



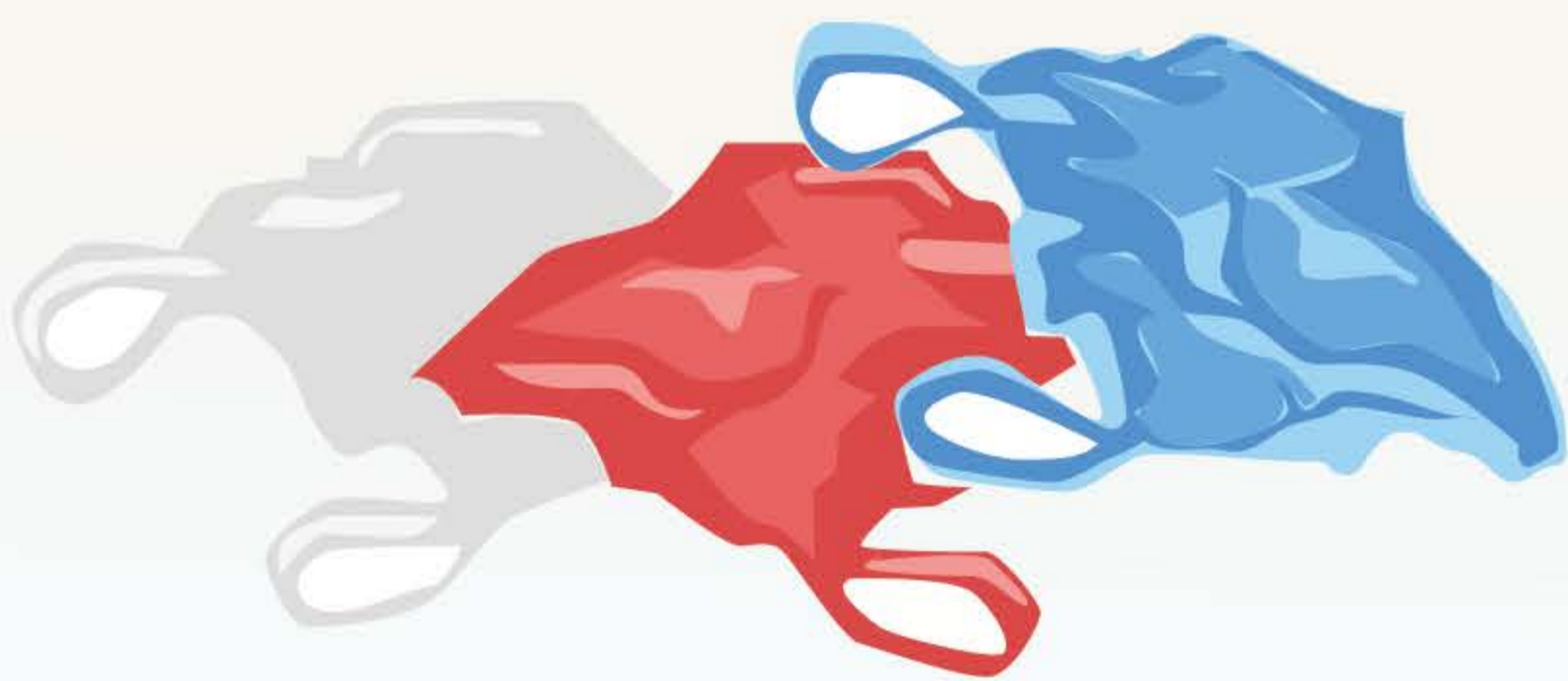
**A Guide to Taking Care
of Your Local Beach**

BRISTOL
AQUARIUM

Why Looking After Your Beach Is Important



So many UK beaches look stunning, which is why plenty of us like to take a stroll along Britain's sandy shores, especially at sunset. But your evening can be ruined if there's lots of litter around! Here are some key facts about UK shorelines, which reveal why it's so important to keep them clean and tidy:



Every single piece of plastic ever made still exists today! Plastic bags alone can take up to 1,000 years to decay.

By **2050** there may be more plastic in the oceans than there are fish.



1 million seabirds around the world die every year after ingesting plastic.

