

# VIRTUAL COASTAL CLEANUP Challenge

in celebration of the  
International Coastal Cleanup 2021



## VIRTUAL CLEANUP GUIDELINES

Welcome to the Virtual Coastal Clean-up Challenge! We are delighted to know that you have come to take part in our celebration for the International Coastal Cleanup—the largest volunteer effort where people around the world gather on beaches, coasts, rivers, waterways, and underwater dive sites to remove trash and record information on the debris collected.

Organizing a family clean-up activity will mean so much to the ocean's health, plus it will give your family a chance to get 5,000 cash prizes! Check out our guidelines to know how.

### QUALIFICATIONS

- ✓ Open to all Filipino Families residing in the provinces of Bohol, Cebu, Negros Oriental, and Siquijor (Region 7)
- ✓ All the family members who will join in the cleanup must be living in one household
- ✓ The family must be living near coastal areas or any major bodies of water
- ✓ Total number of volunteers should be from 3-10 family members
- ✓ Immediate families of the employees of PSWRI and Affiliates are excluded in this competition

### BEFORE THE CLEANUP

- ✓ Identify your clean-up sites and assign a leader. Make sure that you do not have the same area with the other families who will join this challenge.
- ✓ Make sure to follow the health protocols enforced by the local government within your area.
- ✓ Prepare the following cleaning materials on ICC Day (use reusable items, if possible):
  - Ocean Trash Data Form (see Annex below)
  - Sacks or Net Bags
  - Ballpens/pencils
  - Gloves
  - Weighing Scale
- ✓ Prepare the right attire, preferable long pants, long sleeves shirt, closed shoes, hat or cap.
- ✓ Family volunteers 18 years old and below can only participate in the cleanup if allowed by the local government, under the enforced Covid-19 health protocols and guidelines in your area. If permitted to participate, they should be accompanied by at least one adult.

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## DURING THE CLEANUP

- ✓ The number one rule is SAFETY. Make sure all the family volunteers adhere to the minimum health protocols enforced by the local government in your area.
  - Wear your masks, face shield, and gloves properly
  - Follow the right social distancing
  - Disinfect and sanitize regularly

**DISCLAIMER!** Nature's Spring Foundation shall not be held responsible for any accident, damage, health diseases or any negative outcome that will possibly result to the volunteers during the cleanup activity. It is the entire discretion of the family to conduct their coastal cleanup activity following the guidelines of this cleanup and health protocols set by the local government unit of their area.

- ✓ Document all the process of the clean-up activity through a 10-20 minute video with a vlog format. Each coastal cleanup activity must include the following sub-activities:
  - Preparation before the cleanup
  - Collection of trash in the identified area
  - Segregation of trash (following the trash data form)
  - Weighing and recording of the trash data in the form provided
  - Hauling, Handling, and Management of the trash after the cleanup
- ✓ Do not record natural items such as leaves, coconut husks, driftwood, and seaweed. Report to us if there are any dead or entangled wildlife.
- ✓ Take photos of each segregated trash, make sure that the number of trash seen in the photos coincide to the one recorded in the form.

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## AFTER THE CLEANUP

- ✓ Once done with the cleanup, post your 10-20 minute vlog on Facebook, add a caption, tag our Facebook page at [www.fb.com/naturespringfoundation](http://www.fb.com/naturespringfoundation), and use the hashtags #InternationalCoastalCleanup2021 #InternationalCoastalCleanup #NSFIVirtualCleanup #NatureSpringFoundation (Make sure to set your vlog post to Public so we can view it!)
- ✓ Aside from the vlog post, please submit the following documents to our email address, [naturespringfoundation@gmail.com](mailto:naturespringfoundation@gmail.com)
  - Consolidated Trash Data Form
  - Photos of the segregated trash
  - Photo of the valid IDs of all the volunteers in the family
  - Barangay or Municipal Certification as proof of residency and accurate distance covered where the clean-up was held (Please provide exact locations from point to point)
- ✓ You may request for individual e-certificates once we receive all your documents.
- ✓ Make sure that you have also attended the webinar on September 17, 2021 to educate you and your family on coastal conservation and waste management. Announcements will be posted on Facebook.

