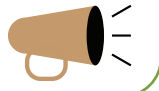


GUIDELINES ON CONDUCTING BRIEFING FOR PARTICIPANTS – BEACHES / PARKS CLEAN-UP

Participants should be briefed on the objectives of the activity before carrying out the litter picking and debriefed at the end of the activity so that they are aware of the importance of keeping environment clean and reinforcement of the “do not litter” message.

1 Introduction Template



“All of us play a part in keeping our environment clean and beautiful so that everyone could enjoy. We should throw our litter into the bin so that cleaners do not need to clean up after us. However, some may choose to litter if the bin is far away and this dirties our environment. As such, our cleaners have to work extra hard to upkeep the cleanliness of our neighbourhood.

Today, we will see from a cleaner’s eye on how difficult it is to clean up the mess that the litter bugs create. Through this activity, I hope that you would learn to appreciate the cleaners’ hard work and help to keep the environment clean. As the neighbourhood is shared by everyone, I also hope that you could encourage everyone not to litter so that we could have a clean environment for all to enjoy.”

2 Weather Advisory



Condition	Advice
Hazy	For PSI readings, refer to: http://www.haze.gov.sg/ <ul style="list-style-type: none">a. If the 24-hour PSI value ranges from 0 to 100, there is no health hazard and participants could carry on with activity.b. If the 24-hour PSI values ranges above 100, organiser is advised to cancel the activity.
Light rain Passing showers Rain Showers Heavy showers Thundery showers	For weather casting, refer to: https://www.nea.gov.sg/weather <ul style="list-style-type: none">a. If it occurs before start of activity, everyone should remain in shelter. Organiser can decide whether to delay or cancel the activity.b. If occurs during activity, everyone should cease activity and seek nearest shelter to wait for further instructions from the organiser.c. If there is no lightning risk, activity may resume with ponchos/umbrellas with organiser’s discretion.














3 Safety Precautions



Safety of participants should be of utmost importance. The activity should be carried out in a manner that should not pose any safety hazard to the participants.

Below are some of the **Do's and Don'ts** while carrying out the activity:

 <ul style="list-style-type: none">• Do hydrate adequately before and during the activity.	 <ul style="list-style-type: none">• Do stay together with the group.	 <ul style="list-style-type: none">• Don't pick up sharp or dangerous objects (e.g. broken glass pieces, rusty metal pieces, fishing hooks, etc.) with bare hands.
 <ul style="list-style-type: none">• Do watch for oncoming cars when crossing road or cleaning near roads/in carparks.	 <ul style="list-style-type: none">• Do watch for potentially dangerous seashore life e.g. jellyfish and sea urchins, etc.	 <ul style="list-style-type: none">• Don't remove footwear at any time during the clean-up activity.
 <ul style="list-style-type: none">• Do apply insect repellent or sunblock if needed.	 <ul style="list-style-type: none">• Do make sure children (if any) are accompanied by adult at all times.	 <ul style="list-style-type: none">• Don't trespass into any private property or state land.
 <ul style="list-style-type: none">• Do sound out to the rest if you are feeling unwell or injured during the activity.		 <ul style="list-style-type: none">• If you have sightings of crocodiles or otters, please do NOT approach the animal. Ensure that you are in a safe area before calling the Animal Response Centre at 1800-476-1600 to report the sighting.

Simple First Aid



Cuts	<ul style="list-style-type: none">• To stop the bleeding, use a clean handkerchief/cloth and apply direct pressure to the wound.• If the cut is very deep, the participant should seek medical help immediately.
Stung by Jellyfish	<ul style="list-style-type: none">• Apply anti-sting spray or vinegar directly on the affected area before seeing a doctor.
Pierce by Sea Urchin spine	<ul style="list-style-type: none">• Apply anti-sting spray to neutralise the toxic.• Do not attempt to remove the spine. It is brittle and may break further. See a doctor immediately to remove it.

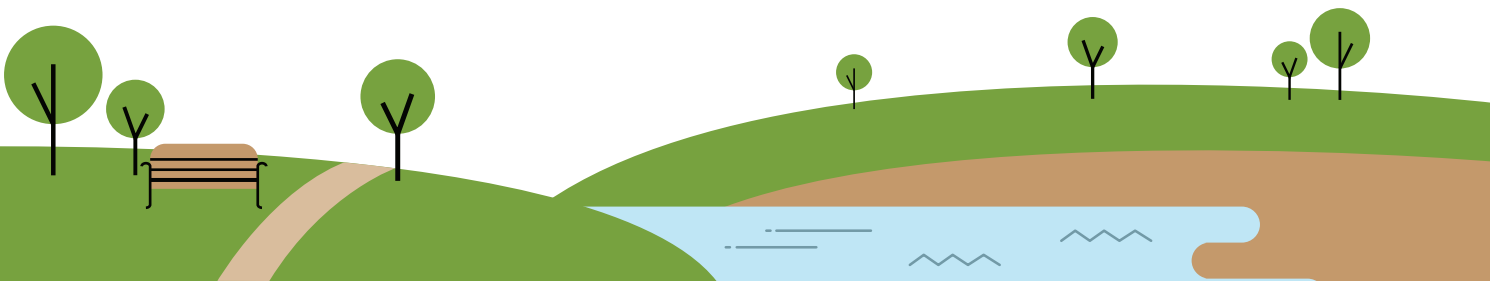
List of General Practitioners (GP) / Family Clinics



