

GREAT St. Lawrence River Cleanup 2018

Taking Back the River!



Tools, Tips,
& Resources
for Volunteers



The Great St. Lawrence River Cleanup

Thank you for Being Part of the Solution

The St. Lawrence River provides drinking water for more than 4 million people and is home to thousands of species of plants, fish and birds but trash and pollution degrade our River's health, safety and its beauty. What can we do to take back our river? One way is to participate in this summer's River Cleanup Sessions. It is a unique opportunity to help our community and connect with nature at the same time. This Cleanup is divided into two sectors – In-River and Shoreline. Whether you are on the River or along the shoreline, you are a vital part of the team. Thank you for joining us in the Great St. Lawrence River Cleanup and for educating others about the serious harm that discarded debris on our land and in our waterways can do to our fish, wildlife, and water quality!



Shoreline Cleanup Volunteers

No special skills are needed – just a desire to help clean along the St. Lawrence Riverbank and enjoy the outdoors. You can volunteer anywhere from one hour to four hours – depending on your interest and availability. All ages are welcome, however, we do ask that all youth under the age of fourteen be accompanied by an adult. Cleanup areas are identified by level of difficulty and potential safety issues. Unless you are a member of the Dive or Boat Crew you do not at any time enter the water. Your team can be small or large, but we recommend a minimum of two persons (buddy system) for safety reasons and to make it easier to record data.

Required Forms for Shoreline Volunteers

Liability Waiver: To be signed by **every** Shoreline Cleanup Volunteer (**participants under the age of 18** need to have the signature of a parent/guardian)

Trash Data Card: 1 per team, to be completed while teams are picking up trash

Volunteer Check-in

The “check-in” station for volunteers is located under the large white tent near the parking area and is well marked. Each volunteer who is not a member of the River Institute, Cornwall Lunker Club, or Seaway Valley Divers must sign in and complete an acknowledgement of risk statement (waiver) upon check-in.

This form explains the potential hazards inherent with a River cleanup and reminds each volunteer of their responsibility for their own safety. Anyone under the age of 18 must have a guardian sign for them. This is the Cleanup base of operations and the “go to” place for any questions or needs that you may have.

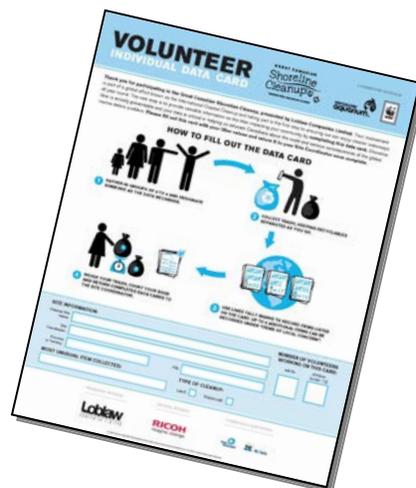
Volunteers Should Bring:

- Drinking water (reusable water bottle is strongly encouraged) there will be extra water on site
- Sturdy shoes or boots (*no sandals or other open-toed shoes*)
- Lightweight long pants are strongly recommended. Long pants help protect you from contact with ticks, poisonous plants, bug bites and sunburn
- Clothing appropriate for the weather (in case of rain)
- Sunscreen
- Hat
- Bug spray (if desired)
- Change of clothes (if desired)



We will Supply:

- Safety Coloured T-Shirt
- Pencils / Pens
- Data Cards (to record trash)
- Garbage bags & Recycling bags
- Gloves
- Clipboards
- Hand sanitizer
- Emergency contact numbers (connection to the Organizing Crew / First Aid)
- “Tongs” or “Garbage Grabbers” for hard to reach litter



Pre-Cleanup Briefing

- All volunteers must check-in prior to going on to their assignment
- Safety tips and cleanup instructions will be reviewed before teams go out
- Emergency contact number(s) for the day will be provided
- Difficulty of Cleanup zones has been assessed and will be assigned according to volunteer comfort level
- Introduction of Cleanup Team Leaders
- Hand out of equipment, gloves, and data cards
- Reminder of any special issues
- All volunteers must **check-out** with the registration desk before they leave for the day and return the data cards

In the Main Tent:

- Volunteer Check-in / Sign-out
- Water and other refreshments
- First aid and safety equipment
- Trash bag and cleanup supplies
- Extra life jackets for Boat Crews
- Extra Data Cards
- Educational and Organizational information - flyers, fact sheets, reports on the River and other community Cleanup efforts
- Media / VIP check in
- BBQ / Food area