### CRITERIA FOR SELECTION OF WINNERS

- Efficiency of the Cleanup Process (40%)
- Distance covered during the cleanup (30%)
- Adherence to the Covid-19 Health protocols (20%)
- No. of likes, views, and reactions to the Facebook Vlog Post (10%)

### PRIZES

- 4 Families will receive 5,000 pesos each
- Winners will be announced through the official Facebook page on Sep 21-25, 2021. Make sure to like and follow our social media accounts for updates!

**DEADLINE OF SUBMISSION: SEPTEMBER 19, 2021**

# VOLUNTEER

## OCEAN TRASH DATA FORM



Ocean and waterway trash ranks as one of the most serious pollution problems choking our planet. Far more than an eyesore, a rising tide of marine debris threatens human health, wildlife, communities and economies around the world. The ocean faces many challenges, but trash should not be one of them. Ocean trash is entirely preventable, and data you collect are part of the solution. The International Coastal Cleanup is the world's largest volunteer effort on behalf of ocean and waterway health

### HERE HOW IT WORKS:



1 CLEANUP TRASH & COLLECT DATA



2 ORGANIZE AND ANALYZE DATA



3 PUBLISH RESULTS



4 REDUCE IMPACT

|   |   |  |
|---|---|--|
| <b>DATE &amp; TIME OF CLEANUP</b>             |   |  |
| <b>NO. OF VOLUNTEERS WORKING ON THIS FORM</b> | <b>Total</b>  |  |
|   | <b>Children</b><br><i>(12 yrs. Old &amp; below)</i> |  |

|  |
|--|
| <b>MOST UNIQUE ITEMS COLLECTED</b><br><i>(indicate no. of each item)</i> |
|  |

| CLEANUP SITE INFORMATION  |                 |                          |                 |
|---|-----------------|--------------------------|-----------------|
| <b>CLEANUP SITE NAME</b><br><i>(provide geographical coordinates if possible)</i> | <b>BARANGAY</b> | <b>CITY/MUNICIPALITY</b> | <b>PROVINCE</b> |
|   |                 |                          |                 |

| TYPE OF CLEANUP <i>(Check one of the boxes below)</i> |  |  |  |
|---|--|--|--|
| <b>Beach/Shores</b> <input type="checkbox"/>          | <b>Rivers/Lakes/Waterways</b> <input type="checkbox"/> | <b>Underwater</b> <input type="checkbox"/> | <b>Others, please specify</b> <input type="text"/> |

|  |                      |                              |
|--|----------------------|------------------------------|
| <b>COMPLETE NAME OF YOUR FAMILY LEADER</b> | <b>EMAIL ADDRESS</b> | <b>MOBILE and/or TEL NO.</b> |
|  |                      |                              |

| <b>COMPLETE NAME OF VOLUNTEERS (include the leader in the list)</b> | <b>AGE</b> | <b>SEX</b> | <b>RELATIONSHIP TO THE LEADER</b> | <b>SIGNATURE</b> |
|---|------------|------------|-----------------------------------|------------------|
| 1.  |            |            |                                   |                  |
| 2.  |            |            |                                   |                  |
| 3.  |            |            |                                   |                  |
| 4.  |            |            |                                   |                  |
| 5.  |            |            |                                   |                  |
| 6.  |            |            |                                   |                  |
| 7.  |            |            |                                   |                  |
| 8.  |            |            |                                   |                  |
| 9.  |            |            |                                   |                  |
| 10.   |            |            |                                   |                  |

PLEASE SUBMIT THIS FORM THROUGH:  
 EMAIL: [nsfi.environment@gmail.com](mailto:nsfi.environment@gmail.com)  
 SUBJECT:  
 Entry to the Virtual Coastal Cleanup Challenge

