

**Town of Dennis**

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Dear Adopt-A-Beach Participant:

Thank you for becoming a participant in the Dennis Adopt-A-Beach program. This program is designed for organizations to become partners with the Town of Dennis to help keep our beautiful beaches clean and safe.

We are fortunate that nature has given us some of the finest beaches in the United States. With assistance from your organization, our hope is to maintain, preserve, beautify, and protect them.

This Manual provides information regarding the effects of debris and pollutants. It also includes some suggestions on organizing your activities. Check lists are provided for use as guidelines if they are needed.

We hope that this material will be helpful to you. The Town of Dennis sincerely appreciates your assistance.

Beach Committee  
Town of Dennis

A d o p t - A - B e a c h

*Manual*  
FOCAL CONCEPTS

Fourteen billion pounds of garbage are dumped into the sea every year. That is more than 15 million pounds per hour.

The following concepts will help your group understand the purpose of Adopt-A-Beach. Please share them with your group and use them to guide your activities.

1. The beach is a productive home for a great diversity of plants and animals. Humans use the beach in many ways and must learn to share this habitat with other living things.
2. Human pollution, especially plastics and oil, may harm or kill beach organisms. Pollution also makes using the beach less enjoyable for people.
3. Natural resources are limited and must be used wisely. Conserving resources both reduces pollution and insures that those resources will be available for future generations. We can conserve by reducing the waste we produce, reusing objects which can be reused, and recycling objects which can be recycled.
4. Everyone, especially groups such as yours, can make a difference in protecting the environment.

**POLLUTION FACT SHEET**

***HOW MARINE DEBRIS HARMS OUR MARINE LIFE***

Entanglement - Common items like six-pack rings, fishing line and strapping banks entangle and kill sea birds, fish, and mammals. Plastics can last many years and can continue to trap and kill even large mammals.

Ingestion - Birds, fish, and mammals mistake plastic for food. Some birds even feed it to their young! With plastic filling stomachs, animals may die of starvation or poisoning. Endangered species also suffer. Sea turtles mistake plastic bags for jellyfish, one of their prey foods. Even gray whales have been found dead with plastic bags and sheeting in their stomachs.

Some 30,000 Northern Fur seals die each year from entanglement in netting. Scientists think this entanglement has contributed to a 50% population decline over the last 30 years.

## ***HOW MARINE DEBRIS HARMS PEOPLE***

People, especially children, can cut themselves on broken bottles and sharp metal left on the beach. Plastics can be a floating menace to navigation. Plastic rope and line may damage propellers. Plastic bags and sheeting clog sea water intakes and evaporators causing engine failure, costly repairs, and annoying delays. This type of vessel disablement can be life threatening.

## ***WHY RECYCLE?***

**It's Profitable!** - Under the state's beverage container recycling law, you'll be paid for beverage containers turned in to your local certified recycling center.

**Garbage** - We are running out of places to put our waste. Many local communities face a garbage crisis. Solid waste landfills are becoming more scarce and more expensive.

**Natural Resources** - Everything we use in our daily lives comes from natural resources such as trees, petroleum, sand, water, soil, and metals. Many of these are nonrenewable or have a limited supply. By throwing metals, glass, paper, wood, and plastic into our landfills, we drastically reduce the remaining supply. Recycling items made from natural resources will keep these materials available to us forever.

**Paper** - Waste paper can be turned into raw material for new paper and paper products. Each ton of recycled office paper saves approximately 380 gallons of oil.

**Glass** - Doesn't decompose. It can be recycled to make new glass, insulation, and asphalt in road paving.

**Metal** - Nearly 3/4 of all metal is used just once and discarded. Recycling steel reduces air and water pollution and requires 70% less energy than producing it from raw materials.

## ***RECYCLING IS A SOLUTION TO OCEAN POLLUTIONS***

Any of our pollution problems are really problems of misplaced resources. It may be something as simple as a recyclable can or bottle carelessly tossed on a beach or as complex as an industrial plant discharging materials that could be recaptured and reused in the manufacturing process. In each case changes in our attitude, technology, and the value we place on resources and a clean environment, could eliminate the problem. By instilling the simple message that the proper place for a can or bottle is in the recycling bin and not on our beaches, parks and streets, we point the way to solving the bigger problems we face.

## **WHO'S WHO IN ADOPT-A-BEACH**

### *Group Leader (Acting as the "Beach Captain")*

The Group Leader acts as the principal organizer and contact for a given cleanup and makes sure everything comes together at the right time before, during, and after the cleanup.

### *Beach/Recreation Director*

The official contact person for the Town of Dennis is the Beach/Recreation Director. This is the person with whom you arrange the dates, location, and logistics for your cleanups.