Shoreline Volunteer Safety

General Tips

- Always wear gloves provided and proper footwear (no open toed shoes)
- Know where the **First Aid Station** is located and keep the Emergency number(s) provided to you at check-in close at hand
- All young children must be supervised by a **Responsible Adult**
- Watch your footing on slippery rocks and **Never** walk on loose terrain. Stay a safe distance from the water's edge
- Do not remove large items which are too heavy to carry
- Do not use your back when lifting heavy items and **Always** bend at the knees.
- Do not remove debris that has become part of habitat for wildlife
- Avoid noxious weeds (*i.e.* - *poison parsnip* - see picture)
- Ensure that if you are allergic to bees or wasps that you are carrying your EpiPen and have informed your team members so that they are aware of your allergy



Hazardous Waste / Potentially Explosive or Flammable Materials

- The safety of volunteers is our prime concern. Batteries, chemical or fuel containers, fire extinguishers, and other potentially hazardous materials are all items that need to be left in place. The location of the item should be documented with a marker (flagging tape) and a Cleanup Team Leader should be informed. *(these are the crew members who are wearing a safety vest over the Cleanup t-shirt.* You should not under any circumstances attempt removal yourself. Again, the location of the item should be documented with a marker.
- On shore, such items as broken glass, aerosol cans, gas cans, and other containers with chemical residues or traces of volatile materials remaining should not be touched. Let a member of the Cleanup Leadership Team know and they will handle removal.
- Never handle found live ammunition or explosives – immediately alert the authorities if these items are discovered.



Syringes / Sharp Objects

- Needles and other biohazard waste are dangerous. Do not touch these items. Please clearly mark the location of any syringes or broken glass found on the shoreline and contact a Cleanup Team Leader for collection.



Animals

- Never approach any animal, dead or alive. If you encounter a sick or injured animal, please notify a member of the Cleanup Leadership Team. Never attempt to assist an animal yourself.
- Please do not bring any pets along on the day of the Cleanup.

Safety on the Water for Boaters and Divers

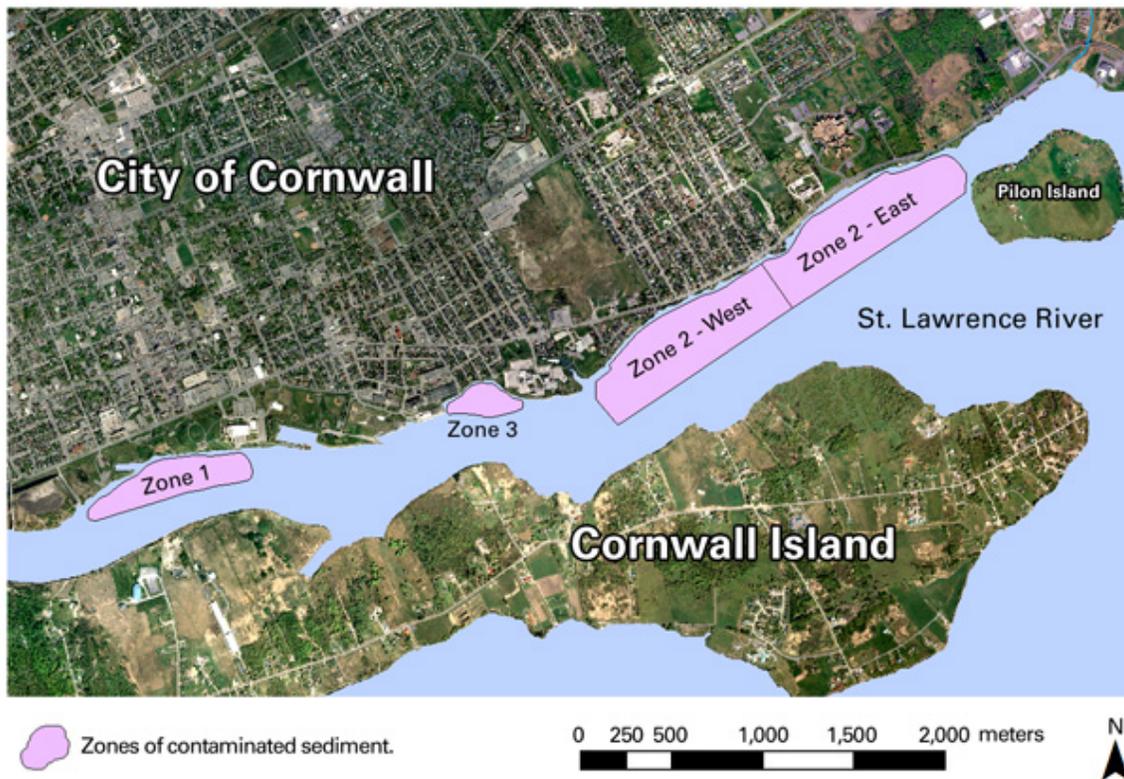
All Crew in Boats MUST either be wearing a PFD (life jacket) or have sufficient numbers of PFDs in the Boat for each member of the crew!

