



ROCKFISH

tomorrow's fish are still in the sea

BEACH CLEAN GUIDE

Did you know that 8 million tonnes of plastic enters the sea every year? Plastic bags are eaten by turtles who mistake them for jellyfish and micro plastics are consumed by marine life, making their way into our food chain.

WHAT YOU WILL NEED:

- Litter pickers (if you have them)
- Strong gloves (gardening or similar)
- A strong bag for collecting rubbish
- A bucket (for any items that might pierce a bag)
- Comfortable and supportive footwear
- Sun cream and a hat if it's warm
- Waterproofs if it's rainy
- First aid kit (just in case)
- Some friends!

DOS & DON'TS

DO:

- Check the tide times at your chosen beach
- Watch out for wildlife
- Take a photo to remember the day

DON'T:

- Pick up anything that could injure you
- Pick up natural items, like wood

Name :

Date :

Beach :

Weather conditions :

What did you find? :

The largest item you found :

The smallest item you found :

The strangest item you found :

THANK YOU FOR HELPING TO KEEP OUR OCEANS PLASTIC FREE!