

# **HOW TO CARRY OUT A BEACH CLEAN**

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[www.facebook.com/BeachGuardian](http://www.facebook.com/BeachGuardian)

The highest point on a beach where the tide reaches is called the strandline. This is where the waves leave behind items such as seaweed, dead plants, dead animals and, unfortunately, plastics

Several strandlines can occur on every beach due to changes in the height of the tides

When you are doing a beach clean, you do so at your own risk so stay safe  
Be careful of slippery, seaweed-covered rocks

Supervise children and make sure they don't pick up sharp items, animal faeces or dead animals  
Make sure children do not go to the water's edge or climb on cliffs

Always plan an escape route if you are working under cliffs and be wary of rock falls

Make sure someone knows where you are going and what time you plan to be back

Be aware of the tide and don't allow yourself to get cut off  
Use an online tracking tool such as [www.tide-forecast.com](http://www.tide-forecast.com)

Wear protective gloves or use a litter picker  
If you can't, wash your hands afterwards and take hand sanitiser with you

Old needles must be handled carefully and disposed of properly  
A doctor's surgery or hospital is the best place

Do not pick up anything organic as it's important for the local wildlife  
For example, seaweed on the beach is a habitat for small invertebrates

If you find a sea bird or marine mammal in peril please report it  
In the UK contact the Marine Strandings Network on 0345 2012 626

If the animal is still alive please report it to The British Divers Marine Life Rescue on 01825 765546

If you find ordnance (old shells or bullets) call the Coastguard immediately by dialling 999

If you find what you suspect to be dangerous chemicals or substances leave them alone  
Call the Coastguard immediately by dialling 999

Please dispose of anything you collect through local recycling facilities  
Consider how it might be used to educate and inspire younger people  
We are also responsible for our use of plastics and the care of our beaches

Thanks  
Emily and Rob Stevenson

