



Heal the Bay

Beach Programs Cleanup Guide



A Brief Overview of the Beach Cleanup Process

Includes:

- Important waiver information
- Checklist of items you will need for your cleanup
- Educational information on storm water pollution
- Guidelines for your cleanup
- Important safety precautions for your cleanup

Adopt-A-Beach

Waivers and Safety

Liability Waivers

All volunteers must sign a liability waiver BEFORE participating in a beach cleanup.

A WAIVER MUST BE SIGNED FOR EACH BEACH CLEANUP.

People who do not turn in a completed waiver may NOT participate.

IMPORTANT: Please note that children **under the age of 18** must have the waiver signed by a **parent or legal guardian**. A child's waiver may **NOT** be signed by a friend's parent, babysitter, aunt, teacher, etc. The waiver can be obtained in advance from our website at www.healthebay.org.

Use Caution

Please advise volunteers to wear sun block, closed-toe shoes, and a jacket and to bring a snack and beverage. Children should be supervised by an adult at all times.

Accidents and Emergencies

Before you start your cleanup, please take some time to look around for the nearest attended lifeguard tower or station. Should any accident or emergency arise, please contact a lifeguard immediately. If a lifeguard is not available and there is an emergency, call 911.

Cleanup Supply Checklist

Please check this list to make sure you have all of the supplies you will need for your beach cleanup.

- Trash Bags** (Supplied by Heal the Bay)
- Recycle Bags** (Supplied by Heal the Bay)
- Liability Waiver Forms** (Supplied by Heal the Bay)
- Pencils** (Supplied by Heal the Bay)
- Data Cards** (Supplied by Heal the Bay)
- Gloves** (Supplied by Heal the Bay)
- Water**
- Snacks**
- Sunscreen**
- Closed Toe Shoes**



IMPORTANT: PLEASE BE SURE TO RETURN THE WAIVERS AND DATA CARDS IN THE PRE-ADDRESSED ENVELOPE TO HEAL THE BAY AFTER YOU HAVE COMPLETED YOUR CLEANUP.

Heal the Bay Facts

The Los Angeles Storm Drain System



The Los Angeles County storm drain system is a 5,000 mile network of open channels, gutters, and drain pipes which collects runoff from Los Angeles County streets. The network drains to more than 70 major outfalls that empty into the ocean. While the primary purpose of the system is to prevent flooding in the approximately 1,060 square miles of urban area it drains, it unintentionally moves pollution directly to our bays and beaches.

Catch basins are the curbside openings leading into the storm drain system. There are roughly 250,000 catch basins in Los Angeles County. Each year, an average of 30 billion gallons of storm water and urban runoff flow through the storm drain system and are discharged into Santa Monica Bay. Runoff has increased because roads, buildings, and pavement cover land that once absorbed and filtered rainfall. Without anywhere to go, the rainfall must flow into the storm drain system.

Unlike other areas of the country, sewage and urban runoff within the Los Angeles area are carried through two entirely separate systems. This means that sewage gets treated, while most runoff does not. Things that fall, pour, or are dropped onto our region's streets end up in the storm drain system and eventually make their way into Santa Monica or San Pedro Bays untreated.

Impacts of Urban Runoff and Storm Drain Pollution

Trash, motor oil and other automotive fluids, animal and human waste, toxic chemicals, pesticides, dirt, aerial fallout, and other pollutants collect on sidewalks, roads, roofs, and other surfaces. Heavy rains wash the pollutants from these surfaces into the catch basins, down through the storm drain system, eventually emptying out through outfall pipes along the coast into our coastal waters. Human pathogens of unknown origins have also been found in storm drains.

Chemicals in the storm drain system are also a concern. PCBs (polychlorinated biphenyls), a carcinogenic group of industrial chemicals, have been found in storm drains. They are virtually indestructible in the environment and can accumulate in higher levels of the food chain.

Storm drain pollution is toxic to marine life. Animals can choke and/or get entangled in marine debris. Pollution affects food webs, animal reproduction, algal blooms, and the overall health of the marine ecosystem.

