



# Great Nova Scotia Pick-Me-Up

# HANDBOOK



PLAN YOUR  
CLEAN-UP



EXECUTE YOUR  
CLEAN-UP



COLLECT YOUR  
CLEAN-UP DATA



SUBMIT YOUR  
DATA AND SHARE  
YOUR STORIES

A GUIDE TO ORGANIZING  
YOUR LITTER CLEAN-UP



## ABOUT THE CLEAN FOUNDATION

Clean provides the knowledge, tools and inspiration needed to encourage the individual actions that add up to positive environmental change. We work for a clean climate and clean water - and to help reach these green goals, we foster and support clean leaders.

Clean has programs in critical environmental areas like energy & climate change, water, transportation, waste reduction and youth engagement. Our big-picture, solutions-oriented approach helps create a sustainable economy and vibrant society in Atlantic Canada. We are a non-profit, non-governmental organization created in 1988.

## ABOUT THE GREAT NOVA SCOTIA PICK-ME-UP

The Great Nova Scotia Pick-Me-Up is Nova Scotia's primary participant-driven community clean-up program, facilitating year-round clean-ups across the province. Since 1992, Clean has provided supplies and support to participants (individuals, groups, businesses, schools) to carry out community-based clean-ups. Since 1992 we have had over 190,000 participants and 3,200 registered groups.

## CONTACT US

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nspickmeup.ca  
902-420-3474  
toll-free: 1-855-533-3672  
info@clean.ns.ca

126 Portland Street  
Dartmouth NS  
B2Y 1H8

hours of operation:  
M-F 8:30am-4:30pm



@CleanFoundation



Clean Foundation

#GladToCleanUp



# GREAT NOVA SCOTIA PICK-ME-UP CHECKLIST



## 3-4 WEEKS PRIOR

- identify any wildlife concerns in the area . . . . . *page 2*
- establish landowner permission at your site . . . . . *page 2*

## 2 WEEKS PRIOR

- review waste sorting requirements for your region. . . . . *page 3*
- arrange for waste collection . . . . . *page 4*
- promote your event to rally participants

## 1 WEEK PRIOR

- visit site and identify safety concerns. . . . . *page 5*
- create and share a schedule for your clean-up day. . . . . *page 6*
- prepare materials required for day of clean-up . . . . . *page 7*

## DAY OF CLEAN-UP

- go over safety instructions with your group. . . . . *revisit page 5*
- be sure garbage is removed before you leave the site . . . *page 4*
- fill out your data card and return it to  
the Clean Foundation . . . . . *page 6*

# TYPES OF CLEAN-UPS AND OTHER CONSIDERATIONS



Please consider the following precautions for these site-specific clean-ups.

## BEACH AND SHORELINE CLEAN-UPS

Please be aware of any wildlife in the area that may not appreciate your intrusion. Call the Department of Natural Resources **(902) 424-5935** or Environment Canada **1-800-668-6767** to ensure that your activities will not be disruptive to native birds, such as plovers, and other animals in the area.

## HIGHWAY CLEAN-UPS

To conduct a highway clean-up in Nova Scotia, you require a permit from the Department of Transportation and Infrastructure Renewal. Contact your local office or the Adopt-a-Highway program for details on obtaining a permit and for further instructions on how to safely clean up your road or highway. Adopt-a-Highway: **(902) 843-9467**

## LAKEFRONT AND RIVERFRONT CLEAN-UPS

Be mindful of private property. Lakes and rivers are home to various types of creatures so watch where you step and be careful when extracting litter that is half buried in the sand. Supervise younger participants when working close to the water and avoid trekking along steep embankments that may result in injury.

## PARK GROUND CLEAN-UPS

Park clean-ups should be coordinated with the applicable park authorities. The park staff can provide information regarding park regulations or wildlife concerns and possibly offer assistance with equipment and supervision.

## OTHER FREQUENTED PUBLIC AREAS

Public areas like vacant lots, downtown cores or cemeteries could be good clean-up locations. Try to anticipate any special considerations that might arise. These might include obtaining landowner permission, informing police/municipal departments, or following particular safety precautions.

## GREENING YOUR EVENT

Try your best to reduce the amount of garbage you produce at your clean-up event. Some fun ideas could include:

- Ask your group to walk, bike, take public transit if possible and otherwise try to carpool.
- During your event, try to minimize the amount of bags you use by collecting the garbage in buckets and combine them into bags at the end of the clean-up or when they are full.
- Instead of giving out bottled water, ask your group to bring their own re-usable mugs and water bottles and use a big jug to fill them up.