The amount of rubbish found on UK beaches has **doubled** in the past 15 years.

Plastic bottles can take an astonishing **450 years** to decompose – that's older than your grandparents and their grandparents before that!



Incredibly, **6.4 million** tonnes of rubbish are thought to enter the oceans every year, and around **8 million** pieces of litter find a way into the sea each single day.



Unfortunately, about **46,000 pieces** of plastic float on each square mile of ocean – a square mile is about thirty times as big as Buckingham Palace, so that's a lot of plastic per square mile!

What to Expect from Your Local Organised Beach-Clean



You can help keep your beach clean by getting stuck in, joining up with a friend or family member to participate in a beach clean. It's pretty easy to get involved, and by picking up even just a few pieces of litter and rubbish you can make a huge difference. If you're heading to a beach clean, just remember to...

- **Bring suitable footwear** so you don't tread on anything sharp.



- **Bring something to store your litter in**, like a wheelbarrow, a bucket, or a portable bin.

- **Wear protective gloves** so you don't touch anything dangerous.



- **Put plenty of suncream** on to protect yourself from the sun's rays.



- **Be respectful of wildlife by remembering not to touch animals** – they like their own space just like us, and you may scare them or hurt them!



Most of us would love to get involved in an organised clean, but it's hard to find the time. If you're a busy person, **pick up your own rubbish** and one **more piece of litter** when you next visit the beach.

Also, **2-minute beach cleans** are a **popular way to get involved**. Just spend **2 minutes of your day picking up plastic** from your local coastline the next time you're there. It may not feel like you're doing much, but by simply **clearing away a few extra bits of rubbish**, you'll be helping your local environment enormously.

Whether you spend a full afternoon tidying up or you just **pick up one or two bits of litter**, remember to enjoy yourself and **share the progress** of your day on social media. This way, everyone will hear all about your hard work. And, best of all, you might inspire other people to roll up their sleeves and do some beach-cleans of their own!

