

ADOPT-A-BEACH GROUP LEADER'S CHECKLIST

Prior to event

- _____ Complete the Adopt-A-Beach Application (included in this guide) and return it to the Beach Manager
- _____ Begin recruiting friends, family, co-workers, whomever to assist you with your beach cleanup
- _____ Pick up cleanup supplies from the Beach Manager
 - Supplies include: trash bags
 - recycle bags
 - gloves
 - extra waiver forms
 - data cards and pencils (optional)
 - reporting forms
- _____ Meet with your group to make sure everyone is prepared for the cleanup. Remind them to (1) bring a signed waiver (2) wear layers; the beach can be windy or cold (3) wear closed-toed shoes to protect yourself from sharp objects you may find in the sand

Day of event

- _____ Distribute liability waivers to volunteers who have not already signed them. **Every volunteer must sign a waiver. Volunteers under 18 must have the signature of a parent or legal guardian.** Be sure to collect all waivers.
- _____ Thank everyone for participating. Explain the importance of beach cleanups.
- _____ Review safety/cleanup rules:
 - Children should be supervised by an adult/guardian at all times. All volunteers should have a buddy while they do the cleanup.
 - Do not pick up needles, syringes, broken glass, rusty nails or other potentially harmful objects. Contact the Beach Manager or a lifeguard/ranger.
 - Do not touch injured or dead animals. Contact the Beach Manager or a lifeguard/ranger.
 - Do not turn your back to the ocean. Do not swim in areas without a lifeguard.
 - Be sure fire pits are cold before touching.
 - Driftwood, shells and seaweed are not trash. Please leave them on the beach.
- _____ Divide the group into teams of two or three with one garbage bag and one recycle bag per team. Recycle only: aluminum and tin cans, unbroken glass bottles and #1 & #2 plastic. (Check with your local recycling company for more information about what can and can't be recycled in your community.)
- _____ Assign a time and place for everyone to meet when the cleanup is finished.

End of the Event

- _____ Deposit trash and recycling as instructed by the Beach Manager.
- _____ Collect all waivers. Return them, plus a report with the number of volunteers and pounds of trash & recyclables (1 bag = approx. 10 lbs.) to the Beach Manager as soon as possible. Reporting form is included in this guide.

INDIVIDUAL'S CHECKLIST FOR A BEACH CLEANUP

What to wear and bring to a beach cleanup

Clothing

- _____ Gloves
- _____ Windbreaker/nylon wind shell or jacket
as the outer layer.
- _____ Sturdy Shoes
- _____ Sweater
- _____ Long Pants
- _____ Hat (sun or wool depending on weather)
- _____ Shorts/T-shirt (for hot weather)

Miscellaneous

- _____ 1 Quart liquids
- _____ Sack lunch
- _____ Sunscreen
- _____ Sunglasses

Dressing for success on a beach cleanup

Your beach cleanup will be a lot more fun if you have the right clothes and have brought what you need. It is important to remember that it will always be colder along the water, so bring additional warm clothes.

Here are a few things to remember:

- **Even summer can be cool at the beach, so it's important to be prepared.**
- **If you run the risk of being caught in the rain, be sure to wear wool or several layers, as it will keep you warm even when it's wet.**
- **Wear gloves and sturdy shoes when doing a cleanup. Glass and other debris can be sharp.**
- **On hot/sunny days be sure to bring at least a quart of water. Working and playing in the sun can take a lot of energy. Drinking fluids throughout the day can help you avoid getting tired or experiencing headaches. Be sure to bring and use sunscreen.**



ADOPT-A-BEACH

Make a Difference, Clean the Beach

Marine debris is more than an unsightly inconvenience for beach-bound vacationers or pleasure boaters; it's one of the world's most pervasive marine pollution problems. By the simple process of moving from ship to sea, sewer to surf, or hand to sand, any manufactured material becomes marine debris. Trash in our water and on our shorelines can be mistaken as food by marine animals. If animals don't eat it, they could become entangled in it, which can have fatal results.