Swimming Health Risks

Storm drain pollution is also toxic to humans. County health officials and Heal the Bay advise swimming at least 100 yards away from flowing storm drains. Experts agree that the entire beach should be avoided after a major storm for at least 72 hours because of the potential risks to human health. Swimmers are also advised to avoid contact with storm water where it pools or streams across the beach. Near flowing storm drain outlets, bacteria indicator counts are approximately 10 times higher at ankle depth, where small children play, than at chest depth.

Heal the Bay's

Frequently Asked Questions



How come they don't put screens over the gutter openings and storm drain outlets to catch all the trash before it gets to the ocean?

There are a few locations where screens and nets have been put up to catch trash, but there are too many gutters and drains for screens to be installed everywhere. The first problem is that screens clog up with trash very quickly, which is dangerous because a clogged gutter can lead to serious flooding. Secondly, there are over 250,000 gutters in L.A. County—it would take an enormous amount of time and money to clean out each one on a regular basis.

What is causing the high bacteria levels in Los Angeles County coastal waters?

Leaky sewer and septic systems, horse ranches, illegal RV dumping, feces from people who do not have access to bathrooms, waste from dogs, cats and birds are all sources of bacteria.

Reasons to keep the ocean clean (even if you don't go to the beach):

- ☆ Animals mistake trash for food on the beach and in the ocean. Popped balloons look like sea jellies, Styrofoam bits look like fish eggs, etc.
- ☆ As a part of the water cycle, the ocean generates the rain necessary to sustain life on earth. The rain nourishes our crops, and all Earth creatures, big and small, need water to survive.
- ☆ The ocean provides over 70% of the oxygen we breathe. The phytoplankton and algae that live in the ocean produce oxygen.
- ☆ The ocean is an important source of food: fish, clams, lobster, sushi, seaweed, etc.
- ☆ Seaweed is an important ingredient in many different products, such as ice cream, toothpaste, beer, pudding, chocolate milk, shampoo etc.
- ☆ A healthy ocean has plenty of biodiversity. The wide range of interesting marine creatures in the sea enriches our lives.
- ☆ Scientists use marine organisms in their search for lifesaving medicines. Many of these organisms are becoming endangered due to pollution from runoff.
- ☆ Many tourists come to visit our beaches, pumping money into our economy. According to the Los Angeles Convention & Visitors Bureau in 1998, direct spending by overnight visitors throughout Los Angeles County was \$11.9 billion dollars.

Adopt-A-Beach

Orientation and Safety Talk

IMPORTANT: PLEASE BRING THIS AND THE FOLLOWING PAGE WITH YOU TO THE BEACH CLEANUP.

- Volunteers taking care of our community are vital.
- Marine debris endangers, maims, and kills ocean animals. They get trapped in fishing nets, fishing lines, and six-pack rings and mistake the debris for food.

What to Pick Up?

We pick up only foreign matter (plastics, metal, glass, Styrofoam, etc.).

Natural debris (algae, kelp, driftwood, shells, etc.) is part of the ecosystem system that we are working to restore and should be left alone. Please avoid disturbing plants and animals.

Remember to pick up even small pieces of trash, which animals often mistake for food.

What is Recyclable?

YES: Glass, aluminum cans, tin cans, plastic drinking bottles.

NO: Everything else! (paper, plastic wrappers, Styrofoam, dirty items, etc.)

Gloves

Please, only **one** glove per participant. Unless participants are in an extremely dirty area that requires two hands for picking up trash, we use just one glove to save resources and to generate less trash. Place the glove on the hand that you are using to pick up trash and use the ungloved hand to hold the trash bag, pencil, etc.

Data Cards

Some volunteers worry that recording data takes away from collecting trash. By collecting data, we can help identify the sources of pollution and work towards developing permanent solutions. The information volunteers collect on the data cards is being used to revise national maritime disposal policies and is used to advance environmental legislation.

Hand out the data cards and go over the data collection instructions. Please stress the following:

- When filling out cards, tally items in groups of five, as shown in the example. At the end of the cleanup, record the total in the box to the left.
- Do not write words such as “Lots” or “Many.” **Only numbers of items can be used.**

Filled Bags

When your cleanup is over, please make sure to close your bags securely by tying the top into a knot to make sure the trash stays in the bags. Please place bags **NEXT** to a trash can for pickup that way beachgoers will have room in the trash cans to still dispose of their own trash.