Setting Up Your Own Beach-Clean

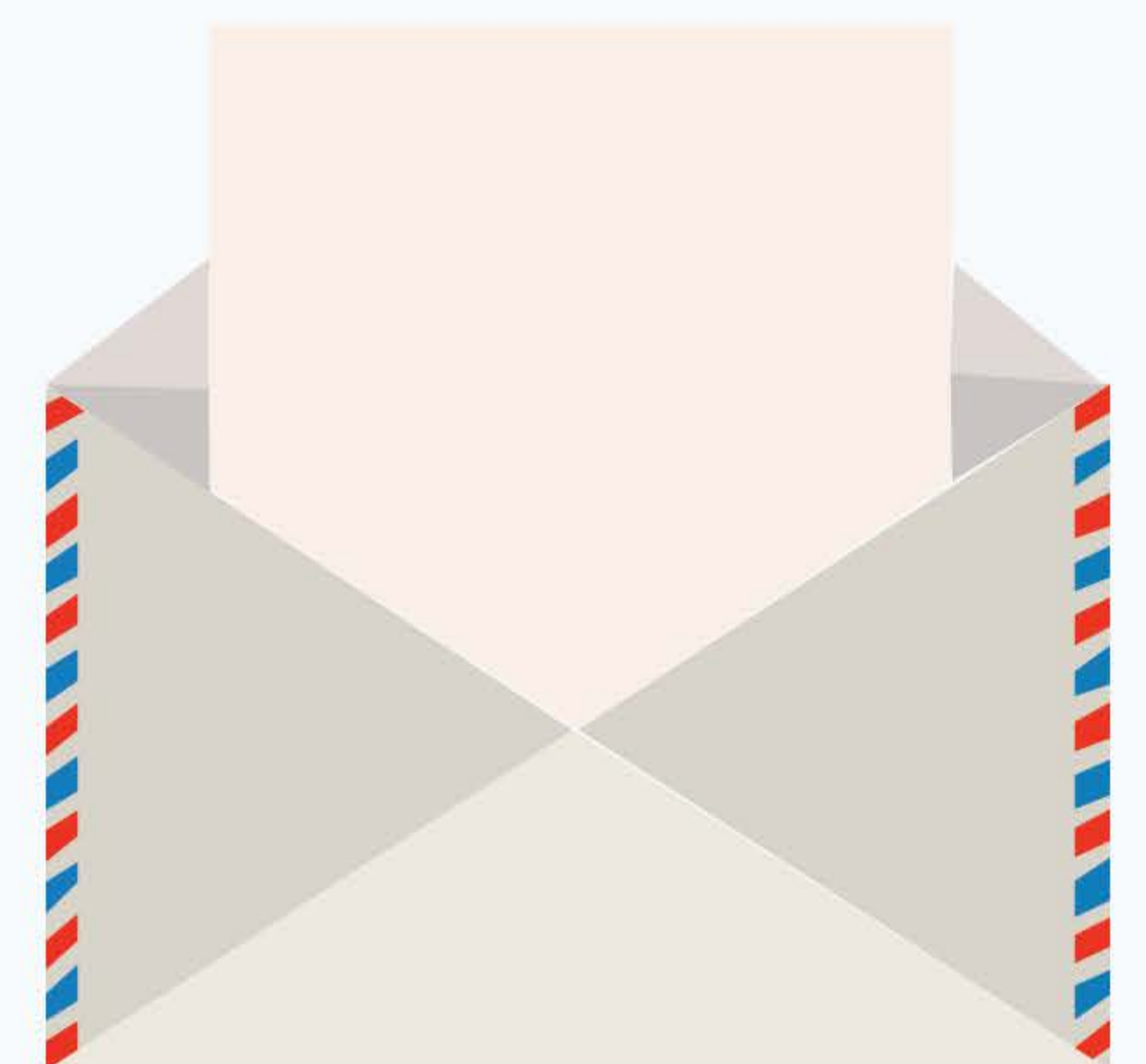


If you're a little more ambitious, you can always consider setting up your own beach clean from scratch. Get your local community involved to make your town or city's shorelines look beautiful again. Follow our top tips to make your very own beach-clean a huge success:

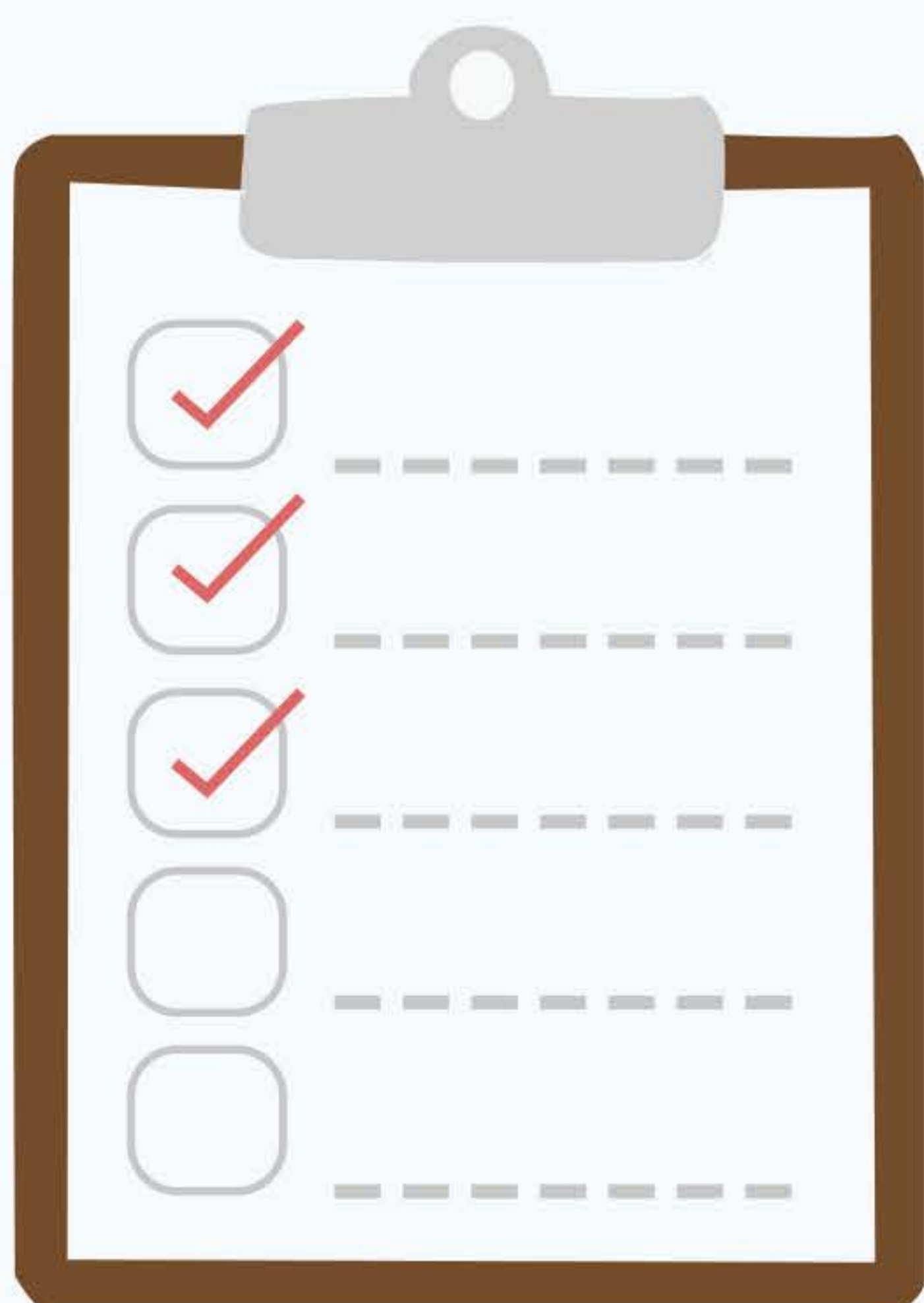


Contact Surfers Against Sewage (SAS) to let them know you're planning a wonderful beach-clean. The charity is well-known for its efforts regarding beach-cleans around the country, and can give you loads of useful tips and advice on how to start up your own beach-clean. They also have special Beach Clean Boxes dotted around the country, with all of the essentials you'll need for your beach clean.

Make the most of SAS's resources. You'll want to download the **Organise Your Own Beach Clean Checklist** to help you keep on track.



Fill in the **SAS Beach Manager Notification Letter** and send it over to your council. This step is super important. It'll make sure you have permission from your council to set up the beach-clean in the first place.



Setting Up Your Own Beach-Clean



Read through the **SAS Mandatory Beach Clean/Event Safety Guidelines** to keep in line with important health and safety laws. The beach and ocean can be dangerous, so you'll want to make sure everyone's safe.



Complete the **SAS Beach Clean Risk Assessment Template** to organise the insurance. You'll want to make sure you're covered, just in case something goes wrong.

An illustration of the "SAS Beach Clean Risk Assessment Template" form. The form has a green header with the title and a section for "Date of Risk Assessment:". Below this is a table with several columns and rows. A large yellow pencil is shown pointing towards the bottom right corner of the table. The table columns are labeled: "What are the hazards?", "Who might be harmed and how?", "What are you already doing?", "Do you need to do anything else to control the risk?", "Action by whom?", and "Action by when?".

Print off a copy of your **Public Liability Insurance Document** and bring it along on the day.

It might sound like **loads of paperwork**, but the forms are **pretty straightforward** and will **help you kickstart your beach-clean plans**. Getting your friends and family on board will benefit your local area so much, both in the **short term and long term!**

When You Take a Trip to the Beach



Pick Up or Take Away

Popping a beach hat on and going to the coast is something we all enjoy, but remember that you're in a natural habitat full of **vulnerable wildlife** too. So whatever you **bring to the beach**, dispose of it responsibly. Whether you pack a few drinks and a beach ball, or you just can't resist bringing the family parasol, all of your deck chairs, and a fancy picnic, take everything home with you, and pop your litter in the bin or recycle your rubbish where you can.



Protect Your Skin and the Sea

Thought all sunscreen was environmentally friendly? Think again! **Organic, low-chemical, and paraben-free suncreams** are all wise choices. Some suncreams are biodegradable in water too, which means that they won't damage coral reefs when they get into the sea. You can find these **suncreams** in your **local health food** and **beauty stores**, as well as through many online retailers.