The California Coastal Commission, local organizations, agencies, and California State Parks coordinate the Adopt-A-Beach Program. In order to "adopt" a beach, volunteers commit to clean the beach at least three times per year (school groups commit to one cleanup a year). Anyone can get involved!

3 Steps to Adopt-A-Beach:

Step 1 - Determine the beach you want to clean

Check out the attached list of adoptable beaches. Once you have chosen the beach you would like to clean, contact the beach manager responsible for that beach. The beach manager will help you determine dates and times for your cleanups, provide you with supplies, and tell you where to leave your trash when you are done.

Step 2 - Recruit friends, coworkers, and relatives to help you clean the beach:

Encourage the people you know to get involved and come out for your beach cleanup. The more people who help with your cleanup, the more trash is removed or kept from California's beaches, which will ultimately help save animals from becoming entangled or from eating trash. Remember, all participants must fill out a waiver form (and parents must sign for children under 18 years of age). All waiver forms should be returned to the Beach Manager.

Step 3 - Clean the beach:

Dress for the weather! Wear layers, and bring a hat and gloves. Pick up trash, recyclable glass and plastic bottles, paper, and aluminum. And most important, have fun at the beach!



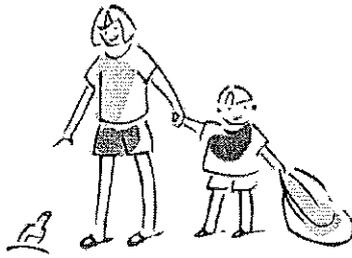
***An important note about the two attached waiver forms**

If you are an organization or a school group:

- a) have an organization or school official fill out the Adopt-A-Beach Group Participation Agreement and Indemnification Form.
- b) make photocopies and distribute to all participants the Adopt-A-Beach Waiver of Liability and Express Assumption of Risk form.
Parents **MUST** sign for children under the age of 18.
- c) **Once ALL participants have signed a waiver form**, mail the forms to the beach manager of the beach you wish to adopt.

If you are an individual, family group, or just a few friends:

Fill out the Adopt-A-Beach Waiver of Liability and Express Assumption of Risk form. Parents **MUST** sign for children under the age of 18. **Once ALL participants have signed a waiver form**, mail the forms to the Beach Manager of the beach you want to adopt.



Mark your calendar! Join thousands of Californians for ...

CALIFORNIA COASTAL CLEANUP DAY

Coastal Cleanup Day is the 3rd Saturday in September.

The California Coastal Commission also offers the following resources:

The Marine, Coastal, & Watershed Resource Directory is a comprehensive on-line directory of organizations that address the California coast and its watersheds.

Save our Seas curriculum is a K-12 marine curriculum of hands-on activities that helps students understand the effects of marine debris on wildlife and habitat.

Waves, Wetlands, and Watersheds Science Activity Guide is intended for grades 3-8, with service learning activities adaptable to all ages. The guide covers a range of topics including pollution, endangered species and coastal geology.

Whale Tail GrantsSM Program supports programs that teach California's children and the general public to value and take action to improve our marine and coastal environments. The annual deadline for applications is in the fall.

Coastal Protection "Whale Tail" License Plate is your opportunity to help protect the coast year 'round. Purchase one today!

The Commission's Public Education Program also maintains a free video and DVD lending library for teachers.

For information on these programs or to place an order, contact us at:

1-800-COAST-4U

<http://www.coastforyou.org>

coast4u@coastal.ca.gov



What's So Bad About Marine Debris?

Marine debris is more than an unsightly inconvenience for beach-bound vacationers or pleasure boaters; it's one of the world's most pervasive marine pollution problems. Through the simple process of moving from ship to sea, sewer to surf, or hand to sand, any manufactured material becomes marine debris. Cigarette butts, fishing line, diapers, tampon applicators, six-pack rings, bottles and cans, syringes, tires— the litany of litter is as varied as the products available in the global marketplace, but it all shares a common origin. At a critical decision point, someone, somewhere, mishandled it—either thoughtlessly or deliberately.

