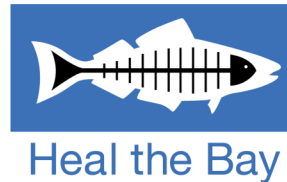


THE ADOPT-A-BEACH

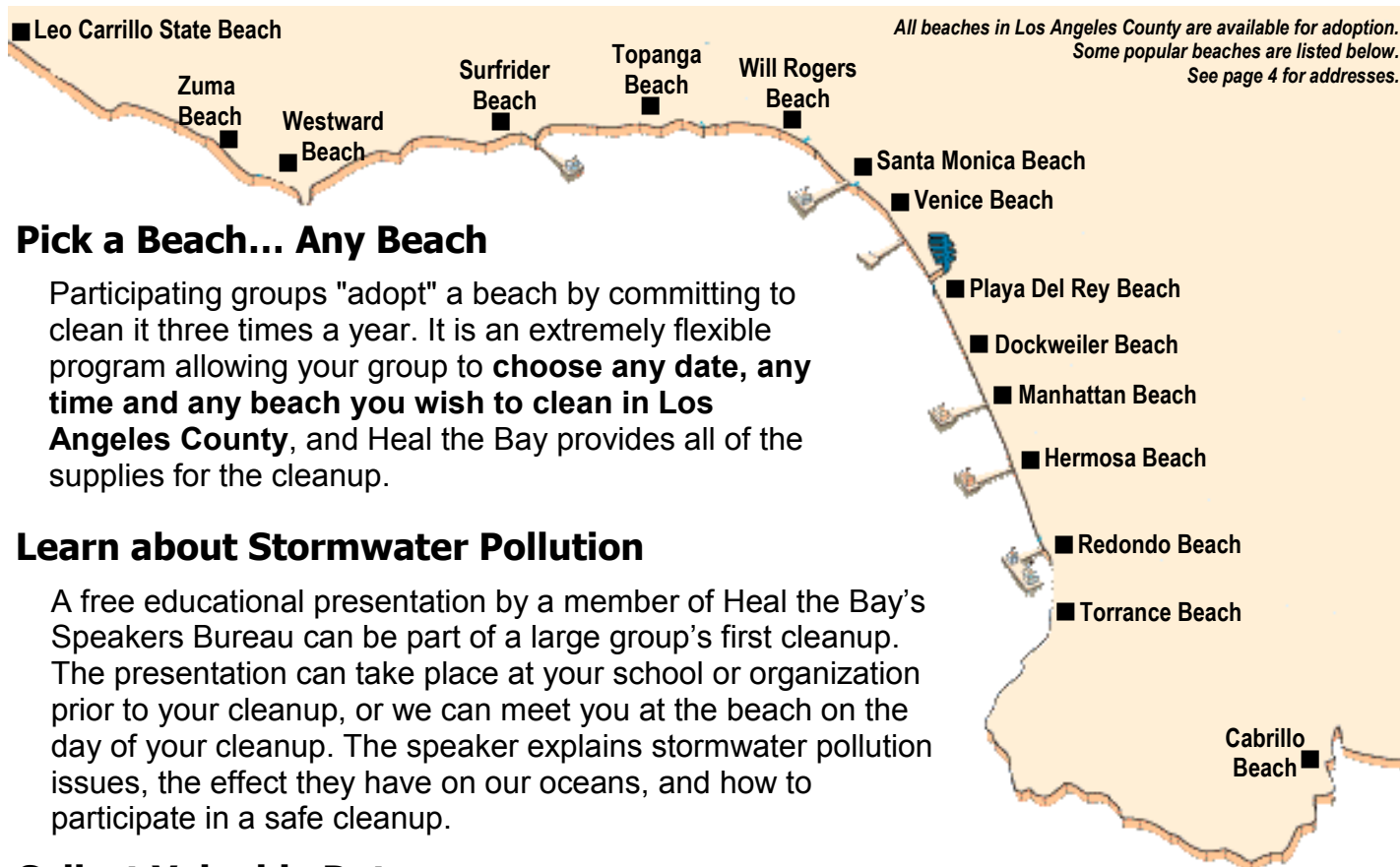
BEACH CLEANUP PROGRAM
IN LOS ANGELES COUNTY



Your school, community group, or business can be a part of the solution to ocean pollution!

