. Most of the trash out on the river is small, so keep your eyes out for smaller pieces of trash. Look in rock crevices and sift through sand to find more!

A word about the recycling bags – the recycling bags are for cans and bottles only. Nothing else you find at the river today can be recycled, so please only deposit cans and bottles in the recycling bag. **(Please edit this part of the script based on what can be recycled in your community.)**

### **HUNTING SEASON SAFETY TIPS**

If you think that your Cleanup is close to a deer-hunting area, please take note of these tips:

- Wear orange clothing such as hats, vests and pack covers. White and brown are poor color choices for deer season since many hunters will be looking for the white tail of a deer.
- If you have your dog with you, get them an orange collar, vest or something reflective. A bell on the collar is also another good idea as it will not only protect your dog from hunters but will also scare away bears and bobcats before your dog has a chance to interact with them.

- Make noise by carrying on conversations with others, the woods or yourself. Sing songs, whistle or play the harmonica. Stumble and crash your way through the woods, and do anything to let others know you're coming. If you hear gunshots, yell out to let hunters know where you are.

## **WATER SAFETY CLEAN UP TIPS**

If you are using kayaks, dinghies, inflatable boats, rowboats, rafts or paddleboards to pick up trash, please take note of these tips:

- Do data collection on-shore, not on the water. Concentrate your efforts on collecting trash and recyclables first. Bring the collected trash to the meeting location and then catalogue data for data cards.
- Work in teams. The person in the watercraft will collect trash and recyclables and his/her partner on land will receive the trash and do the data collection. The shore-side volunteer can also collect trash while waiting for the watercraft.
- Remember to encourage on-the-water Cleanup volunteers to wear life jackets at all times.
- No one should ever leave children unsupervised around the river or creek.
- Only pick up human-created matter (plastics, metal, glass, Styrofoam, etc.). Natural debris (algae, wood, 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 aquatic animals.
- Please Wear Your Life Jacket! Please encourage Great Sierra Cleanup Day participants conducting on the water Cleanups to wear life jackets at all times. 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)