Many people mistakenly believe that oceangoing vessels are the major source of marine debris. On the contrary, 60 to 80 percent of the trash that pollutes the world's waters originates on land. Literally tons of it foul our beaches, maim and kill marine animals, and threaten water quality.

Sources of Marine Debris

- On land: malfunctioning sewage treatment plants and sewer overflows; stormwater runoff; inadequate solid waste management practices and facilities; dumping and the recreational/beachgoing public.
- At sea: merchant military, and research ships; commercial fishing vessels; cruise liners, ferries and recreational boats; tugboats and barges; and offshore oil and gas platforms.

Effects of Marine Debris

1. **Human Health and Safety:** Marine debris such as syringes, condoms, and tampon applicators — all are indicative of more serious water quality concerns that can and do impact health and human safety as well as local economies. In addition, specific debris items can pose an immediate threat to individuals: feet cut by broken glass, entangled divers, and entangled boat propellers.
2. **Habitat Destruction:** Marine debris can affect the water quality of aquatic habitats as well as causing physical damage. Submerged debris can cover communities such as coral reefs and smother sea grasses and bottom-dwelling species.
3. **Wildlife Entanglement and Ingestion:** By entanglement and ingestion, marine debris hurts a wide variety of creatures, many of them endangered: marine mammals (northern fur seals, monk seals, whales, and dolphins), seabirds and shorebirds, sea turtles, fish and shellfish. Plastics began to supplant natural fibers in fishing lines and nets during the 1960's. Known as monofilament line and nets, these products entangle young animals, cutting into their flesh as they grow, and can drown or strangle them outright. According to the Marine Mammal Commission, of the world's 312 species of seabirds, at least 111 have been reported to swallow small pieces of floating plastic, which resemble their preferred food sources, and 51 species have been reported in entanglements. Six of the world's seven species of sea turtles are known to mistake waterborne plastic for food.
4. **Aesthetic and Economic Impacts:** When marine debris entangles propellers and machinery of commercial and recreational ships as well as animals, consumers pay more for products and services in the marketplace. When it dirties shorelines with litter that ranges from unattractive to hazardous, tourists and recreational users stay away from beaches and local economies suffer.

TREATIES AND LEGISLATION

MARPOL 73/78

Administered by the United Nations International Maritime Organization (IMO), the International Convention for the Prevention of Pollution from Ships (MARPOL) is a treaty that provides a comprehensive approach to dealing with ocean dumping. Countries that sign the MARPOL treaty agree to enforce the regulations of Annexes I and II which cover oil and hazardous liquids discharges. Annexes III, IV and V of MARPOL, governing packaged hazardous materials, sewage and garbage respectively, must be ratified separately.

Annex I	Discharge of oil
Annex II	Control of hazardous liquids
Annex III	Transport of hazardous materials in a packaged form
Annex IV	Discharge of sewage
Annex V	Disposal of plastics and garbage (bans all dumping of plastics into the oceans)

MARPOL ANNEX V

Annex V of MARPOL prohibits ocean dumping of all ship-generated plastics and regulates the dumping of garbage. In 1988, the U.S. passed the Marine Plastic Pollution Research and Control Act (MPPRCA) in order to create legal authority to implement Annex V in the United States. As of 1999, over 90 countries have adopted Annex V. This means that ships of signatory nations must abide by Annex V while in a signatory's waters.