California's Adopt-A-Beach Program gives people of all ages the opportunity to learn about and participate in the conservation of our coastal resources. By cleaning the beach, participants will learn how trash on our streets impacts our oceans.

Hundreds of schools, community groups, and businesses have already taken advantage of this program to be a part of the solution to ocean pollution, how about you?



Pick a Beach... Any Beach

Participating groups "adopt" a beach by committing to clean it three times a year. It is an extremely flexible program allowing your group to **choose any date, any time and any beach you wish to clean in Los Angeles County**, and Heal the Bay provides all of the supplies for the cleanup.

Learn about Stormwater Pollution

A free educational presentation by a member of Heal the Bay's Speakers Bureau can be part of a large group's first cleanup. The presentation can take place at your school or organization prior to your cleanup, or we can meet you at the beach on the day of your cleanup. The speaker explains stormwater pollution issues, the effect they have on our oceans, and how to participate in a safe cleanup.

Collect Valuable Data

Participants collect data on the types of trash they find at the beach. This data is used for educational, scientific, and legislative purposes to make Southern California coastal waters safe and healthy for people and marine life. After the cleanup we ask that you submit your data via our online database. See the instruction sheet on page 6 for more details.

Be a part of the solution. Adopt a beach today!

The Adopt-A-Beach program is an educational project of the California Coastal Commission.
In Los Angeles County, the program is coordinated by Heal the Bay and the Los Angeles County Department of Beaches and Harbors.

Want to Adopt-A-Beach? Follow these simple steps...

❶ Fill out the Adopt-A-Beach application and agreement **ONLINE @**

<http://www.healthebay.org/marinedebris/MDDDB/NewCleanup.aspx>

or go to www.healthebay.org and click on the



icon.

CHOOSE the dates, time, and beach you would like to adopt, then fill out the Adopt-A-Beach request form online. Groups may do a one-time cleanup if commitment to a three-time cleanup is not possible. Additional cleanups can occur on or around your local grounds for “Adoption” recognition.

The first cleanup:

Heal the Bay may be able to schedule a speaker to come to your school or organization prior to your cleanup OR to meet you at the beach on the day of your cleanup to get you started. The speaker will explain stormwater and urban runoff issues, the effect they have on our oceans, what each of us can do to help keep our oceans clean, and how to participate in a safe cleanup. Please expect a second confirmation for the Speaker from the Speaker Bureau Manager prior to your scheduled date request. All groups have a minimum of 20 people in order to attempt to schedule a speaker. Note that it takes 3 weeks to process and schedule any cleanup date.

For your second and third cleanup:

After your first cleanup, you are prepared to run your additional cleanups on your own without the help of a Speaker or Heal the Bay rep. We will continue to supply you with all the materials you will need to conduct the cleanups. Please call 2 weeks before each of your scheduled cleanup dates to arrange for your supplies.

❷ Print and sign the waiver (page 5)

All members of your group must sign the waiver to clean up! Parents or legal guardian must sign a waiver for children under the age of 18.

Absolutely NO changes, exceptions or deletions can be made.

A liability waiver must be signed by every individual in order to participate in a beach cleanup. A waiver can be signed at the cleanup the day of the event if the participant is 18 or over.

If a parent or guardian will not be attending the event, the waiver must be signed in advance and must be presented at the cleanup in order to participate. Children without properly signed waivers are prohibited from participating in a cleanup. Teachers or other adult supervisors are not the appropriate legal signers for this purpose. A waiver can also be obtained prior to your cleanup on our website at www.healthebay.org/waivers.

❸ Mail waivers and data cards to:

Attn: Beach Programs
Heal the Bay
1444 9th Street
Santa Monica, CA 90401
Fax: (310) 496-1902

❹ Confirmation of cleanup details

Once we receive your cleanup request submission online, we will email or call to confirm your cleanup details. We may be able to arrange discounted parking for your group depending on the site of your cleanup. Note that in order to schedule a cleanup and/or a speaker, it does require a confirmation of such. Please do not expect a cleanup or speaker request to be met if you have not received proper confirmation of it via email or phone.



