



# Neighborhood Cleanup Safety Guidelines

Help cleanup our communities from our own front doors! Trash can travel through storm drains, creeks, and rivers, creating pollution in our parks and communities.

To protect your health and slow the spread of the COVID, please follow the most recent guidelines from the Centers for Disease Control available here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

**REMEMBER: If you are feeling sick in any way, DO NOT go out for a cleanup.**

## **Covid Considerations**

- Maintain physical distance of at least 6 ft. between you and others.
- Cover your cough and sneeze with a tissue. If tissues are not available, cough and sneeze into your elbow.
- Avoid touching your face during the volunteer project.
- Inform yourself of safety precautions and procedures before arriving to your volunteer opportunity.
- Practice cleanliness and disinfect volunteer area's surfaces regularly.
- Wash your hands before, during, and after volunteering. You can use hand sanitizer if soap and water are not readily available.
- Always wear a mask or face covering when outside of your home.
- Avoid touching any surfaces like railings, benches, etc.

## **Preparation:**

- Choose a route and be aware of your surroundings. Pay attention to environmental conditions, stay off busy streets, and watch for cars.
- Assemble your own cleanup gear, including Personal Protective Equipment (PPE)
  - Trash bags and/or buckets
  - Gloves (disposable gloves under work gloves is best practice)
  - Face mask
  - A trash grabber or tongs (kitchen tongs can work as well!)
  - Sun protection
  - Close-toed shoes to protect against sharp objects.

## **Stay Safe During your Cleanup! "When in doubt, leave it out!"**

- Follow all COVID Considerations (listed above)
- REMEMBER: If you are feeling sick in any way, DO NOT go out for a cleanup.
- Always wear gloves.
- Look before you reach and grab: DO NOT pick up sharp objects, especially syringes! Be careful of glass, nails, and other sharp objects.
- Do not pick up anything too heavy or anything that you will not be able to fit into your home debris bin.

- Keep a safe distance from all wildlife! Do not approach dead/injured animals, and do not pick up or disturb natural objects, such as leaves, nests, or eggs.
- Pick up human-created debris only but leave encampments alone.
- Do not pick up PPE without a grabber. Put all PPE litter in a separate disposable bag.
- Make sure children are under adult supervision.
- Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early!

## **After Your Cleanup**

- Dispose of trash in your home debris bin.
- Dispose of or wash gloves immediately after your cleanup. (To properly remove disposable gloves, grab the glove opening near your wrist and pull towards your fingers, then turn the glove inside out before disposing.)
- Wash your hands thoroughly as soon as possible, and use hand sanitizer if soap and water are unavailable. You can do a fun song to eat up the 20 seconds (Safety song: “You can wash if you want to...”).
- Log your hours on your EB parks volunteer account and watch your impact grow!
- Need help learning how to log hours for a Easy Bay Regional Park District Volunteer event? Check out our handy guide here to learn how.  
<https://www.ebparks.org/civicax/filebank/blobdload.aspx?blobid=33868>

**Remember: You are the most important resource we have!!**

**Please be sure you, your friends, & your family stay safe and have fun**

Thank you for extending the care and compassion you have for our parks to our communities this year! Stay healthy and happy.

**Please remember, by registering for this event you are agreeing to the following:**

**ACKNOWLEDGMENT AND ASSUMPTION OF RISK:** I hereby acknowledge that the novel coronavirus, COVID19, is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. I acknowledge and agree that the East Bay Regional Park District is directing all individuals that participate in cleanup activities to conduct the activities **in compliance with the applicable Federal, State, County and local health orders. Further, any volunteer recognizes that it is their own responsibility to ensure compliance with all applicable orders.** Further, I acknowledge and understand that the East Bay Regional Park District does not and cannot guarantee that any participants will not become infected with COVID-19 or any illness or injury while participating in the planned activities. I hereby release, covenant not to sue, discharge, and hold harmless the East Bay Regional Park District, its Board of Directors, officers, employees, agents, defend and representatives from any claims, including all liabilities, actions, damages, costs or expenses of any kind arising out of or relating to the planned activities including but not limited to any illness, death, and loss of any kind by participating in planned activities related to COVID-19 or any illness or injury. I understand and agree to release and assumption of risk includes any claims based on the actions, omissions, or negligence of East Bay Regional Park District, its Board of Directors, officers, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any activity.