- All Boat Team members must take instruction from the “Lead” Boat Fleet Captain.
- A Lead should be appointed in each Boat so that person will make the decisions in case of an emergency.
- All Boats must have a first aid kit on board.
- There should be a laminated sheet with emergency phone numbers on each boat
- Steer away from fishermen and recreational boaters.
- All Dive Team members will take their instruction from the appointed Dive Captain.
- Dive Team members will be assigned to partner with a specific boat and crew for the course of the day.
- Divers take note that potentially explosive hazards such as batteries, chemical or fuel containers, fire extinguishers, and sealed barrels (*that are not empty or can easily be identified as a part of an old dock*) are items that need to be left in the River. You should not attempt removal yourself. Make note of any markings on suspicious containers that may help authorities identify the contents. The location of each potentially hazardous item should be flagged with a marker and a GPS location so that the Environmental Authorities can be informed.
- Garbage in the river can be dirty, rusty, slimy, and sometimes sharp. Use caution when handling trash from the river to avoid cuts and abrasions. Don't be afraid to ask for help; don't try to lift heavy objects alone.



Safety on the Water for Boaters and Divers *(continued)*

- All Boat and Dive Team members must be aware of the Cornwall Contaminated Sediment Strategy Zone(s). Maps will be supplied to each boat / dive team.
- Within the identified contaminated sediment zones, no pieces of debris that is wedged into sediment can be pulled out by divers or boat crews. If possible each piece should be noted and identified with a GPS location.
- However, debris items that are sitting on the bottom, that are not lodged into sediment, can be gently removed from **Zone 1, Zone 2 East, and Zone 3** at the discretion of the diver. As **Zone 2 West** (directly behind Kirkman Court Estates) is a more impacted Zone – no debris should be removed from this area. Each of the pieces in this Zone should be noted and identified, if possible, with a GPS location for future consideration.



Volunteer Release and Acknowledgement of Risk

Great St. Lawrence River Cleanup
Cornwall, Ontario

Name of Volunteer
(please print):

Address:

City:

Postal Code:

Work/Day Phone:

Home Phone:

Cell:

Email:

Date/Location of Cleanup:

Organizer: River Institute of Environmental Sciences

**This document must be signed by all volunteers. If the volunteer is under the age of 18, this document must be signed by his or her legal guardian.*

Volunteer Activity: I am donating my time and services without any compensation and shall at no time be considered an employee or independent contractor of **the River Institute Great St. Lawrence River Cleanup Event (2018)** and the St. Lawrence River Institute of Environmental Sciences. I understand that no organization is providing insurance coverage for me.

Release from Liability: In consideration for being allowed to participate in the River Institute Great St. Lawrence River Cleanup Event (2018) as a volunteer, I, binding my heirs, executors, administrators, and assigns, hereby fully and forever release, waive, discharge, acquit and exonerate the organizer of **the River Institute - Great St. Lawrence River Cleanup Event (2018)** in which I am participating, from any and all claims, actions, causes of action, remedies and complaints of any kind, except for claims for gross negligence or willful misconduct, which I have or may have, whether known or unknown, arising out of or relating to **the River Institute - Great St. Lawrence River Cleanup Event (2018)** or my volunteer work for this event, including specifically all claims for personal injury, paralysis, wrongful death, property damage and any other injury I may sustain.

Assumption of Risk: I assume all risks of participating in **the River Institute - Great St. Lawrence River Cleanup Event (2018)** and take full responsibility for my conduct and actions, including any injury to myself or others or damage to property that may result while volunteering. I understand that the St. Lawrence River Institute of Environmental Sciences are not responsible for conditions I create for myself or those created by other volunteers or participants.

I am aware that **River Institute - Great St. Lawrence River Cleanup Event (2018)** activities may be hazardous, involving risk of serious bodily injury, death, or property damage. I am voluntarily participating in these activities with knowledge of the risks. These risks include, but are not limited to, slips, falls, exposure to hazardous materials, objects or persons falling on persons, equipment failure, injury from sharp equipment, improperly administered first aid, lightning strikes, hypothermia, and/or drowning.

I know of no reason, medical or otherwise, that would prevent me from performing the tasks required to participate in this volunteer activity. I will be personally responsible for my own safety during these Activities and assume all risks and accept full and complete responsibility for any and all damages and personal injury of any kind, including death. I recognize that the St. Lawrence River Institute of Environmental Sciences makes no representations whatsoever as to whether the St. Lawrence River is safe or as to whether the safety recommendations provided are comprehensive or adequate.

My signature below affirms that I have read and understood the above document and that I voluntarily, freely and without duress agree to its terms:

Participant:

Sign _____
Print: _____

Legal Parent/Guardian:

Sign: _____
Print: _____ Date: _____
Date: _____

EMERGENCY INFORMATION: In case of emergency, please call:

Name: _____ Phone: _____

Allergies: _____

Current Medications: _____