SPECIAL AREA DESIGNATIONS

Special Areas are designated by MARPOL as locations where all overboard discharges of garbage (except ground-up food wastes) are prohibited due to unique oceanographic, ecological or traffic conditions. Food waste may not be discharged within 12 nautical miles of the nearest land in Special Areas. To date MARPOL has designated nine Special Areas: Mediterranean Sea, Baltic Sea, Black Sea, Red Sea, Persian Gulf, Gulf of Aden, North Sea, Antarctic area, and the Wider Caribbean (including the Gulf of Mexico). Unfortunately, many of these Special Areas are not treated as such yet. For this designation to be in effect, an Area needs to prove it has adequate waste reception facilities to handle the increased volume of trash.

LEGISLATION OVERVIEW

The many levels of marine debris laws and regulations can be confusing. The following includes the laws and treaties governing marine debris internationally, in the United States, and at the U.S. state level:

INTERNATIONAL TREATY

MARPOL – the International Marine Pollution Treaty

- Creates international guidelines for pollution prevention from ships and vessels.
- Has many parts, including part five, or Annex V, which governs vessel-generated garbage. Countries chose to sign on the Annex V. Once they do, their ships must comply with the guidelines, and they can enforce guidelines within their own waters.
- As of 1999, there are more than 90 countries signed on to Annex V.

U.S. LEGISLATION

MPPRCA – the U.S. Marine Plastic Pollution Research and Control Act

- Passed by U.S. Congress in 1987 to bring MARPOL Annex V into effect in our country.
- Applies to foreign vessels in our waters, and to U.S. vessels anywhere in the world.
- This law (Public Law 100-220) and the regulations that implement it, explain how MARPOL is going to work in our country.
- The U.S. Coast Guard is the primary enforcement agency.
- Other countries bring MARPOL Annex V into their country with similar legislation.

STATE LITTER OR MARINE DEBRIS LAWS

- Several states have laws that provide additional layers of protection against marine littering.
- Allows particular state agencies to enforce against marine debris violations.
- Laws are often similar to highway littering restrictions.

OTHER RESOURCES

You can see a listing of CCC publications by visiting our website:

www.coastforyou.org

These organizations may also be able to provide further information on marine debris:

International Maritime Organization

4 Albert Embankment
London SE1 7SR
England
United Kingdom
www.imo.org

National Oceanic and Atmospheric Administration

National Marine Fisheries Service
1315 East West Highway
Silver Spring, MD 20910
www.nmfs.noaa.gov

National Oceanic and Atmospheric Administration

1401 Constitution Avenue, NW
Room 5128
Washington, DC 20230
www.noaa.gov

U.S. Coast Guard

Office of Boating, Public and Consumer Affairs
2100 Second Street, SW
Washington, DC 20593
www.uscg.mil

National Oceanic and Atmospheric Administration

National Ocean Service
SSMC4, Room 13632
1305 East West Highway
Silver Spring, Maryland 20910
www.nos.noaa.gov

U.S. Environmental Protection Agency

Ariel Rios Building
1200 Pennsylvania Avenue
Washington, DC 20460
www.epa.gov

The Ocean Conservancy

1300 19th Avenue, NW
8th Floor
Washington, D.C. 20036
www.oceanconservancy.org

THE PROBLEM WITH MARINE DEBRIS

Marine debris can cause enormous harm to our fragile marine ecosystems, and poses a rapidly growing threat to our world's oceans.

Marine animals can be harmed, even fatally, by marine debris. Plastic marine debris affects at least 267 species worldwide, including 86 percent of all sea turtle species, 44 percent of all sea bird species, and 43 percent of marine mammal species. The most common impacts are brought on by entanglement or ingestion. Common items like fishing line or nets, strapping bands, and six-pack rings can hamper the mobility of marine animals. Once entangled, animals have trouble eating, breathing or swimming, all of which can have fatal results. Plastic debris poses an especially large problem, since it takes hundreds of years to break down, and may never fully biodegrade. Meanwhile, it may continue to trap and kill animals year after year. In addition, birds, fish, and mammals often mistake plastic and other debris for food. Sea turtles mistake plastic bags for jellyfish, one of their favorite foods. Gray whales have been found dead with plastic bags and sheeting in their stomachs. Some birds even feed it to their young. With debris filling their stomachs, animals have a false feeling of being full, and may die of starvation. Plastic debris also acts as a sponge for toxic, hormone-disrupting chemicals (like PCBs and DDT) that reside in seawater, and the chemical components of plastics themselves may also be a potential source of other toxins that find their way into the food chain.

