

# SIX CLEANUP CHALLENGE

SAN DIEGO COASTKEEPER



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# Six Cleanup Challenge

San Diego County has some of the most beautiful beaches, bays, parks, and canyons in the world. Despite the ecological and community importance of these areas, we continue to find litter and debris up and down our coast. Trash found in our environment poses a threat to human health, wildlife, and our environment. When it enters our waters, it becomes marine debris, one of the worst pollution problems facing the world's oceans.

**You can help.** By participating in the Six Cleanup Challenge, you and your friends will positively impact communities and outdoor spaces up and down the watershed. Challenge sites are categorized into three groups: coastal, urban, and inland. Participants pick two sites from each category, ensuring your efforts improve our watersheds, help diverse communities, and protect our ocean. After your first cleanup, your group has one year to complete the challenge and will receive a certificate of completion and appreciation packet as a prize.

*Thank you* for taking the time to care for our coast!

## Guidelines

1. **Register** your group via our online Six Cleanup Challenge registration form and submit your waivers.
2. **Select your sites** from the list below, making sure to choose two from each category – urban, inland, and coastal.
3. **Print out your data sheet** before your cleanup – you only need one per group, but you'll use a new data sheet for each of your six cleanups.
4. **Conduct a cleanup** with your group. Remember to wear a mask, wash your hands, and keep social distance. You'll need a reusable bucket or bag and gloves to collect your litter. Pick up man-made or littered debris like plastic wrappers and orange peels and tally what you find on your data sheet.
5. **Upload your data** to our website – simply enter the total numbers of each item found at your cleanup, from your data sheet, into the online form on our website.
6. **Repeat** steps 3–5 for each of your six cleanups!
7. **Shoot us an email** with your name and the six sites you visited, once you've completed all six cleanups. We'll cross check the data you collected and send you a certificate and prize upon completion.



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# Approved Sites

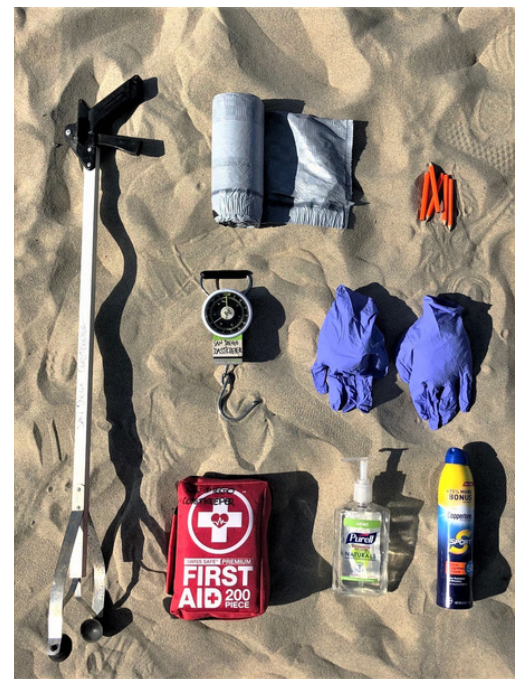
	Coastal	Inland	Urban
North County	Oceanside Pier	Del Dios Gorge - Trailhead or Riverpark	San Marcos
	Carlsbad State Beach	Black Mountain	Mira Mesa
	Moonlight State Beach	Penasquitos Canyon	University City
	Torrey Pines State Beach/Reserve	Rose Canyon	Clairemont
	La Jolla Shores	Marian Bear Trail	Mission Hills
	Pacific Beach	Mission Trails	North Park/South Park
	Mission Beach	Tecolote Canyon	Downtown San Diego
	Mission Bay - Park or Fiesta Island	Jupiter Canyon	Barrio Logan
South County	Ocean Beach	Sweetwater Regional Park	Paradise Hills
	Imperial Beach	Otay Valley Regional Park	Chula Vista

## Recommended Supplies

- **COVID Kit:** Mask, hand sanitizer
- **Cleanup Supplies:** Gloves (reusable or disposable), bucket or trash bags, data sheet\*, camera for pictures
- **Safety Supplies:** Sunscreen, first aid kit, water, snacks

\*Data sheets can be found in this packet or on our website:

<https://www.sdcoastkeeper.org/beach-cleanups>



# Safety Tip Sheet

1. Always stay in teams of at least two; practice social distancing.
2. Wear gloves, closed-toe shoes, and sun protection at all times.
3. Stay away from any ecologically fragile areas (e.g. sand dunes, nesting areas, restoration sites, sensitive habitats)
4. Be aware of potentially dangerous plants and animals in the area (e.g. rattlesnakes, cactus, poison oak)
5. Do not touch or remove dead animals, or attempt to move injured animals. Notify the necessary personnel if you come across wildlife in need of assistance.
6. Do not lift anything too heavy for you. If you find a large debris item you are unable to move, feel free to note it on your data sheet and we will follow up.
7. Do not pick up syringes, needles, broken glass, or sharp objects. Mark the area and notify a lifeguard or park ranger.
8. Do not go near any large drums or barrels.
9. Make sure that fire pits are cold before reaching into them.
10. If cleaning on or near streets, be mindful of traffic and other urban hazards.

## Emergency Contact Numbers

**Injured Marine Animal - Sea World:** (800) 541-7325

**Other Injured Wildlife (Birds etc.):** (619) 225-9453

**Dead Animal\*:** (619) 390-8204

**Hazardous Items\*:** (858) 694-7000

\*Note-these numbers are for locations within the City of San Diego