### *Dennis Beach Committee*

The Beach Committee works to provide logistical support and acknowledgement for groups participating in the Adopt-A-Beach program. The Committee also helps put groups in touch with others in the Adopt-A-Beach network, including local schools, community groups and the agencies that manage local beaches, who can help support a group's Adopt-A-Beach effort.

## CHECKLIST FOR AN ADOPT-A-BEACH CLEANUP

This checklist shows you all of the steps of an Adopt-A-Beach cleanup. We encourage you and your group to follow and complete all of these steps, as it will help to make your cleanup fun and productive.

### *The First Step*

1. Identify a beach you'd like to adopt \_\_\_\_\_
2. Complete a "Beach Adoption Application" \_\_\_\_\_
3. Wait for approval \_\_\_\_\_

### *One Month before Cleanup*

4. Begin organizing for the cleanup \_\_\_\_\_
5. Scout the beach \_\_\_\_\_
6. Arrange for trash pickup \_\_\_\_\_
7. Arrange for transportation \_\_\_\_\_
8. If students or youths are involved, pass out parental consent forms \_\_\_\_\_

### *Two Weeks before Cleanup*

9. Reconfirm arrangements with Beach Director \_\_\_\_\_
10. Confirm date and time with those who wish to participate \_\_\_\_\_
11. Review with group, location of beach, and planned activities \_\_\_\_\_

### *One Week before Cleanup*

12. Begin assembling supplies/materials, trash bags and gloves \_\_\_\_\_
13. Review logistics with group \_\_\_\_\_
14. Review safety information with group \_\_\_\_\_
15. Review transportation arrangements \_\_\_\_\_
16. Collect parental consent forms \_\_\_\_\_

### *Day of Cleanup*

17. Final check before leaving for the beach \_\_\_\_\_
18. Make your safety arrangements \_\_\_\_\_
19. Review cleanup guidelines \_\_\_\_\_
20. Begin the cleanup \_\_\_\_\_
21. Ready bags for pickup \_\_\_\_\_
22. Congratulate all who participated \_\_\_\_\_

### *Post-Cleanup Fun*

23. Inform Dennis Beach Department of all activities completed.  
Notify Beach Dept. if any follow-up is necessary \_\_\_\_\_
24. Send out thank you notes and acknowledgements \_\_\_\_\_
25. PAT YOURSELF ON THE BACK! \_\_\_\_\_

## THE STEP BY STEP OF ADOPTING A BEACH

### *IMPORTANT NOTE:*

The steps below guide your individual cleanups throughout the year.

### *The First Step*

1. **Identify a beach you would like to adopt**
2. **Complete a "Beach Adoption Application" and then an "Adopt A Beach Agreement"** You most likely received this guide by completing our Beach Adoption Agreement, which establishes a partnership. The manual suggests ideas on procedures that may be helpful to you and the Town.
3. **Begin organizing for the cleanup**  
About two months before your first scheduled cleanup, begin signing up your group to clean our beach. The Beach/Recreation Director will suggest how many people you need. Set your cleanup time for low tide.

Plan to take only a manageable sized group to the beach. If children are to participate, it is advised sufficient adults are necessary for adequate supervision.. ;

Use the "Checklist for an Adopt-A-Beach Cleanup" on page 4 to check off steps as you accomplish them.

4. **Begin assembling the materials and support you need.** You should plan to have enough clean-up bags available to be able to complete your task. If you have any problem with this perhaps the Beach Department will be able to help. Check with the Beach Director to see what supplies may be available and to reserve sufficient amounts for your cleanup. Then you will have to make arrangements for the other supplies you need and trash collection by the DPW.

"The Group Leaders Checklist" lists the minimum materials you will need. -- See List

OPTIONAL: Enlist local businesses as sponsors for supplies, refreshments, souvenirs, etc.

5. Begin to educate your group about the broader context of Adopt-A-Beach Using the information provided in this manual about pollution, recycling, or other information available thru your organization, raise awareness about the ocean environment, marine debris, and the need to take individual responsibility for stewardship and conservation of natural resources.

**Suggested activities:**

- a. Share with group members the information in the Facts Sheets and discuss why cleanups are important.
- b. Conduct a discussion about pollution and marine debris and ways people can help to protect the coast.
- c. If possible, arrange for a Natural Resource Officer to visit your group or meet you at the beach. The Resource Officer can acquaint your group with natural history of the beach and provide other interesting information.

**ONE MONTH BEFORE THE CLEANUP**

6. Scout the beach you have adopted Plan how you will physically organize the cleanup. Visit the beach at a time when the tides are similar to your scheduled cleanup time.