Board the Bus

Sadly, most of us don't live by the sea, so a journey to the nearest coastline is something we plan scrupulously! When you're deciding how to get there, **use public transport** where you can, or carpool if this is possible. By doing this, you will **reduce the amount of emissions** you produce getting to and from the beach. If you're lucky enough to be closeby, why not **grab your bike or hop, skip, and jump by foot!**



Make Small Changes at Home



Having a more positive impact on the environment all starts with the decisions you make in your own home. With just a few simple changes to your daily routine, you can make a difference!



Plenty of Fish in the Sea?

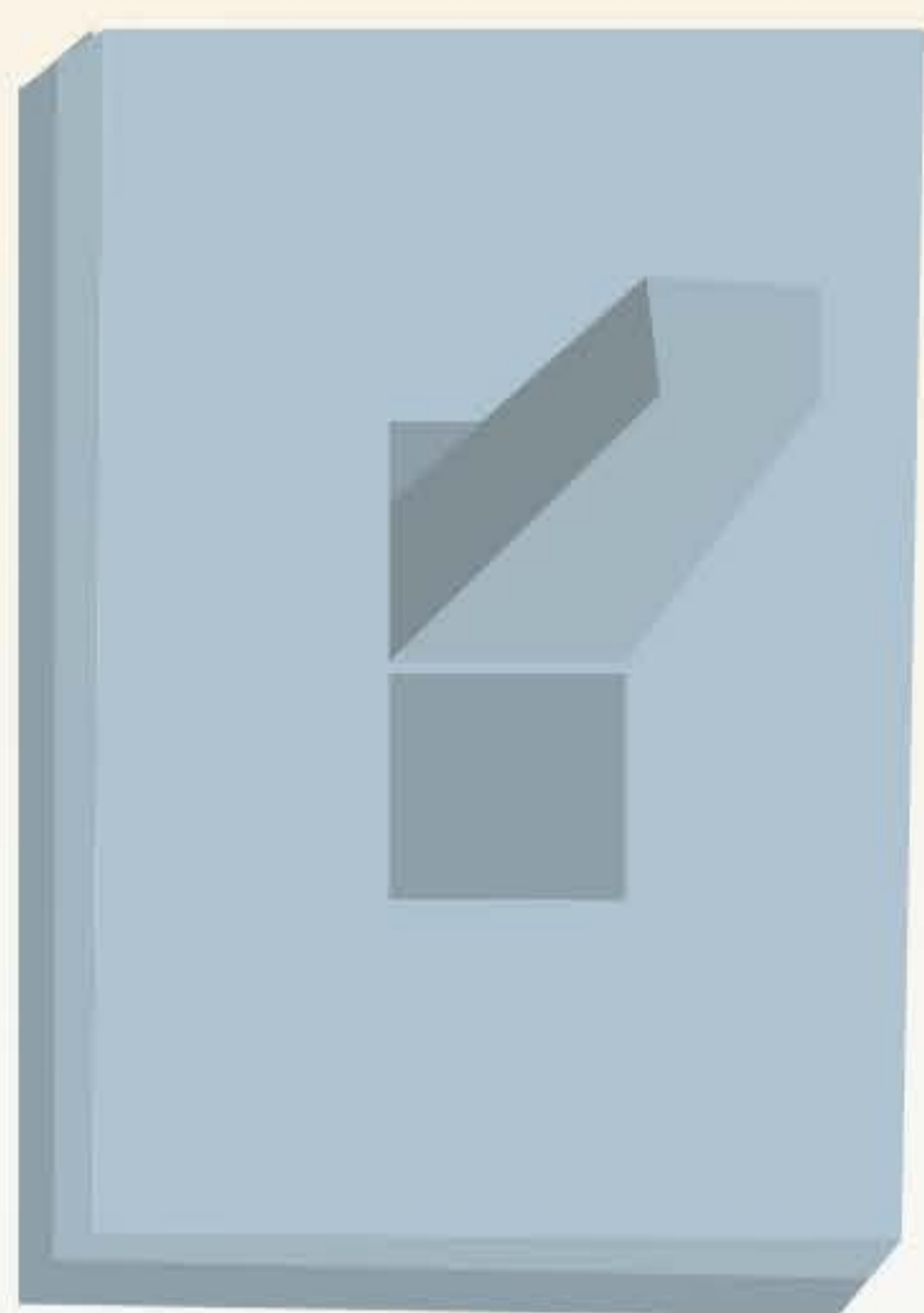
Love tucking into some seafood? Who doesn't?! But remember to be careful when buying fish, because so many species are under pressure from excessive farming. **Look for the MSC (Marine Stewardship Council)** logo on packaged fish, and ask your fishmonger or supermarket attendant if their fish is ethically sourced. Always avoid vulnerable fish as much as you can, such as bluefin tuna, plaice, and Atlantic salmon. You can also take a look at the **Marine Conservation Society's Good Fish Guide** to keep up-to-date on which fish are ethically safe to eat.