Take the California Coastal Commission's Coastal Stewardship Pledge and commit to being coastal stewards. Visit: http://www.coastal.ca.gov/publiced/steward/pledge_form.html to sign up to be your communities local coastal water steward!

Frequently Asked Questions about the Adopt-A-Beach program:



Can I do a one-time cleanup?

Yes! Just click the "one-time cleanup" line on the application form online.
Or go to <http://www.healthebay.org/MarineDebris/MDDDB/NewCleanup.aspx>

Do I need to have a speaker?

No! Your group can perform a cleanup without the presence of a Heal the Bay member. We will just need to coordinate a supply pickup or delivery on time for your cleanup date. Call or email to schedule, (310) 451-1500 x148.

Can I change my cleanup date?

Yes! But you need to allow enough notice time for us to be able to adjust and make those changes. Many departments and agencies are notified about your cleanup. When you make a change, we must notify the entire team working on this event, including lifeguards, the Los Angeles County Departments of Beaches and Harbors, the Speaker Bureau member (if applicable) among others. Changes require reconfirmation.

Can I change my cleanup time?

Yes! AGAIN, you need to allow enough notice time for us to be able to adjust and make those changes. Many departments and agencies are notified about your cleanup. When you make a change, we must notify the entire team working on this event, including lifeguards, the Los Angeles County Departments of Beaches and Harbors, the Speaker Bureau member (if applicable) among others. Changes require reconfirmation.

Do I need to let Heal the Bay know if I'm doing a cleanup?

If you want your cleanup to be recognized as an official Heal the Bay cleanup, YES! Heal the Bay will provide supplies, if and when you submit an online request, agree to send in the waivers and data cards, and we have enough time to file for a permit (per the requirements of our "volunteer event" insurance) to the Department of Beaches and Harbors. This whole process takes 3 weeks and is dependant on your cleanup details (i.e. the date, beach location and number of volunteers).

Other Questions or concerns?

If you have other question or concerns not address in this packet please contact Eveline Bravo at (310) 451-1500 x148.

Curriculum for Teachers

Upon request, Heal the Bay can mail you the request form for the California Coastal Commission's "Waves, Wetlands, and Watersheds" curriculum to use as a complement to the cleanup. This K-12 curriculum is designed to encourage students to think about the complexity of ocean-based environmental problems such as marine debris and water contamination. Each lesson includes recommended grade levels, background information for instructors, and hands-on activities.



Beach locations to choose from:

(Also see map on page 1)

Below is our most updated list of LA County beaches. Please choose from this list of locations:

- **Leo Carrillo State Beach:** Park entrance at 36000 Block East of Pacific Coast Hwy
- **Nicholas Canyon Beach:** 33800 Block West of Pacific Coast Highway, Malibu
- **El Pescador, La Piedra and El Matador:** 32300-900 Block West of PCH
AKA Robert Meyer Memorial State Beaches
- **Zuma Beach:** 30000 Block of Pacific Coast Highway in Malibu
- **Westward Beach:** West of PCH in Malibu at 7100 Block of Westward Beach Road
- **Point Dume:** South of Westward Beach at end of Westward Beach Road
- **Malibu Lagoon:** 23400 Block of Pacific Coast Hwy in Malibu
- **Malibu Surfrider Beach:** 23100 Block of Pacific Coast Hwy in Malibu
- **Las Tunas State Beach:** 1 mile north of Topanga Canyon
- **Topanga State Beach:** PCH and Topanga Canyon Blvd in Malibu
- **Will Rogers State Beach:** PCH and Temescal Canyon Rd in Pacific Palisades
- **Santa Monica Beach:** North or south of the Pier at 1600 Ocean Front Walk
- **Venice Beach:** At end of Washington Blvd, Rose Ave or Venice Blvd in Venice 90292
- **Mother's Beach:** North of Marina del Rey docks near 4101 Admiralty Way 90292
- **Playa del Rey-Toes Beach:** Pacific Avenue and 62nd Street 90293
- **Dockweiler State Beach:** 11999 Vista Del Mar at end Imperial HWY
- **El Porto Beach:** 45th Street in Manhattan Beach
- **Manhattan State Beach:** W Rosecrans Ave in Manhattan Beach
- **Hermosa Beach:** W Pier Ave in Hermosa Beach
- **Redondo State Beach:** 100 W Torrance Blvd in Redondo Beach
- **Torrance County Beach:** Along Paseo de la Playa just south of Redondo Beach
- **Malaga Cove:** Northwest of Palos Verdes Peninsula
- **Abalone Cove:** 5095 Palos Verdes Drive South in Rancho Palos Verdes
- **White Point at Royal Palms State Beach:** Upper/Lower self along Paseo Del Mar San Pedro 90732
- **Cabrillo Beach:** End of Stephen M. White Drive off Pacific Avenue in San Pedro

