

ICCS 2004



Nature Society (Singapore)
www.nss.org.sg

• TEL: (65) 6874 8869 • FAX: (65) 6774 8101 • EMAIL: iccs@sivasothi.com • WEBSITE: mangrove.nus.edu.sg/iccs

International Coastal Cleanup Singapore 2004

Sample Programme



**Please adjust programme accordingly

7.30 am to 8.00 am	Gather at school/gathering point (adjust the timing accordingly depending on likely distance to be travelled)
8.00 am to 8.30 am	Set Off
8.45 am	Arrive at Cleanup Site. Break into data collection teams. Distribute cleanup materials. Allocate trash collection and weighing teams.
9.00 am	Briefing – Data Collection and Safety.
9.45 am	Break, help weighing and trash collection teams complete task.
10.15 am	Continue with cleanup.
11.00 am	All to report back to collection point.
11.05 am	Get all teams to total up their data cards, weigh the total amount of trash collected.
11.30 am	Brief Team Presentation (it is usually more meaningful for teams to quickly present what they found) e.g. Weirdest Item Found. Animals Found/Rescued. Most Common Item Found.
11.55 am	Submit data to Site Coordinator.
12 noon	End.

Onsite Briefing



**Please adjust accordingly

Before You Start

- 1) Share with participants the significance of what they are doing. **Selectively** choose to use the background information attached. Refer to Page 5.
- 2) Explain why they must work in teams and have each team rotate their roles.
- 3) Explain how the data recording works.
- 4) Inform participants to ask if they are unsure where to record what they find on the data card.
- 5) Brief on personal safety. Inform everyone where the first-aid station is, should an accident occur.
- 6) Go through the list of do's and don'ts.
- 7) Tell everyone where the collection point is.
- 8) Ensure everyone is aware of reporting times in your own programme.

After You Finish

- 9) Get teams to total up the data card information and tell them to prepare for a short presentation of about 1 min per group.
- 10) If you have time and your participants are creative, tell them to think of imaginative ways to share their findings. For example, as a Top-10 Countdown or a simple rap/rhyme.
- 11) Inform students to return all their data cards to you.

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Checklist



A summarised checklist to help you organise a smooth cleanup

Administration and Preparation

- Indemnity forms duly completed and signed by participants
- Transport arranged
- Programme drawn up
- First-aid team assigned
- Informed participants on *reporting time*
- Informed participants on *attire & personal belongings*
- Informed participants to *bring along pen and recycled backing boards*
- Informed participants to *bring along some used plastic shopping bags*
- Informed participants to *bring along their own refillable & reusable water bottles*
- Informed participants to *bring along their own snacks*
- "Greener" food and water arrangements done
- Group leaders (adults) assigned

Items Needed

- Site map
- First aid kit/s
- Gloves
- Used plastic shopping bags
- Trash bags
- Weighing scale
- Pens and backing board (participants can bring their own)
- Camera
- Trowels and Penknives

On Cleanup Day: Starting the Cleanup

- Participants divided into teams
- Safety & data record briefing done
- Collection point assigned
- Informed participants about programme and reporting times

On Cleanup Day: After the Cleanup

- Asked teams to weigh litter, collate total litter findings
- Asked teams to prepare & present a short presentation
- Gloves washed and dried and manpower all accounted for.
- Submitted results to Site Coordinator (in person) or Data Manager (via the web)

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For Organisers



Administrative Matters

- 1) Visit the site and look out for possible hazards or difficulties you may encounter on the clean-up day. Mark out your designated area for clean up and identify the boundaries clearly on a map.
- 2) Contact your site coordinator should you require any further information about the site.
- 3) Hand out information sheets regarding the cleanup to the participants. See attached Participant information. Page 9 and 10.
- 4) Prepare indemnity forms for all your participants and ensure they have signed their forms.
- 5) Parent's approval is required for participants under 18 of age.
- 6) A good ratio of one leader to about 15 students is strongly recommended for young participants below 16 years old.
- 7) Arrangement of time and pickup location with the bus transport to and back from the cleanup site is required.
- 8) Draw up a programme for the day. Note attached sample activity programme. Page 6.
- 9) Have a proficient first-aid team with well-equipped first-aid kit. To purchase first-aid kit, see <http://www.firstaid.com.sg> (First Aid Kit No.6, First Aid Supplier Pte Ltd).
- 10) An onsite briefing before your cleanup will motivate and inspire the team. The cleanup is both a worldwide research effort and an eco-renewal project in saving the ocean. Share with your students how protecting our coastlines can help. See attached sample briefing, page 6 and background history. Page 7.