There are no estimates as to exactly how much marine debris currently resides in the ocean. However, when Californians can remove more than 1.6 million pounds of debris during a three-hour Cleanup on a single day in September, or when estimates show weight ratios of plastic to plankton in certain parts of the Pacific Ocean to be 6:1 or higher, a natural question to ask is, "Where is all this trash coming from?" Well, look around the next time you walk down the street. When it rains, trash on sidewalks and streets accumulates in the gutter and is swept into your city's storm drain system. Most storm drain systems discharge directly into the nearest waterway, which eventually flows to the ocean. So much trash reaches the ocean through our storm drain systems that NOAA estimates that 60-80% of all marine debris originates from land-based sources. Trash may also be dumped directly into the ocean by recreational and commercial boaters, and it is often left on the beach by beach-goers.

What can be done? With so much debris entering our ocean every year, it seems an almost insurmountable challenge to address. Improving this dire picture is going to require change on the part of individuals as well as institutions and society as a whole. There is no easy fix; however, there are many ways that we can confront this problem at its source. The phrase, "Reduce, Reuse, Recycle," still provides the best guidance, but reduction is the key. The growing amount of trash in our ocean corresponds to the growing amount of debris that we create -- in 2001, Americans used an average of 223 pounds of plastic and, according to the plastics industry, will use 326 pounds per capita by the end of the decade. We can break this cycle by choosing to purchase items that are more durable, and with little or no packaging, so that there will be that much less waste leftover that could potentially become marine debris. For every other item we recycle or reuse, there is one less piece of trash that could become a part of the marine debris cycle threatening people and wildlife.

Be Part of the Solution

The debris that we collect from our beaches is a symptom of a much larger water pollution problem that is caused by everyday people doing everyday things. Rain scours oil from parking lots, fertilizer from lawns, pet droppings from sidewalks and other contaminants from "non-point" sources and transports this toxic stew down storm drains and over land into the ocean. These toxins are poisoning marine life and our water sources. We can all be part of the solution by recycling used motor oil and repairing car leaks, picking up after our pets and switching to non-toxic products and improve other everyday practices to help keep our waterways clear and clean. Everyone that lives in a coastal home, whether it be sea otters, plankton or you and me, is vulnerable to the hazards of ocean pollution. The California Coastal Commission's Adopt-A-Beach program is dedicated to helping Californians work together to create solutions to a problem that affects us all.

HOW CAN I HELP?

- Reduce, reuse and recycle at home, work and school.
- Buy products made from recycled materials with little or no packaging.
- Keep storm drains clean – they drain to beaches.
- Keep cigarette butts off streets and beaches.
- Properly dispose of fishing lines, nets and hooks.
- Participate in the Coastal Commission's programs, call (800) COAST-4U:
 - Volunteer for Coastal Cleanup Day, Saturday, September 19, 2009.
 - Volunteer for the year 'round Adopt-A-Beach program.
 - Buy a Coastal Whale Tail License Plate.

RESOURCES

California Coastal Commission
Adopt-A-Beach Program
45 Fremont Street, Suite 2000
San Francisco, CA 94105
(800) COAST-4U
www.coastforyou.org

National Park Service
Pacific West Region
www.nps.gov

1-800-CLEAN-UP
Call for information on
where to recycle and how
to dispose of household
hazardous waste

The Ocean Conservancy
1300 19th Avenue, NW
8th Floor
Washington, DC 20036
www.oceanconservancy.org

The Marine Mammal Center
www.tnmmc.org
(415) 289-7335

For "Green" shopping:
National Green Pages
www.greenpages.org