Return Time

Let everyone know the time to return to the starting point to turn in their data cards and trash.



Safety Precautions

DO's:

1. **DO** make sure you have signed a liability waiver. Without a signed liability waiver, you can not participate in the cleanup.
2. **DO** wear gloves and closed-toe shoes at all times and have clothing and sun block to protect you from the sun.
3. **DO** make sure all children are supervised by an adult.
4. **DO** stay in teams.

DO NOT's:

5. **DO NOT** pick up dead animals or attempt to move an injured animal—call the Beach Captain or a lifeguard.
6. **DO NOT** pick up syringes, needles, any sharp objects, condoms, tampons, waste materials, or anything that looks like it comes from a hospital.
Mark the area with a ring of stick or stones and notify the Beach Captain or lifeguard.
7. **DO NOT** clean in any flowing storm drain outlets.
8. **DO NOT** pick up any weapons. Notify a beach captain or lifeguard.
9. **DO NOT** go in any locations that appear to be unsafe.

BE CAUTIOUS OF:

10. **BE CAUTIOUS OF** the bike path!
11. **BE CAUTIOUS OF** overexertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early. It's better to be safe than sorry.
12. **BE CAUTIOUS OF** fragile dune areas.
13. **BE CAUTIOUS OF** the waves and water. Do not go in the water, turn your back on the ocean, or leave children unsupervised.
14. **BE CAUTIOUS OF** rocky or unsafe terrain.

ADDITIONAL SAFETY MEASURES:

15. Notify your volunteers of any dangerous places to avoid.
16. Tell them the boundaries of the site and the time to be back.
17. Place TIED bags NEXT to trash cans. Please do not put the bags in the trash cans.
18. Assign someone to take the recyclable items home.

WHEN IN DOUBT – DON'T TOUCH IT!

Notify your Beach Captain or a lifeguard about any accidents or emergencies.

For injured animals, please contact the California Wildlife Center: **310-458-WILD (9453)**
818-591-WILD (9453)

Beach Locations / Addresses



Beach (North to South)	Beach Location Address	Meeting Notes
Zuma Beach	30000 Block of Pacific Coast Hwy, Malibu 90265	
Westward Beach	7103 Westward Beach Rd, Malibu 90265	
Malibu Lagoon	23400 Pacific Coast Hwy, Malibu 90265	
Surfrider Beach	23100 Block of Pacific Coast Hwy, Malibu 90265	North side of Malibu Pier
Topanga State Beach	18720 Pacific Coast Hwy, Malibu 90265	
Will Rogers State Beach	15800 Pacific Coast Hwy, Pacific Palisades 90272	
Santa Monica Beach	1600 Ocean Front Walk, Santa Monica 90401	Tower 1550 (north pier)
	2400 Ocean Front Walk, Santa Monica 90401	Tower 18-22 (south pier)
	3200 Ocean Front Walk, Santa Monica 90401	Tower 27 (Ocean Park)
Venice City Beach	ROSE: 300 Ocean Front Walk @ Rose Ave. Venice 90291	Venice Beach Boardwalk
	NORTH VENICE: 2100 Ocean Front Walk @ North Venice Blvd. Venice 90292	Venice Beach Restaurant Row
	PIER: 3100 Ocean Front Walk @ Washington Blvd. Venice 90292	Venice Beach Pier
Playa Del Rey Beach	6200 Pacific Ave, Playa Del Rey 90293	62nd and Pacific
Dockweiler State Beach	11999 Vista Del Mar, Playa Del Rey 90293	
Manhattan State Beach	100 Manhattan Beach Blvd, Manhattan Beach 90266	Manhattan Beach Pier
Hermosa City Beach	1201 The Strand: Hermosa Pier	
	100 Strand: Northern-most tower	Near Manhattan Beach
	100 Strand: Southern-most tower (South tower near Chart House)	Near Redondo Beach
Redondo State Beach	2 Pearl Street, Redondo Beach 90277	
Torrance County Beach	389 Paseo De La Playa, Torrance 90277	Paseo De La Playa & Via Riviera
White Point / Royal Palms	1995 W Paseo Del Mar, San Pedro 90732	
Cabrillo Beach	3720 Stephen White Drive, San Pedro 90731	