Preparations

List of equipments:

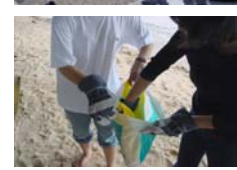
1. Heavy reinforced COTTON GLOVES
2. Old PLASTIC SHOPPING BAGS
3. Large industrial strength TRASH BAGS
4. TROWELS and PENKNIVES
5. WEIGHING SCALES or MACHINE
6. CLIPBOARDS and PENS
7. CAMERAS
8. DATA CARDS

International Coastal Cleanup Singapore 2004

For Organisers



1. **Gloves-** Heavy reinforced cotton gloves are needed for adequate protection, as there are many sharp objects on the beach. They should be washable so that they could be reused. Ordinary cotton and latex gloves offers little protection and therefore must not to be used.
2. **Old Plastic Shopping Bags-** Ask your participants to bring along used plastic shopping bags for reuse, as most of the cleanup items are small. Re-using is important as it cuts down on waste! Be green!
3. **Large Trash Bags-** Purchase large thick trash bags. Use the bags for medium to large sized items only. A typical cleanup requires about 20 bags for a group of 60 students.
4. **Trowels and Penknives-** It is advisable to equip each team with one trowel and penknives. Trowels are used to pickup numerous small items like broken Styrofoam while penknives are used to cut nettings.
5. **Data Cards-** Have extra copies of the litter survey data cards. They can be downloaded at <http://mangrove.nus.edu.sg/iccs/> [click on "Downloads"]
6. **Clipboards and pens-** Have pens and clipboards for recording data. Let participants think up of waste items as clipboards such as an old used file.
7. **A weighing scale or machine-** You are required to weigh the amount of trash you collected. This data will be submitted to the Ocean Conservancy and gives us useful information about our environment, so be as accurate as possible.
8. **Cameras-** Cleanup is a fun and memorable experience. Have cameramen to capture the event. Do send the copies to the coordinators and have your site featured in the gallery!



Items Collected	
Plastic	_____
Paper	_____
Food	_____
Other	_____
Total	_____



Important: Avoid Disposable Items. Be Green.

Avoid using disposable items when providing food and drinks, e.g. plastic bottles, Styrofoam boxes. Think of creative and greener ways to feed and water your group, such as, asking participants to bring their own water bottles and snacks in reusable containers.

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For Organisers



On Cleanup Day - Before Cleanup

- 1) Account for all your participants. Know the leaders. You should have a name-list of all your leaders and participants.
- 2) Your participants should already be organized into *data collection teams* of at least 4 people before arrival at site. The Team Roles are:
 - a) 1 data-recorder – records type of trash collected.
 - b) 1 trash-bag holder – holds the bag for pickers,
 - c) 2 data collectors – pick and count off litter types and numbers.
- 3) Rotate the roles in each team to sustain interest.
- 4) Conduct an onsite briefing for the participants before the cleanup starts. The briefing should include:
 - a) A recap of the objectives of cleanup. (See Brief history. Page 7)
 - b) Program for the day.
 - c) The correct method of data recording. (See next section)
 - d) Safety during cleanup. (See Page 8)
 - e) Operation Guidelines. (See Page 8)
 - f) Trash collection point.
- 5) Notify all teams to gather and bring their trash to the designated *trash collection point*. Have a *trash collection team* to transfer completed trash bags from the data collection team to the collection point. Check with your site coordinator for correct trash collection point.
- 6) Have a *weighing team* record the weight of trash at the collection point.

During Cleanup – Data Recording and Cleanup Guidelines

Inform your participants:

- 1) Count in groups of five. E.g. ||||
- 2) Maximise writing space by making small slashes on the data card, as space is limited. You can also provide them with more cards but ensure proper numbering e.g. 1 of 3, etc.
- 3) Ensure the participants add up and write on the data card the number of each item found at the end of the cleanup. Remember only numbers can be counted and put into the computer.

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For Organisers



- 4) Inform the participants to name all stranded animals and the items trapping them in the "Entangled Animals" section, if any is found.
- 5) During the cleanup, have your leaders to go round motivating each team with questions on things they have found and also simulate discussion by requesting each team to explain the sources of the trash on the shores.
- 6) Leave natural items on the beach like driftwood, mangrove seeds and seaweed.
- 7) Avoid stepping on beach grass and plants. These things bind the sand and prevent erosion.
- 8) Finally, gather the teams to total up the number of items collected. Assign someone to consolidate all the data to one card for your location and return the compiled data sheet for you school/organisation to the Site Coordinator who will then have it send to the ICCS Data Manager.

After Cleanup

- 1) Have everyone wash their gloves in freshwater and rinse them out. Dry them completely in the hot sun. Have a team that turns over the gloves to sun both sides. When cool, pack the gloves into double layer plastic bags, seal them in with a dehumidifier and label the package with the number of pairs of gloves and the event name. This way, we can use them for years.
- 2) Do a debriefing. Conduct discussion and round up the day with them knowing what they have learned.
- 3) Ensure all your participants are physically there against your name list. Conduct a proper check. If a person is not present, ensure that you see them physically immediately upon arrival, do not take anyone's word for it. You do not want to leave people behind!
- 4) If the Site Coordinator is not with you, send the completed data to the Data Manager via email [iccsdata@sivasothi.com] (using the excel sheet provided). Do this on the same day, as all your data will be added to Singapore's total, which will be submitted to International Coordinator at The Ocean Conservancy, USA.
- 5) If you have taken digital photos, burn the images into a CD and send a copy to the Data Manager. They will upload the photos to the ICCS web page the same day along with your data! Participants will be able to show friends and family how hard at work they have been!