(Beaches list in **blue** are our top 5 most common and convenient locations for a beach cleanup.)

For any Long Beach beaches, please contact the El Dorado Nature Center to sign up for the Adopt-A-Beach program in that area.

For any Orange County beaches, including Seal Beach, contact the California Coastal Commission for more info about the Adopt-A-Beach program in that area.

Name of Group: _____

Cleanup Location: _____

**ADOPT-A-BEACH WAIVER OF LIABILITY AND EXPRESS ASSUMPTION OF RISK
(PLEASE READ CAREFULLY)**

I, _____, HEREBY CERTIFY THAT I AM AWARE OF THE INHERENT HAZARDS OF A BEACH CLEANUP.

I agree as follows: 1. I am volunteering my services for the Adopt-A-Beach program (“the Event”) on a voluntary basis without anticipation of payment of any kind; 2. I will perform assigned tasks that are within my physical capability to the best of my ability, and I will not undertake tasks that are beyond my ability; 3. I am familiar with the safe operation and use of equipment and tools that I may utilize in connection with this volunteer activity, and I will not undertake to use any equipment or tools with which I am unfamiliar or do not know how to operate safely; 4. I acknowledge that I have received and read appropriate instruction regarding this Event, including appropriate safety and emergency procedures, and that I fully understand those instructions and that I agree, after proper inspection, to use only the supplies, tools and equipment provided by the Event organizers; 5. I will perform only those tasks assigned, observe all safety rules, and use care in the performance of my assignments; 6. I specifically acknowledge that I am engaging in this activity as a volunteer, at my own request and risk, and not as a State of California or Foundation employee, agent, official, officer or representative, and further acknowledge that I am not entitled to any compensation, benefit or insurance coverage from the State of California, the Department of Parks and Recreation, the California Coastal Commission, the California State Parks Foundation, Los Angeles County Department of Beaches and Harbors, Heal the Bay or any Event promoter or sponsor, nor will I make any such claim.

I understand and agree that neither the State of California, California Coastal Commission, California Department of Parks and Recreation, California State Parks Foundation, Los Angeles County Department of Beaches and Harbors, Heal the Bay, nor any other organizers or promoters or sponsors or property owners involved in this event, nor any of their respective employees, officers, agents or assigns, (hereinafter collectively referred to as “Released Parties”), may be held liable or responsible in any way for any injury, death or other damages to me or my family, heirs, or assigns that may occur as a result of my participation in this activity, or as a result of product liability or the negligence of any party, including Released Parties, whether passive or active.

I understand that cleaning up beaches, rivers and waterfront areas involves certain inherent risks, including but not limited to, the risks of possible injury, infection or loss of life as a result of contact with needles, condoms, metal objects, burning embers or other hazardous materials found on the beach, or from over-exertion or environmental conditions. Despite these risks, I still choose to proceed in such activity. I know of no physical limitation which should keep me from undertaking the activities associated with this Event. In Consideration for being allowed to participate in this activity, I hereby personally assume all risks in connection with the Event for any harm, injury or damage that may befall me as a participant, including all risks connected therewith, whether foreseen or unforeseen. I further save and hold harmless said activity and Released Parties from any claim or lawsuit for personal injury, property damage, or wrongful death, by me, my family, estate, heirs, or assigns, arising out of participation in this activity, including both claims arising during the activity and after I complete the activity.

