



Heal the Bay

**Adopt-A-Beach**



## Summer of Love and Cleanups



### Your family or household can be a solution to ocean

With the start of summer underway we're very excited to re-launch our Adopt-A-Beach Program exclusively for Individuals and households of all ages.\* What better way to kick off summer fun together than with outdoor physical activity and protecting the places you love!

[\\*Please see CDC Guidelines and recommendations to prevent the spread of COVID-19.](#)

#### Pick a site... Any site\*\*

\*

Participating family and household groups "adopt" a beach/park/creek/trail by committing to clean their chosen site three times in a year. Our programming is extremely flexible, allowing your group to choose the dates and times of your cleanup anywhere in Los Angeles County. Once three cleanups are completed, Heal the Bay and the California Coastal Commission will award your group with an official Adopt A Beach Certificate of Completion. \*\*Please adhere to [county guidelines and respect closures](#) and find a cleanup site that is accessible for you and everyone in your household.

#### Learn about Pollution

A free educational presentation will be provided virtually by our Heal the Bay Speakers Bureau before your first cleanup. You can watch the presentation from the comfort of your home or at your site prior to your cleanup. Our Speakers Bureau presenter will explain stormwater pollution issues, the effect they have on our oceans, and how to participate in a safe cleanup.

#### Join the Community Science Movement

By tracking the types of litter your group finds you are participating in authentic scientific research! Your data will be used for educational, scientific, and legislative purposes to make Southern California coastal waters healthy and safe. Download the [Marine Debris Tracker App](#) to enter valuable data on your smartphone or use our downloadable data card and record it with a pencil. After your cleanup we ask that you submit your data via the app or send your data cards to our main office at 1444 9th Street, Santa Monica, CA 90401. (See the following data collecting instruction on page 5 for more details.)

### Be a part of the solution. Adopt today!

*The Adopt-A-Beach program is an educational project of the California Coastal Commission. In Los Angeles County, the program is coordinated by Heal the Bay and the Los Angeles Department of Beaches and Harbors.*



# Let's get started! Follow these simple steps...

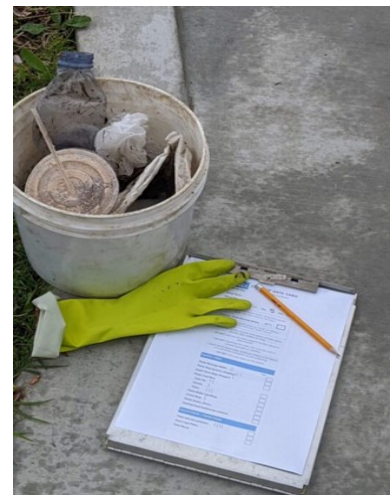
## ❶ Fill out the Adopt-A-Beach application and agreement online by visiting [healththebay.org/take-part](https://healththebay.org/take-part)

- The date of your 1st cleanup must be at least 1 week in advance to allow time to confirm your requests, and provide additional resources.
- After your application is received you will receive a confirm of your cleanup dates.
- To receive your official Adopt-A-Beach certificate you must complete **three cleanups** within a year!

## ❷ Confirmation and cleanup details

- Once confirmed you will receive an email from our Beach Programs Manager with cleanup details, a virtual safety talk, and education resources.

1. **Pick your site:** identify a safe location to clean where social distancing is easily achievable. Think ahead about where you will properly dispose of trash at the location you choose.
2. **Gather cleanup supplies:** find gloves to protect your hands and an old bucket or bag to collect litter, and other protective gear such as a face masks, and closed toed shoes.
3. **Use trash tracking tools:** download the [Marine Debris Tracker App](#) on your mobile device or print out our [Cleanup Data Card](#) and take a pencil to track your finds. (See page 4 for app usage instructions)
4. **Clean up and disposal:** safely collect trash-using gloves, and properly dispose of items collected at a nearby waste receptacle.