Refer to: <https://www.singhealth.com.sg/rhs/Pages/Find-a-GP.aspx>

Disclaimer: SingHealth does not own or run the GP clinics listed in this directory nor are they endorsed by NEA. For enquiries or feedback on the clinics, please contact the clinics directly.

Clinics' operating hours are subject to change without notice. Please call the clinic before your visit.



4 Clean-up Details



- a. Grouping
 - Group up participants if necessary.
 - Assign leaders to each group for better coordination.
- b. Target area(s)
 - Describe the area(s) to clean-up e.g. landmarks, routes, etc.
 - Highlight the gathering point after the clean-up.
 - Provide a map to leaders and participants if possible.
- c. Duration
 - Highlight the duration of the activity or the time to gather back.
 - Provide a schedule to leaders and participants if possible.
- d. Tools and materials
 - Describe and explain the tools and materials provided.
 - Encourage participants to maximise usage of trash bags.
 - Specify any special requirements such as cleaning and returning of tongs/litter pickers after clean-up.
- e. Common items found during clean-up

Do pick up:

Non-Recyclables

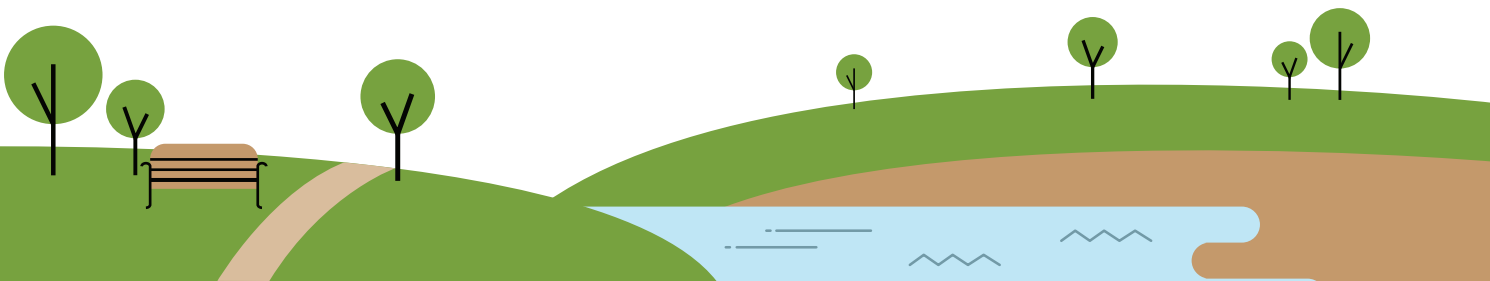
Cigarette Butts/Pack
Cloth/Rags
Foam packaging/containers
Foam cups
Foam boxes
Food wrappers
Food (left over)
Paper bags (soiled)
Paper cups (soiled)
Plastic bags
Plastic cups
Plastic straws/stirrers
Plastic forks/spoons
Porcelain
Rubber products
Others

Recyclables

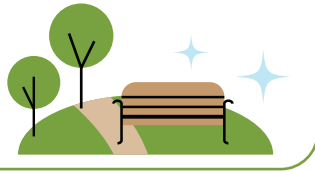
Plastic bottles
Plastic bottle caps
Metal cans
Metal bottle caps
Glass bottles
Glass shards
*If they are reasonably clean

Do not pick up:

Fallen fruits
Dead animal carcasses
Dried leaves/twigs
Driftwood
Sea shells
Sea weed
Any other natural objects



5 End of clean-up



After the clean-up, the organiser should:

- a. Weigh litter collected and sort out trash bags for recyclables with non-recyclables (if planned).
- b. Record the data of collected litter into <https://rise-network.sg/rise/cleanup-log/>.
- c. Collect tools and un-used materials from participants.
- d. Gather participants for a group photo.

6 Debrief



Organiser could ask participants to share their experiences and learning points. Below are some suggested questions to start the conversation:

- a. What were the commonly found litter?
- b. What are the consequences of littering at the beaches/parks?
- c. How do you feel after the clean-up?
- d. How can you as an individual keep our beaches/parks clean?
- e. How can we encourage our family and friends to keep our beaches/parks clean?

Organiser is reminded to thank the participants for their effort at the end of the debriefing and encourage them to tell their peers and family to help keep the environment clean.