Identify where you will park and assemble, which section of the beach you will clean, and where you will do your talks and activities. Check the availability of restrooms and washroom, especially if you plan to have lunch at the beach after your cleanup.

Note unsafe areas to avoid.

7. Begin to secure supplies for your cleanup

Group leader review checklist for necessary supplies.

8. Arrange for trash/recycling pick-up

Please coordinate through the Beach/Recreation Director for the DPW to pick up all collected trash.

9. Arrange for transportation Depending on the size and location of your group, you have many options.

You can carpool if drivers are available. Other local community organizations who have adopted a beach may be able to help.

Rent a van. Often this requires drivers with Class 2 licenses.

Buses can be chartered - this is the simplest, but most expensive. A local school can probably help you find the most reasonably priced company.

Walk to the beach if you are close enough.

### **ONE WEEK BEFORE CLEANUP**

10. Review trip logistics with group members This is critical. Preparing participants, especially children with this type of information is essential to the success of any field trip. Take care of the physical needs of your group by letting them know what to expect and that you have carefully planned the trip. This will allow them to fully concentrate on the activities of the trip itself. Make sure they know:

Where to meet and at what time.

What activities they will be doing throughout the whole day.

When and where you will eat lunch.

When there will be free time to play on the beach.

When and where restrooms will be available. If possible, give them a physical description of what the beach and surrounding area looks like.

Also if students or youths are involved, be sure to have collected parental consent forms. See copy

11. Review safety information with the group You should have one adult for every 10 young persons under 15, and at least one adult for every 15 youths between the ages of 15 and 17.

Describe the Buddy System you will use. Before leaving, everyone will be assigned a Buddy who they will work with on the cleanup and be responsible for.

No one will be allowed in the water on the trip unless prior arrangements have been made with the Beach Department.

Let everyone know that if it is stormy, the trip will be cancelled.

Dress warmly - the beach is usually cool. A hat will also be helpful.

Begin reinforcing with everyone the importance of never turn your back on the ocean".

12. **Parental Consent Forms**

If youths are involved, you may wish to bring to the cleanup. (See attached)

Adopt - A - Beach

13. Reconfirm your transportation arrangements If you are carpooling, drivers and riders should exchange phone numbers.

### **DAY BEFORE**

14. Meet the Beach/Recreation Director

Pickup any materials being provided and confirm the day's arrangements.

### **AT THE BEACH**

15. Review safety precautions with entire group upon arrival

No one goes in the water.

Never turn your back on the ocean.

Maintain the Buddy System.

Call an adult or Town employee immediately if a dangerous item (syringe, chemical container, etc.) or stranded animal is found.

### **CLEANUP DAY**

#### **CONDUCT YOUR ADOPT-A-BEACH CLEANUP!**

Instruct your group on how they will do the cleanup. We have included some suggestions below that may be helpful in organizing your group: but whatever you do, make sure everyone understands what will go on before you start.

16. Organize your group and review collecting guidelines

Separate participants into buddy pairs. Each pair will be responsible for collecting either trash or recyclables.

Pass out cleanup bags. Check that everyone is wearing gloves.

Assign each buddy pair to a supervisor.

Remind your group not to remove wood or other natural materials (seaweed, shells, etc.) and to avoid disturbing birds, dune grass, or other vegetation.

17. Begin your cleanup

Separate the group in half with an equal mix of recycling and trash teams.

Line up the two groups at the ends of the cleanup area facing one another.

Spread the groups out across the beach a safe distance from the water.

The two groups should walk toward each other collecting beach debris and depositing bags at a designated location.

18. Ready bags for pickup

Keep the bags of recyclables and bags of trash separate. Follow arrangements worked out with Beach/Recreation Director for pickup of bags by DPW.

19. Celebrate your excellent team work Give yourselves three cheers and take a last look at the amount of trash you collected in such a short time. Have the group wash up and eat lunch if you have planned to do so.

20. Do follow-up beach activities If you have time and weather permits, go on a nature walk using binoculars to search for and identify birds, build sand castles or sand sculptures, check your tide stake and measure the distance the tide came in or out.

### **POST CLEANUP**

21. Thank you To drivers, chaperones, recyclers, and anyone else who helped out. Group members can divide these responsibilities.

22. Report success to Beach/Recreation Director.

## YOUTH GROUP PROGRAM

### PARENTAL CONSENT AND WAIVER OF LIABILITY

I give my permission for (the "Participant") to take part in all activities associated with the Adopt-A-Beach Program. I know of no physical limitation which would keep him/her from participating in this program.