## ❸ Print and sign the waiver (last page of this application)

**All members of your group must sign a waiver before each cleanup.**

- A liability waiver must be signed by every INDIVIDUAL participating in the official Adopt-A-Beach program.
- Parents and/or guardians must sign a liability waiver for minors under the age of 18.
- **Liability waivers must be submitted for ALL THREE cleanup events.**

**IMPORTANT!** Waivers must be signed in before the cleanup and emailed to the Beach Programs Manager in order to participate. Children without properly signed waivers are prohibited from participating in a cleanup. Adult supervisors are not the appropriate legal signers for this purpose. A waiver can be obtained prior to your cleanup on our website at [www.healththebay.org/waivers](https://www.healththebay.org/waivers).

## ❹ Mail physical data cards and signed waivers to:

Attn: Beach Programs  
Heal the Bay  
1444 9th Street  
Santa Monica, CA 90401

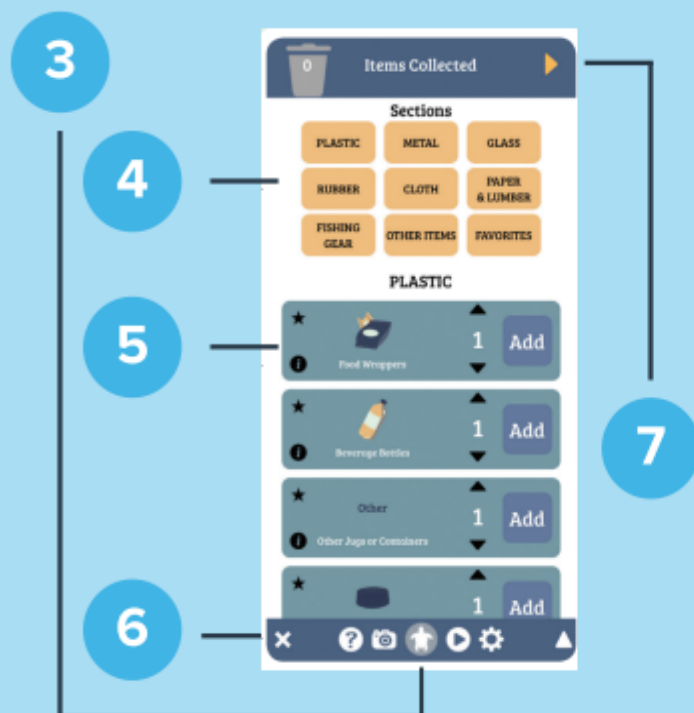
*\*Please include a note in your packet that includes your group's name, date of cleanup, and cleanup location*



Take the California Coastal Commission's Coastal Stewardship Pledge and commit to being coastal stewards. Click the Coastal Commission's logo to the left to sign up to be your communities local coastal water steward!

# Marine Debris Tracker App

## A step-by-step how to get started guide





Thousands of people have used the Marine Debris Tracker app to create data points for litter and debris all over the world. This data helps to track the progress of prevention efforts, add value to cleanups, and provide important baseline knowledge which can be used to inform solutions.

View and download data at [marinedebris.engr.uga.edu](http://marinedebris.engr.uga.edu), the Marine Debris Tracker website.

1. Download the Marine Debris Tracker app from the Apple or Google Play store onto your device.






2. Open the app and click Start Tracking to begin. Select Heal the Bay as your organization to track with.


3. Click the  button at the bottom to set up a user account. This enables you to keep track of your own data and also view and download the data online. Here you can also link your account to SciStarter or Facebook.

4. Select the type of item you want to add from the categories. Use the arrows above/below the number to change the amount, or type directly over the number, and click add to save the item and GPS coordinates. The  button at the bottom right will take you back to the top. Note: While logging debris, there's no need to be on a wi-fi network.

5. You can select the  button to add a description or see information about the item.

6. Other buttons along the bottom include:

-  to end your session
-  to go to the MDT website
-  to log a photo of litter collected
-  to enable or disable Pathlogging, tracking locational data which is useful in statistical analysis
-  to view the GPS accuracy of your phone

7. When finished, select the  button at top left to check your data and Pathlog. Check what you've logged and click submit. You can then submit the data to upload to the open data publicly accessible database, or save session to upload once you're in a place with access to internet or data. Your location is kept private, as usernames are not visible in our online map.



