

## ANTELOPE CREEK CLEAN-UP GUIDANCE FOR October 10, 2020

**By participating you understand and agree to follow the guidance below and that neither the Sacramento Area Creeks Council nor any of Creek Week's sponsors or partners may be held liable or responsible in any way for any injury, illness, death, or other damages to you or your family, heirs, or assigns that may occur as a result of your participation, or as a result of product liability or the negligence, whether passive or active, of any party in connection with the cleanups.**

**Important: ALL CHILDREN MUST BE WITH A RESPONSIBLE ADULT** as the debris, water, or slippery stream banks may be hazardous. If you bring a child or group of children, your most important job is to supervise and keep them safe. Collecting trash is secondary for adults in charge of children. Thank you for making it possible for them to have this experience!

### Before you go out

#### **COVID-19 Safety:**

To protect your health and slow the spread of COVID-19, anyone participating in a creek clean-up must follow the most recent guidance from the Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> and County of Sacramento: <https://www.saccounty.net/COVID-19/Pages/default.aspx>.

- Clean-ups are for those who feel healthy. Do not venture out if you feel sick! If wildfire smoke is in our area check <https://fire.airnow.gov/> or <https://www.purpleair.com/>
- For safety, try to pair up with someone to work with you who you know and make sure they have been protecting themselves from the COVID virus and are free of COVID symptoms.
- Come prepared with your own PPE. If you need garbage bags or grabbers, you are welcome to swing by our assistance station in the parking lot by the Arco station. We will be there from 9 until 11.

**In addition to your PPE (mask, gloves, hand sanitizer...) please use the checklist below so that you come prepared for creek conditions:**

- A bucket or re-usable shopping bag to collect light trash (per person)
- Comfortable, washable clothes
- Long pants and long sleeves
- Hat and Sunscreen
- Gloves (work or gardening type)
- Close-toed shoes that can get wet and muddy
- Waterproof boots (optional)
- Grabbing tool or rake (optional)

#### **General Guidance for the Clean-up:**

- Maintain at least 6 feet physical distance from everyone you encounter, even if you are wearing a mask.
- ALWAYS wear gloves – disposable if available - and dispose or wash them immediately after your cleanup.
- Avoid touching your face.
- Do not pick up sharp objects, especially syringes! Report by calling 3-1-1.
- Don't pick up anything too heavy
- Avoid homeless camps

- Pick up small items too—cigarette butts, plastic pieces...
- Be aware of traffic and do not attempt to pick up litter in roadways.
- In parks, creeks/natural areas, follow all posted signage and limit activities to areas open to the public.
- Leave nature as-is! Do not pick up or disturb natural objects, such as leaves or branches.
- Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early!
- Unfortunately, you may find used gloves, masks, and other personal protective equipment (PPE) among litter. **ALWAYS USE A GRABBER TO PICK UP ANY PPE.**
- Use the Creek Week report form to keep track of what you pick up and how many people participate with you. You may fill it out using your phone, tablet, etc. or print it and fill out by hand.
- Dispose of or wash gloves immediately after your clean-up. To properly remove disposable gloves, grab the glove opening near your wrist and pull towards your fingers, then turn the glove inside out before disposing.
- [Wash your hands thoroughly as soon as possible](#), and use hand sanitizer in the meantime if soap and water are unavailable.
- Show us your clean-up! Post pictures on Facebook @CreekWeek.Sac and see how your community is participating. Don't forget to use our hashtag #SacCreekWeek2020 and any of these others: #litter #dontlitter #trashtag #cigarettebutts
- Submit your report to [saccreeks@gmail.com](mailto:saccreeks@gmail.com)

Have a great time and feel great about the work you do to help protect our environment!

Thank you for caring!

Please stay safe and healthy.