



## Let's Get Ready to Strike Out Litter!

Captain,

Thank you for joining us in striking out litter in Jacksonville. As your team's captain, you can motivate and encourage family, friends, and co-workers to Keep Jacksonville Beautiful while earning a chance to throw out the first ball of a Shrimp's game and watch the game from a suite at the stadium.

Safety is critical to having a great Jacksonville Litter League experience. This packet includes the league rules, a blank Participant Sign in Sheet and Release of Liability form, guidelines on safely disposing of needles and syringes and a safety checklist.

Please thoroughly review this information and contact us with any questions. As the team captain, you will ensure that all players and their parent(s) or guardian(s) sign in on the Participant Sign In Sheet/Release of Reliability form before volunteering in the league.

There is no limit to the number of cleanups that you and your team can conduct, but we encourage you and your team to participate in a minimum of two monthly clean-ups during the league.

Thank you for your commitment to keeping Jacksonville beautiful!

If you have any questions, please don't hesitate to contact Keep Jacksonville Beautiful at [ddurbe@coj.net](mailto:ddurbe@coj.net) or 904-255-8276.

# Keep Jacksonville Beautiful

## Participant Sign in Sheet and Release of Liability

This form must be read, understood, and signed by all Keep Jacksonville Beautiful (KJB) Volunteers, including both adults and minors (persons under the age of 18), as well as a parent or guardian (referred to as a Parent) for a minor Volunteer. No volunteer may participate in KJB-sponsored Volunteer activities unless these signatures are provided.

**Description of Activity:** The Jacksonville Litter League's volunteer activity involves litter cleanups along city rights of way including roads, sidewalks and streets. Cleanups **are not conducted on private property**. There may be potential exposure to traffic, weeds, debris, sharp objects and other hazardous items. Volunteer cleanups may expose individuals to manual labor, prolonged standing and exposure to the sun, wind, rain and other environmental hazards. Volunteers must wear sturdy, closed-toe shoes.

**Medical Concerns:** In most cases, volunteer cleanups can be adjusted to accommodate almost all participants. Participants with underlying medical conditions that increase their risk of injury or illness during an activity are encouraged to carefully consider these risks before participating. If they proceed, they do so at their own risk.

**Release of Liability:** All eligible participants or their representatives in the Jacksonville Litter League will be required to sign in on a Participant Sign in Sheet and Release of Liability form prior to each cleanup. The form includes the following language:

In consideration for being allowed to participate in the Jacksonville Litter League and to receive any benefits derived therefrom, the undersigned: (1) Acknowledges and fully understands that each participant will be engaging in activities that may involve risk of serious injury, including permanent disability and death, and severe social and economic losses, which might result not only from the participant's own action, inaction or negligence, but also from the action, inaction or negligence of others, the condition of any equipment used or the condition of the premises, such as the dangers posed by contamination or wildlife; (2) Assumes responsibility for his/her safety and the safety of those around him/her including, but not limited to, assuming responsibility for any kayak, canoe, boat or other water vessel used by the undersigned and any underwater cleanup the undersigned may elect to perform; assumes all risks, whether or not known or reasonably foreseeable at this time, which may be associated with participation in the Cleanup or any other related event or activity regardless of sponsorship; (3) Releases, and indemnifies the City of Jacksonville, and its respective officers, employees and agents, from and against any and all liability to the undersigned for any and all claims, losses or damages on account of personal injury, including death, or property damage, in connection with the Cleanup or other related activities or events, regardless of sponsorship and regardless of whose action, inaction or negligence; which release and indemnification applies also to the undersigned's heirs, assigns and next of kin; (4) Understands and acknowledges that any participation is completely voluntary and that the undersigned is under no obligation to participate, that the undersigned has read and will comply with the safety tips, and that the undersigned has read the above and understands that the undersigned is giving up substantial rights by signing and signs voluntarily.

## How to Safely Pick up Needles/Syringes

1. Place an uncapped plastic bottle on the ground. The bottle can be standing upright or lying on its side. You must only touch or hold onto the bottle again once the syringe is securely inside and ready to recap the bottle. This is to ensure your safety and prevent any accidental needle sticks. With a gloved hand, pick up the needle or syringe and place it into the bottle. **IMPORTANT: WHEN PLACING A NEEDLE INTO A BOTTLE, UNDER NO CIRCUMSTANCES SHOULD YOU TOUCH OR HOLD ONTO THE BOTTLE;** this could result in an accidental needle stick.
2. Once the needle is entirely inside the bottle, carefully recap it, ensuring the lid is tight and secure. Then, place the bottle in a trash bag. Remove your gloves and place them I trash bag.

Inserting a syringe or needle into a bottle should be done with *one hand (the one holding the syringe or needle)*. Please put your other hand behind your back so you are not tempted to use it to hold or touch the bottle. Touching or holding onto the bottle while inserting a syringe or needle can result in accidentally sticking yourself with the needle.

## Clean-up Safety Checklist

1. Designate a safety officer whose only responsibility is safety and troubleshooting. This person should have a first aid kit, a cell phone, and a list of emergency phone numbers. Review this safety checklist with volunteers before they get to work.
2. Ask volunteers and their parent(s) or guardian(s) to sign the Participant Sign in Sheet and Release of Liability form.
3. Properly wear closed toe shoes and gloves. Remember to wear sunscreen and insect repellent when appropriate.
4. Drink plenty of fluids, avoid overexertion, and seek help with lifting large objects. Use proper lifting and bending techniques.
5. Do not overstuff bags or pick up anything that could be hazardous to your health
6. NEEDLES, sharp or unusual objects. If found, needles should be placed into a hard plastic water bottle with a cap. Only then may bottles (with needles) be placed in the trash bag. Team leaders should bring at least one water bottle available for this task.
7. When near a road, wear bright colors, work in groups, and always face oncoming traffic.
8. INSECTS: Check each other for ticks. If you are stung by a bee or wasp and fear a life-threatening allergic reaction, call 911.
9. POISON—Be aware of poison ivy or other poisonous or sharp plant materials. Protect yourself with long-sleeved shirts and pants.
10. ANIMALS—When cleaning up in neighborhoods, you may encounter unfriendly dogs. If approached by a growling or angry animal, stand still, *do not run, and avoid making* direct eye contact. Move slowly away from the animal when appropriate.
11. Non-poisonous snakes usually reside in wooded and wet areas and abandoned tires, so be cautious at all times.