



Guidance for Beach Cleanups

To protect your health and slow the spread of the coronavirus while participating in a beach cleanup, Coastwalk and the Coastal Commission recommends the following practices for cleaning up litter and other debris at the beach:

Preparation

- If you are sick in any way, DO NOT go out for a cleanup.
- If not using a “Coastwalk Clean Crew” kit, please assemble your own cleanup gear, including Personal Protective Equipment (PPE). This should include
 - Reusable bag, trash bags or buckets,
 - Gloves (sturdy gloves as well as latex gloves to wear over them),
 - face mask,
 - a trash grabber or tongs
 - sun protection (hat and sunscreen),
 - close-toed shoes to protect against sharp objects,
 - Reusable water bottle,
 - Layered clothing including wind jacket (weather changes drastically at the coast).
- Download the Clean Swell app (available for free on all platforms [here](#)) to keep track of what you pick up and how many people participated with you.
*If you do not have a device capable of using the app or worried about poor connectivity in your beach location, you can download a data card [here](#) to upload to Clean Swell later or mail to the Ocean Conservancy Attn: International Coastal Cleanup 1300 19th Street, NW, 8th Floor, Washington, DC 20036 or email to cleanup@oceanconservancy.org.

Cleanup

- Maintain a social distance of at least 6 feet from everyone you encounter, even if you are wearing a mask.
- ALWAYS wear gloves – disposable if available - and dispose or wash them immediately after your cleanup.
- Avoid touching your face.
- Do not pick up sharp objects, especially syringes without gloves and a trash grabber!
- In State & Regional Parks, follow all posted signage, stay on trails, and limit activities to areas open to the public.
- Be mindful of the conditions (such as high tide, sneaker wave warnings, etc.), and be careful near the water’s edge-do not turn your back on the ocean!
- Keep a safe distance from all wildlife!
- Do not pick up or disturb natural objects, such as leaves, nests, or eggs.
- Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early!
- Unfortunately, you may find used gloves, masks, and other personal protective equipment (PPE) among litter. DO NOT PICK UP ANY PPE without a grabber.



After Cleanup

- If possible, weigh or estimate the pounds of trash and recyclables you collected during your cleanup to report to the Coastal Commission.
- Dispose of trash properly by separating recyclables according to the Recycle handout
- Dispose or wash gloves immediately after your cleanup. To properly remove disposable gloves, grab the glove opening near your wrist and pull towards your fingers, then turn the glove inside out before disposing.
- Wash your hands thoroughly as soon as possible, and use hand sanitizer in the meantime if soap and water are unavailable.
- Show us your cleanup! Post your pictureson Coastwalk Instagram and Facebook pages
- Don't forget to use the hashtag #CoastwalkCalifornia

***By participating in a cleanup you understand and agree that neither the State of California, Coastwalk California, Sonoma County Regional Parks, or The California Coastal Commission may be held liable or responsible in any way for any injury, death, or other damages to you or your family, heirs, or assigns that may occur as a result of your participation, or as a result of product liability or the negligence, whether passive or active, of any party in connection with the cleanups.*

Have fun and remember, safety first! Thank you for extending your care and compassion for our coast at this time! Stay healthy.

Please follow the most recent guidance on Covid-19 from the Centers for Disease Control, available here:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.