FOR QUESTIONS AND CLARIFICATIONS, PLEASE CONTACT:  
 NATURE'S SPRING FOUNDATION INC.  
 Offices, 5<sup>th</sup> floor, Bai Hotel Cebu, Mandaue City 6014  
 Serviced TEL NO. 355-8888 local 8795  
 FACEBOOK: [www.facebook.com/naturesspringfoundation](http://www.facebook.com/naturesspringfoundation)



# COUNT EACH DEBRIS ITEM LISTED USING TICK MARKS AND THEN TOTAL (Example: ///-///= 8)

## CLEANUP SUMMARY ( TOTAL):

No. of Trash Bags Filled:  Estimated Weight:  (in kilograms) Estimated Distance Cleaned:  (in kilometers)

| MOST LIKELY TO FIND ITEMS:  | TOTAL # | FISHING GEAR:   | TOTAL #        |
|---|---------|---|----------------|
| Cigarette Butts:  | =       | Fishing Buoys, Traps:   | =              |
| Food Wrappers<br><i>(coffee/milk/sugar/salt/oil/vinegar/soy sachets; candy, chips, biscuits, etc.):</i> | =       | Fishing Net & Pieces:   | =              |
| Take Out/Away Containers (Plastic):   | =       | Rope (1 yard/meter=1 piece):  | =              |
| Take Out/Away Containers (Foam):  | =       | Fishing Line (1 yard/meter=1 piece):  | =              |
| Bottle Caps (Plastic):  | =       | <b>PACKAGING MATERIALS:</b>   | <b>TOTAL #</b> |
| Bottle Caps (Metal):  | =       | 6 – Pack Holders:   | =              |
| Lids (Plastic):   | =       | Other Plastic/Foam Packaging: <i>(shampoo, soap, detergent, toothpaste; fruit net, styrofoam from appliances, etc.)</i> | =              |
| Straws/Stirrers:  | =       | Other Plastic Bottles <i>(oil/soy/vinegar, milk, bleach, detergent, shampoo, motor oil, etc.):</i>                      | =              |
| Forks, Knives, Spoons (plastic):  | =       | Strapping Bands:  | =              |
| Beverage Bottles (Plastic) <i>(water, softdrink) :</i>  | =       | Tobacco/Cigarette Packaging/Wrappers:   | =              |
| Beverage Bottles (Glass) <i>(water, softdrink, alcohols):</i>   | =       | <b>PERSONAL HYGIENE:</b>  | <b>TOTAL #</b> |
| Beverage Cans:  | =       | Condoms:  | =              |
| Grocery Bags (Plastic):   | =       | Syringes:   | =              |
| Other Plastic Bags:   | =       | Diapers:  | =              |
| Paper Bags:   | =       | Sanitary Napkins:   | =              |
| Cups & Plates (Paper)   | =       | <b>TINY TRASH LESS THAN 2.5 cm</b> <i>(size smaller than a 25 centavo coin):</i>  | <b>TOTAL #</b> |
| Cups & Plates (Plastic):  | =       | Foam Pieces:  | =              |
| Cups & Plates (Foam):   | =       | Glass Pieces:   | =              |
|   |         | Plastic Pieces:   | =              |

| OTHER TRASH:  | TOTAL # | OTHER TRASH:              | TOTAL # |
|---|---------|---------------------------|---------|
| Appliances <i>(TV, refs, radio, computer, etc.) (Note: whole, not pieces)</i>                               | =       | Fireworks:                | =       |
| Balloons:   | =       | Tires (whole not pieces): | =       |
| Cigarette/cigar plastic tips:   | =       | Shoes/Slippers:           | =       |
| Cigarette Lighters:   | =       | Toys:                     | =       |
| Construction Materials <i>(wood, bars, nails, brush, etc.) (not included are bamboos &amp; driftwoods):</i> | =       | Cloth/clothing:           | =       |

| LIST OF DEAD / INJURED WILDLIFE | STATUS <i>(Dead Injured)</i> | ENTANGLED <i>(Yes or No)</i> | CAUSE OF ENTANGLEMENT <i>(line, net, plastics)</i> |
|---------------------------------|------------------------------|------------------------------|--|
|                                 |                              |                              |  |