Heal the Bay

# Frequently Asked Questions about the Adopt-A-Beach program (AAB)...

## Can I change my cleanup date or time?

Yes, notify our Beach Programs Manager of any changes or cancelations before your next cleanup date. If you are unable to complete the Adopt-A-Beach program during the requested dates you can always apply for the program again at a later date.

## Do I need to let Heal the Bay know if I'm doing a cleanup?

YES, you must communicate with Heal the Bay first if you want your cleanup to be recognized as an official Heal the Bay cleanup, and receive certification upon completion of three cleanups. By participating in the Adopt-A-Beach program Heal the Bay will provide your group with educational resources and a virtual safety talk presented by Heal the Bay's Speakers Bureau program.

## Does everyone in my household/family need to fill out a waiver?

**YES, A liability waiver must be signed by every individual in order to participate in an official Heal the Bay cleanup.** Legal parent or guardian must sign a waiver for children UNDER the age of 18. Waiver and liability information is necessary for the completion of this program.

## What do I do with the trash I collect after the cleanup?

Please dispose of trash collected at a nearby trash can or waste receptacle. Before your cleanup we recommend that all participants identify nearby trash cans for easy disposal post-cleanup. Recycling tip: Plastics with a chasing arrows symbol 1 and 2 are always recyclable! To know if other items are recyclables check online with local waste management in your area.

### Other Questions or concerns?

If you have other question or concerns not addressed in this packet please contact the Beach Programs Manager, Emely Garcia at (310) 451-1500 x148 or [egarcia@healthebay.org](mailto:egarcia@healthebay.org).

### Curriculum for Homeschooling

Upon request, Heal the Bay can e-mail you the California Coastal Commission's "Waves, Wetlands, and Watersheds" curriculum to use as a complement to the cleanup. This K-12 curriculum is designed to encourage students to think about the complexity of ocean-based environmental problems such as marine debris and water contamination. Each lesson includes recommended grade levels, background information for instructors, and hands-on activities for kids. For more educational resources, scroll to the bottom of <https://healthebay.org/education/>.





## Beach locations to choose from:

(Also see map on page 1)

Below is our most updated list of LA County beaches. Please choose from this list of locations:

(Beaches list in *blue* are our top 5 most convenient locations for a beach cleanup.)

- **Zuma Beach:** 30000 Block of Pacific Coast Highway in Malibu
- **Westward Beach:** West of PCH in Malibu at 7100 Block of Westward Beach Road
- **Malibu Lagoon:** 23400 Block of Pacific Coast Hwy in Malibu
- **Malibu Surfrider Beach:** 23100 Block of Pacific Coast Hwy in Malibu
- **Topanga State Beach:** PCH and Topanga Canyon Blvd in Malibu
- ⇒ ***Will Rogers State Beach:** PCH and Temescal Canyon Rd in Pacific Palisades*
- ⇒ ***Santa Monica Beach:** North or south of the Pier at 1600 Ocean Front Walk*
- ⇒ ***Venice Beach:** At end of Washington Blvd, Rose Ave or Venice Blvd in Venice*
- ⇒ ***Dockweiler State Beach:** 11999 Vista Del Mar at end Imperial HWY*
- ⇒ ***Playa del Rey-Toes Beach:** Pacific Avenue and 62<sup>nd</sup> Street in Playa del Rey*
- ⇒ **El Porto Beach:** 45<sup>th</sup> Street in Manhattan Beach
- ⇒ **Manhattan State Beach:** W Rosecrans Ave in Manhattan Beach
- ⇒ **Hermosa Beach:** W Pier Ave in Hermosa Beach
- ⇒ **Redondo State Beach:** 100 W Torrance Blvd in Redondo Beach
- ⇒ **Torrance County Beach:** Along Paseo de la Playa just south of Redondo Beach
- **White Point - Royal Palms State Beach:** Upper/Lower self along Paseo Del Mar San Pedro
- **Cabrillo Beach:** End of Stephen M. White Drive off Pacific Avenue in San Pedro

For any *Long Beach beaches*, please contact the El Dorado Nature Center to sign up for the Adopt-A-Beach program in that area.

