



40cean
Ocean Clean Up Handbook

Sea The
Change

Please Note: This handbook is a guide and should only be used as a guide. By using this handbook, the user accepts full responsibility of what happens before, during, and after any activities that this guide may arise. By using this handbook, the user acknowledges that 4Ocean is not liable or responsible in any way for the actions that take place during any activities that have been hosted by the user of this handbook.

Take the next step

We encourage you to continue making a difference! Take the next step and host a beach clean up of your own! We do understand that this may be easier said than done which is why we've provided you with tips to help make this experience as fun and easy as possible!

What you need to know

Getting the word out about your clean up to others can easily be done through many different methods! A good way to start would be to create flyers to post in local shops (always ask permission beforehand). Social Media is another great way to get the word out.

We suggest creating public Facebook events or posting on your personal social media pages, (asking friends to post as well is always helpful).

Beach clean ups are a great way to bring the community together and make a difference! However there are a few things to take into consideration when hosting a clean up of your own. Using the wrong materials can cause more harm than good, always make sure all materials used during the clean up are recyclable (i.e. garbage bags, gloves, water bottles/cups). Bringing water is always a good idea, instead of water bottles try bringing a water dispenser and paper cups to reduce the amount of plastic being used! Be sure to remind participants to stay off of sand dunes.

Accidents do happen so always be prepared! Bring first-aid kit just in case and remind participants while they are checking in of any beach advisories (i.e. high tides, dangerous marine life). All participants should wear gloves for protection. We would suggest bringing reusable, washable gloves for participants or perhaps asking that they bring reusable gloves of their own to avoid using plastic or latex gloves!

Why is this important?

Thousands of tons of waste and trash are dumped into the ocean on a **DAILY BASIS.**



Small animals at the bottom of the food chain absorb chemicals as part of their food affecting the animals at the top of the the food chain as well as all animals in between!



80% OF THE SEWAGE DUMPED INTO THE MEDITERRANEAN SEA IS UNTREATED.

80%



Over **one million seabirds** are killed by ocean pollution each year.

Not all sources of contamination in the ocean come from just oil, trash, and solid wastes. The dumping of **heavy metals and acids** are also heavy contributors.

There is an island of garbage twice the size of Texas inside the Pacific Ocean: The North Pacific Gyre off the coast of California. is the largest oceanic garbage site in the entire world.

X2

Plastic does not degrade, it breaks down into smaller pieces, but never

DISAPPEARS

People easily get contaminated by consuming contaminated sea food.



Every square mile of the ocean has an estimated **45,000** pieces of trash floating in it

ABOUT **THREE HUNDRED THOUSAND DOLPHINS AND PORPOISES DIE** EACH YEAR AS A RESULT OF BECOMING ENTANGLED IN DISCARDED FISHING NETS.

Although plastic maybe useful for our everyday lives, it does not just dissapear. Plastics will be on this earth long after the lives of any human. Plastics do not biodegrade, they break down into smaller pieces of plastic called micro-plastic. These micro-plastics can be found not only in our oceans but also in our drinking water, they are now getting into lakes and aquifers that humans use for consumption. The moderate figure of 8 million metric tons of plastic that gets dumped into the ocean yearly is staggering.

Plastics and trash debris in our oceans and waterways are eaten by fish, sea turtles, and even whales. As these plastics travel up the food chain, it is unclear how and what effects these plastics will have on humans. Unfortunately we have no control over those who choose to pollute, but what we can do is raise awareness to others and join the fight against ocean pollution.

The Check List

- Trash Bags
- Gloves
- Tents
- Bins for Rinsing/Sorting Stations
- Water
- Large Recycle Bins
- Sunscreen
- First Aid Kit
- Paper Cups
- Tables/Chairs
- Hand Sanitizer

Encourage and Educate

Not many people understand the importance of keeping our oceans and coastlines clean. Beach clean up events are the perfect opportunity to inform others, inspire them to take action, and join the fight against ocean pollution!

Know your facts and educate, having Q&A games available for participants to play would be a fun way of educating others! All in all, have fun and enjoy this awesome opportunity to do good with those in your community! We *highly* encourage you to tag us or send in any photos of your clean ups! Please feel free to let us know what you found helpful from this guide as well. Thank you for making a difference and supporting our cause!