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For Organisers



Post Cleanup Day– Back in school/organization

- 1) Review the session with the participants, view the photos and data on the web page and look out for the final results.
- 2) You can get students to put up a notice board with photos and comments from the exercise.
- 3) Analyse the types of trash and ask simple questions such as the source of this pollution.
- 4) You will receive the final results on CD and printout.
- 5) Share the results with your school/organisation and ask students to prepare a presentation based on the experience, their results, and the national results.
- 6) Write to the ICCS Coordinator about any materials that you may have produced or programmes that you have started as a result of this exercise.
- 7) You may request for a slide talk to be given to the school/organisation in December or the early part of the following year.
- 8) The ICCS Coordinator will keep you updated of progress on further action with the results of the cleanup.

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Background Information



Why the Cleanup is Important for Our Shores and Oceans

Plastic bags submerged but floating in the water resemble jellyfish. Immature turtles and whales have been found to mistake them for jellyfish.

Plastic bottles are often mistaken for cuttlefish given their tough but chewy texture. Again, it's whales, maybe turtles too who make this often fatal mistake. (Plastic bags are on the increase over the years and are certainly a waste disposal issue)

Plastic Bits. Birds often confuse plastic bits for food too! The animals fill their bellies with plastic of some sort and have a false sense of having their hunger satiated. They die of malnutrition.

Entanglement is another large issue. Rope from ships, fishing lines and broken nets are the culprits, entangling anything from turtles to fish.

Habitat impact. Just like you would not want to live in a home filled by others' inconsiderate litter, a natural environment means a safer and healthier home for plants and animals.

Scenery. The beach is not the same or very pleasant if you are swimming in the sea and have a plastic bag wrapped around your legs. Give me a jellyfish instead! And walking down a beach littered with trash robs one of the peace the sea and waves offer.

International Coastal Cleanup - Introduction and Brief History



The International Coastal Cleanup (ICC) is an annual affair, in over 90 countries, coordinated by the US-based Centre for Marine Conservation, a non-profit organisation. It aims to remove and collect data on the debris from the shorelines, waterways and beaches of the world's lakes, rivers and oceans. This information serves to educate the public on marine debris issues and to encourage positive changes by submissions to governmental and international organisations that will reduce debris in waterways and enhance aquatic environments.

The International Coastal Cleanup Singapore (ICCS) is coordinated by Raffles Museum of Biodiversity Research and the Nature Society (Singapore). Since its inception by NSS in 1992, the ICCS has had an average annual participation of 1500 volunteers and average collection of 60,000 pieces of litter, making it one of Singapore's largest environmental conservation programme.

The extent and scope of the ICC(S) has also grown over the years, from starting out at the beaches of East Coast Park, Pasir Ris Park and Changi Beach, to pioneering mangrove cleanups in Mandai and kayak cleanups at Pasir Ris.

Websites:

- International Coastal Cleanup Singapore <http://mangrove.nus.edu.sg/iccs>
- The Ocean Conservancy- International Coastal Cleanup <http://www.oceanconservancy.org/>

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For Participants



Be Green

1) Leave natural items alone on the beach

These include driftwood, shells and coral, dead fish and crabs, mangrove seeds and seaweed.

2) Don't pluck vegetation and avoid stepping beach grass/ plants.

These plants hold the sand and prevent erosion, and also provide wildlife with food and homes.

3) Recycle used plastic bags to hold trash

Old bags can be used, rather than use brand new trash bags.

4) Don't litter.

You are there to help remove litter, not add more litter.

5) Save a bottle,

Bring along your own refillable water bottle.

For Your Safety

1) Keep away from any oil drums found.

These may contain dangerous liquids or poisonous vapours. Just report the total no. and labels seen to the coordinator.

2) Broken glass, fishing hooks, syringes and other sharp objects.

Common objects on beaches. Some fishes like the stingray have a sharp, poisonous spine.

3) Always use your gloves to pick up things.

4) Keep any bottles found closed, they may contain poison.

5) Take care of your back!

Have your friend to help you lift heavy things together.

6) Avoid bushy areas, as there may be hornet nests.

7) When there is lightning and thunder, stop work immediately and seek shelter.

8) Drink enough water to prevent heat stroke.

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For Participants



What to bring? What to wear?

- 1) Wear shoes. **No Slippers or sandals.**
- 2) Wear a cap and put on some sun-block lotion.(> SPF 15)
- 3) Insect repellent against mosquitoes and sandflies
- 4) Bring along a poncho or raincoat.

After the cleanup, spread the word. Tell friends, teachers and family members about what you did and what you learned.

We removed more than 77,000 items, weighing more than 3, 400 kg off our beaches and mangroves just last year!

THANK YOU for your help and interest in keeping the Coast and ocean safe for all of us and for marine wildlife!