For any *Orange County beaches*, including Seal Beach, contact the California Coastal Commission for more info about the Adopt-A-Beach program in that area.

**ADOPT-A-BEACH WAIVER OF LIABILITY AND EXPRESS ASSUMPTION OF RISK  
(PLEASE READ CAREFULLY)**

I, \_\_\_\_\_, HEREBY CERTIFY THAT I AM AWARE OF THE INHERENT HAZARDS OF A BEACH CLEANUP.

I agree as follows: 1. I am volunteering my services for the Adopt-A-Beach program ("the Event") on a voluntary basis without anticipation of payment of any kind; 2. I will perform assigned tasks that are within my physical capability to the best of my ability, and I will not undertake tasks that are beyond my ability; 3. I am familiar with the safe operation and use of equipment and tools that I may utilize in connection with this volunteer activity, and I will not undertake to use any equipment or tools with which I am unfamiliar or do not know how to operate safely; 4. I acknowledge that I have received and read appropriate instruction regarding this Event, including appropriate safety and emergency procedures, and that I fully understand those instructions and that I agree, after proper inspection, to use only the supplies, tools and equipment provided by the Event organizers; 5. I will perform only those tasks assigned, observe all safety rules, and use care in the performance of my assignments; 6. I specifically acknowledge that I am engaging in this activity as a volunteer, at my own request and risk, and not as a State of California or Foundation employee, agent, official, officer or representative, and further acknowledge that I am not entitled to any compensation, benefit or insurance coverage from the State of California, the Department of Parks and Recreation, the California Coastal Commission, the California State Parks Foundation, Los Angeles County Department of Beaches and Harbors, Heal the Bay or any Event promoter or sponsor, nor will I make any such claim.

I understand and agree that neither the State of California, California Coastal Commission, California Department of Parks and Recreation, California State Parks Foundation, Los Angeles County Department of Beaches and Harbors, Heal the Bay, nor any other organizers or promoters or sponsors or property owners involved in this event, nor any of their respective employees, officers, agents or assigns, (hereinafter collectively referred to as "Released Parties"), may be held liable or responsible in any way for any injury, death or other damages to me or my family, heirs, or assigns that may occur as a result of my participation in this activity, or as a result of product liability or the negligence of any party, including Released Parties, whether passive or active.

I understand that cleaning up beaches, rivers and waterfront areas involves certain inherent risks, including but not limited to, the risks of possible injury, infection or loss of life as a result of contact with needles, condoms, metal objects, burning embers or other hazardous materials found on the beach, or from over-exertion or environmental conditions. Despite these risks, I still choose to proceed in such activity. I know of no physical limitation which should keep me from undertaking the activities associated with this Event. In Consideration for being allowed to participate in this activity, I hereby personally assume all risks in connection with the Event for any harm, injury or damage that may befall me as a participant, including all risks connected therewith, whether foreseen or unforeseen. I further save and hold harmless said activity and Released Parties from any claim or lawsuit for personal injury, property damage, or wrongful death, by me, my family, estate, heirs, or assigns, arising out of participation in this activity, including both claims arising during the activity and after I complete the activity.

If I should become injured while participating in the Event, I authorize any physician or surgeon licensed in the State of California to perform emergency or surgical treatment as in his or her sole judgment may be necessary. I further declare that I am eighteen and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian. I understand that the terms herein are contractual and not a mere recital, that this instrument is a legally binding, and that I have signed this document of my own free act.

I agree to allow my image to be used in published materials and web sites that promote the programs of Heal the Bay.

BY THIS INSTRUMENT I DO HEREBY EXEMPT AND RELEASE ALL "RELEASED PARTIES," AS DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

**I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.**

Spelling of Participant's Name	Date	Street Address	Phone
Signature of Participant		City, State, Zip	@ E-mail Address

**IF PARTICIPANT IS UNDER 18, THE PARENT(S) (OR GUARDIAN(S), IF ANY) MUST SIGN.**

The above participant has my permission to participate in the Adopt-A-Beach program. I have read and agree to the provisions stated above. I know of no health limitations which may restrict this volunteer's participation in this activity.

Signature of Parent(s) or Legal Guardian(s)	Date	Phone
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