A World of Plastic

Not buying plastic products as much as you can? Awesome! It's important to **avoid** products that have **plastic packaging**, too. Try to purchase items that have **cardboard** and other **biodegradable materials** as part of their packaging. Some plastic can be recycled (such as those bottles of fizzy pop and washing detergent), but otherwise plastic can take hundreds of years to degrade.



Make Small Changes at Home



Switch Off

We've all left the tap running for too long, or left the hallway light on overnight, but try to avoid this when you can. By **using less electricity, less gas,** and **less running water**, you'll help to reduce the amount of harmful emissions that enter our atmosphere – and you'll save loads of money on your household bills too!

Fishy Friends

If you're hoping to buy a pet fish, be as responsible as you can. Plenty of exotic fish that you can buy as pets cost more to keep than you think – and, quite often, they can easily outgrow their original tank. On top of that, **fish** that are bred in captivity **cannot be released into the wild**, because they are unlikely to survive, so consider your choice of pet carefully and take care of your new friend!



Making a Fashion Statement

Unfortunately, **some jewellery**, while beautiful, can **exploit marine animals**. **Coral necklaces**, hair accessories decorated with tortoise shells, and many other products **can be highly damaging** to our **oceans**. Avoiding items like these enables **wildlife to thrive and multiply**. So, try not buy them, and let your friends know about the harmful impact these fashion items have on the environment.



What's Going On in Bristol



Beach cleans not your thing? Don't panic, there are other ways of stopping pollution in Bristol.



Tune into all of the fun events and news coming from **Eco Jam**. You'll get all of the buzz from the local green scene with **plenty of info** on how you can make a **difference in Bristol**, including volunteering opportunities and tips for your own home. Or sign **yourself up to one of their events** – from **theatre, dance and music, to foodie treats, crafts and outdoor adventures** – which all put a positive spin on the environment and promote a 'greener' way of living.

Refill Bristol is also a **wonderful initiative**. It's number-one aim is to get rid of the huge amount of plastic on local shorelines. **Hundreds of businesses** in the area have already signed up to be '**refill stations**', where people can walk in and fill up their water bottles for free. This means that people can reuse their bottles rather than buy new plastic ones. So if you're a Bristolian business owner, why not get involved?



What's Going On in Bristol



Friends of the Earth Bristol heads up several campaigns that aim to improve Bristol's environment. From attending monthly meetings and working with local politicians, to reducing household waste and promoting the use of renewable energy, this organisation is making huge strides to protect Bristol's shoreline. Getting involved and supporting it's efforts can help make a difference in the city.

Clean Up Bristol Harbourside is another excellent organisation, holding monthly events where volunteers can help to maintain Bristol's beautiful harbourside. By just picking up the litter around the harbour and recording how much plastic litters the coastline, Clean Up Bristol has had a huge impact on the local environment already.



It's important to find out more about the fascinating underwater world and to teach the kids all about marine conservation! Here at Bristol Aquarium, we hold plenty of educational talks so that everyone can learn about the wonderful creatures living in oceans around the globe!



Learn More About Conservation

Whether you plan to recycle more at home, or you go ahead and organise a community-wide beach-clean, you will become a real ambassador for the environment by taking on board our ideas. To learn more about conservation come and visit our all of our beloved fishy friends at Bristol Aquarium – they can't wait to meet you!

Useful Information

If you have any questions regarding the information in this document, or any other general enquiries, please feel free to contact us.

Contact

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