If I should become injured while participating in the Event, I authorize any physician or surgeon licensed in the State of California to perform emergency or surgical treatment as in his or her sole judgment may be necessary. I further declare that I am eighteen and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian. I understand that the terms herein are contractual and not a mere recital, that this instrument is a legally binding, and that I have signed this document of my own free act.

I agree to allow my image to be used in published materials and web sites that promote the programs of Heal the Bay.

BY THIS INSTRUMENT I DO HEREBY EXEMPT AND RELEASE ALL “RELEASED PARTIES,” AS DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

_____	_____	_____	_____
Spelling of Participant’s Name	Date	Street Address	Phone
_____	_____	_____	_____
Signature of Participant		City, State, Zip	@ E-mail Address

IF PARTICIPANT IS UNDER 18, THE PARENT(S) (OR GUARDIAN(S), IF ANY) MUST SIGN.

The above participant has my permission to participate in the Adopt-A-Beach program. I have read and agree to the provisions stated above. I know of no health limitations which may restrict this volunteer’s participation in this activity.

_____	_____	_____	_____
Signature of Parent(s) or Legal Guardian(s)	Date		Phone

How to submit DATA online? Follow these simple steps...

❶ Follow the steps and directions in the instruction guide booklet

Adopt-A-Beach & Beach Cleanup Marine Debris Database Instructions Guide

To download the instruction guide booklet go to <http://www.healthebay.org/mddb>.

❷ Obtain the LOGIN user name and password from your cleanup organizer

Your group leader or teacher would have this information in an email confirmation sent after Heal the Bay received the completed Adopt-A-Beach or Cleanup request form.

❸ Go to <http://www.healthebay.org/MarineDebris/MDDDB/aablogon.aspx>

Login in and follow the webpage instructions to enter your data into Heal the bay's Marine Debris Database. Go to "My Cleanups" for a list of all your current cleanups dates and info needed to enter your data cards.

❹ Mail back your data card to Heal the Bay

Attn: Beach Programs
Heal the Bay
1444 9th Street
Santa Monica, CA 90401

NOTE: Data cards must be mailed back to Heal the Bay regardless of whether or not your data cards were submitted online using our online database. It is okay if your group could not or did not submit the information online, and we ask that the cards be mailed back regardless.

Problem submitting your DATA?

If you are experiencing problems submitting your cleanup data cards online please contact Eveline Bravo at (310) 451-1500 x148.

What is this all about, you ask?

For years, Heal the Bay volunteers have been collecting beach cleanup data through our Adopt-A-Beach and Nothin' But Sand programs. This information, dating back to 1999, has been compiled into Heal the Bay's Marine Debris Database, making it easily accessible to both Heal the Bay and the public.

Heal the Bay's Marine Debris Database is an online record of trash and other debris that has been picked up by schools, companies, and other volunteers as part of Heal the Bay's various Beach Cleanups. As a central repository for all of Heal the Bay's cleanup data, the Marine Debris Database provides and an easy way to enter and analyze marine debris data and schedule cleanups. In addition, the searchable database can be used as a tool to help revise national maritime disposal policies, advance environmental legislation and identify ways to stop beach pollution.

The database contains counts of the various pieces of trash that have been picked up since 1999 at 19 of the most popular beaches in the Los Angeles area. Trash is categorized into 31 different "measures" (such as Styrofoam food containers, plastic bottle caps and rings, or cigarette butts) and sub-totaled into 7 groups (such as Recyclable Items, Styrofoam Items, or Medical and Hygiene Items). All of the data in the database comes from information entered on Heal the Bay's Data Cards by volunteers during beach cleanups. It does not represent all the trash picked up at beaches by Cities, Counties, Life Guards, or other organizations and volunteers.