For myself and for the Participant, I waive any claim of liability against and agree to hold harmless the Town of Dennis, MA, and the sponsors of the Adopt-A-Beach Program, and any officer, agent, and/or employee of any of them from any claim for injury to the Participant arising out of or connected with the Adopt-A-Beach Program.

If the Participant should become injured while participating in the Adopt-A-Beach Program, I authorize any physician licensed in the State of Massachusetts to perform any emergency or surgical treatment as in his or her sole judgment may be necessary.

Parent #1(or Guardian) signature: \_\_\_\_\_  
Phone number: (work) \_\_\_\_\_ (home) \_\_\_\_\_  
Date: \_\_\_\_\_

Parent #2 (or Guardian) signature: \_\_\_\_\_  
Phone number: (work) \_\_\_\_\_ (home) \_\_\_\_\_  
Date: \_\_\_\_\_

If the Participant is Under 18, both parents (or guardians if any) must sign, unless there is only one parent or guardian, or unless only one has legal custody.

Participants Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone(home) \_\_\_\_\_

Group/Organization \_\_\_\_\_

Location of Adopted Beach and Activity \_\_\_\_\_

**ADOPT-A-BEACH CLEANUP DATA**

**ITEMS COLLECTED**

**PLASTIC**

Bags: \_\_\_\_\_  
 Trash \_\_\_\_\_  
 Salt \_\_\_\_\_  
 Other \_\_\_\_\_  
 Bottles \_\_\_\_\_  
 Beverage, soda \_\_\_\_\_  
 Bleach, cleaner \_\_\_\_\_  
 Oil, lube \_\_\_\_\_  
 Other \_\_\_\_\_  
 Buckets \_\_\_\_\_  
 Caps, lids \_\_\_\_\_  
 Cups, spoons, forks, straws \_\_\_\_\_  
 Diapers \_\_\_\_\_  
 Disposable lighters \_\_\_\_\_  
 Fishing line \_\_\_\_\_  
 Fishing net \_\_\_\_\_  
 Longer than 2 feet \_\_\_\_\_  
 2 feet or shorter \_\_\_\_\_  
 Floats and lures \_\_\_\_\_  
 Hardhats \_\_\_\_\_  
 Light sticks \_\_\_\_\_  
 Milk, water gallon jugs \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Pipe thread protector \_\_\_\_\_  
 Rope \_\_\_\_\_  
 longer than 2 feet \_\_\_\_\_  
 2 feet or shorter \_\_\_\_\_  
 Sheeting \_\_\_\_\_  
 longer than 2 feet \_\_\_\_\_  
 2 feet or shorter \_\_\_\_\_  
 6-pack holders \_\_\_\_\_  
 Strapping bands \_\_\_\_\_  
 Syringes x \_\_\_\_\_  
 Tampon applicators \_\_\_\_\_  
 Toys \_\_\_\_\_  
 Vegetable sacks \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**GLASS**

Bottles: \_\_\_\_\_  
 Beverage \_\_\_\_\_  
 Food \_\_\_\_\_  
 Other (specify) \_\_\_\_\_  
 Fluorescent light tubes \_\_\_\_\_  
 Light bulbs \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**STYROFOAM (or other plastic foam)**

Buoys \_\_\_\_\_  
 Cups \_\_\_\_\_  
 Egg cartons \_\_\_\_\_  
 Fast-food containers \_\_\_\_\_  
 Meat trays \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Larger than a baseball \_\_\_\_\_  
 Smaller than a baseball \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**RUBBER**

Balloons \_\_\_\_\_  
 Gloves \_\_\_\_\_  
 Tires \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**METAL**

Bottle caps \_\_\_\_\_  
 Cans: \_\_\_\_\_  
 Aerosol \_\_\_\_\_  
 Beverage \_\_\_\_\_  
 Food \_\_\_\_\_  
 Other \_\_\_\_\_  
 55 gallon drums \_\_\_\_\_  
 Rusty \_\_\_\_\_  
 New \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Pull tabs \_\_\_\_\_  
 Wire \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**PAPER**

Bags \_\_\_\_\_  
 Cardboard \_\_\_\_\_  
 Cartons \_\_\_\_\_  
 Cups \_\_\_\_\_  
 Newspaper \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**WOOD (leave driftwood on the beach)**

Crab/lobster traps \_\_\_\_\_  
 Crates \_\_\_\_\_  
 Pallets \_\_\_\_\_  
 Pieces \_\_\_\_\_  
 Other (specify) \_\_\_\_\_

**CLOTH**

Clothing/pieces \_\_\_\_\_

