

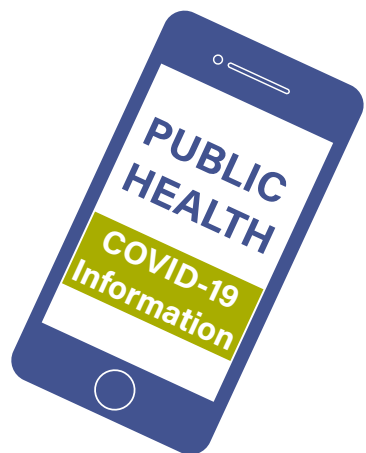
Guide to Solo Shoreline Cleanups



Before your cleanup

Get familiar with local restrictions

Before going out, check your provincial and municipal restrictions and guidelines. Most importantly, check the restrictions for outdoor groupings to make sure that your group does not exceed any size limitations.



Visit your cleanup site



If you are not already familiar with the site you want to clean, visit it beforehand to determine if it is suitable, safe, and if there is enough litter to be collected. To be extra safe, aim to do your cleanup at off-peak times to ensure you can keep the necessary physical distance from others.

Prepare for safety

Whether you are doing your cleanup on your own or with your household, make sure everyone has their own personal protective equipment for the event. These include masks, gloves, and hand sanitizer.



Gather supplies



To be able to gather garbage safely, you will need disposable bags, gloves, and, if you have any, grabbers to pick up waste without physically touching it. Please ensure that you dress appropriately for the weather, including wearing closed footwear.

2020 looked a little different than other years. Due to COVID-19, we were unable to get out on the river to do shoreline cleanups. In 2021, we have adapted to these conditions and would like to present you with your very own Ottawa Riverkeeper Guide to Solo Shoreline Cleanups. While we still cannot gather in large groups, you can still do them individually or with your household bubble to prevent further garbage from entering our rivers. Solo cleanups are a great way to enjoy nature and give back to our environment and community.

During your cleanup

Keep 2 metres apart

If you happen to be with a small group of people that does not include members of your household, please ensure that you maintain physical distancing.



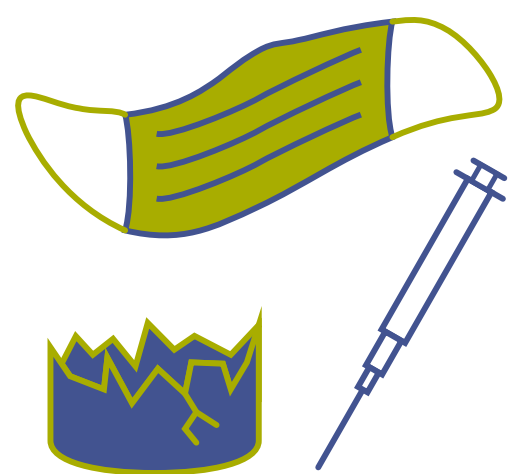
Keep your hands clean!



While you are cleaning, remember to wear gloves and avoid touching your face. If you need to touch your face during your cleanup, such as for eating lunch, wash your hands before and after. At minimum, use hand sanitizer to keep yourself and those around you safe.

Hazardous items?

Consult your municipality on how to handle and dispose of any personal protective equipment (gloves, masks, etc) you find during your cleanup. If you come across these or items you are unsure of how to properly dispose of them, we always recommend leaving them and contacting your municipality to confirm with them.



Take a Photo!

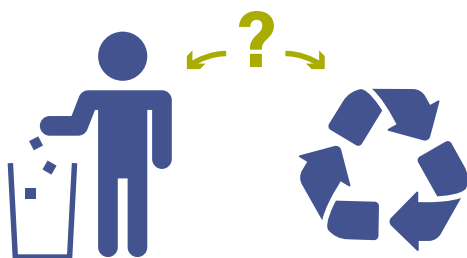


Make sure to take photos of yourself, your small team, and what you find while cleaning. You can tag us on Instagram @ottawariverkeeper.garde-riviere and Twitter @otrriverkeeper to share the photos with us. Use the hashtag #ORKSoloClean. Who knows, we might just retweet them to the entire Ottawa River watershed community!

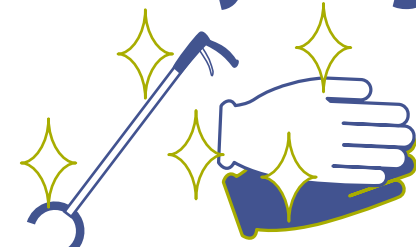
After your cleanup

Separate recyclables and trash

To be as sustainable as possible, make sure you separate your litter appropriately. Your bags should be properly closed and not have any holes.



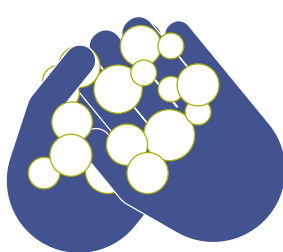
Clean your gear



Make sure you clean any equipment or objects that you have used during your cleanup, so they are ready for the next time you take to the shores!

Wash your hands

Make sure to wash your hands again once you have finished your cleanup.



Submit your findings

Use iCleanup to record how much trash you collected (and share a photo!), see your total for the season, as well as check in on how much trash we have collectively removed from our shorelines! Access it on your phone or computer by visiting icleanup.ca