For more ideas on how to green your event, visit [divertns.ca](http://divertns.ca)



# WASTE SORTING

## RECYCLING



Recyclable materials should be placed in a blue bag for collection. Upon registration, Clean provides each team with blue bags. Contact your waste region (*see page 8*) or review recycling regulations for your community by visiting:

**[divertns.ca/recycling/sorting-guide](https://divertns.ca/recycling/sorting-guide)**

## ITEMS NOT COLLECTED THROUGH GENERAL PICK UP

Some materials that you find during your clean-up are not accepted in general waste collection and may have to be transported to a designated depot in your region. The web links below provide disposal information local to your area. You can also find out more by contacting your waste region (*page 8*).

## ELECTRONICS

The Electronic Products Recycling Association – Nova Scotia (EPRA – NS) is responsible for operating an electronic recycling program for consumers and businesses. To review which electronics cannot be disposed of in regular garbage, as well as the location of designated drop-off depots, visit **[epra.ca](https://epra.ca)** or call your local waste region (*page 8*). Residents can now take **ALL BATTERIES** to a **Call2Recycle** drop-off location for disposal (including rechargeable and single-use batteries). Visit **[call2recycle.ca](https://call2recycle.ca)** to find the drop-off site nearest you.

## TIRES

Nova Scotians can return up to four regulated tires at any time to any tire retailer in the province for free. For more information, visit **[divertns.ca/recycling/what-goes-where/tires](https://divertns.ca/recycling/what-goes-where/tires)**

## PAINT CANS AND HAZARDOUS WASTE

All of the waste regions in the province have Household Hazardous Waste (HHW) Depots. You can contact your waste region (*page 8*) or visit **[divertns.ca/recycling/sorting-guide](https://divertns.ca/recycling/sorting-guide)** to learn more and/or find a HHW depot near you. Please note that safety precautions for hazardous waste are included on page 5. Nova Scotians can return leftover paint at any **ENVIRO-DEPOT** facility across the province, free of charge. For more information, visit **[regeneration.ca/collection-site-locator/](https://regeneration.ca/collection-site-locator/)**



# SAFE CLEAN-UP PRACTICES



**Prior to your clean-up, please review the following safe clean-up practices. Please note that the safety of participants is the responsibility of the team coordinator.**

- The team coordinator should provide a briefing to all participants regarding rules & safety precautions.
- The team coordinator should complete a visit of the site, prior to the time of the clean-up, to identify any areas of risk such as railway tracks, street traffic, presence of dangerous litter items, steep areas, holes, uneven terrain, etc.
- The team coordinator should ensure that a basic first aid kit containing surgical dressings, iodine, antiseptic and bandages is available. The team coordinator can also ask participants who are medically trained to make themselves known.
- Wear bright clothing.
- Make sure everyone is dressed for the weather, with closed shoes and sturdy gloves.
- Student or youth events should be supervised by an adult with first aid certification.
- Only clean where you feel safe.
- Do not attempt to lift heavy objects such as car parts or refrigerators – leave them for someone with hauling equipment. Your local waste contact may be able to provide support (see page 8).
- Watch out for potentially dangerous waste such as poisons, insecticides, fragmented glass and heavy items. Make a note of their whereabouts and inform your waste region (see page 8).
- Use caution near the water's edge. Keep non-swimmers away from water, avoid slippery surfaces and check water levels and high-tide schedules before the clean-up.
- Have a cellular phone on site to call **9-1-1** in the event of an accident or emergency.
- Never reach into areas, such as bushes or groundcover, which you cannot see into clearly.
- Used condoms should only be picked up using tongs and while wearing gloves. Do not touch the condom directly with bare hands.
- Needles and syringes should be left where they are and their location reported to the team coordinator. Used needles and syringes belong in an approved sharps container, not the garbage! For more information, contact Divert NS at **1-877-313-7732** or visit your local pharmacy.



# HOW TO CARRY OUT YOUR CLEAN-UP



## Choose a rallying point and start time

where participants can pick up their materials and receive specific instructions and safety tips. Thank them on behalf of Clean for helping to make our beautiful province cleaner and healthier.

**Collect data.** Assign your participants to fill out data cards and record the types of items being found.

**Choose an end time** to gather in the same spot following the clean-up to talk about the kinds of waste that were found so that you can properly fill out your data card. Alternatively, copy the data card and give one to each cleaning team (collect the sheets after the clean-up and collate the responses onto one sheet).

Once the garbage has been picked up and participants are filling out the data sheet, be sure to **weigh your garbage**. You can use a household or spring scale, or try comparing the weight of individual bags to regular items (eg. a bag of sugar = 2kg). Other ideas include having the bags or large items weighed at pick-up or when dropping them off at the landfill. You can also look up weight estimates for large items (e.g. tire = 22lbs).

**Take photos** if you can and (with permission from your participants) email them to **info@clean.ns.ca** or to your local newspaper with a description of the photo. If your photos are online, please send us a link so we can share your success.

Please post 'before and after' photos of your clean-up location and post to social media using the hashtag **#GladToCleanUp**.

*Any photos submitted to Clean may be used on social media, our website or for promotional purposes. Please note, by submitting your photos, you are consenting to Clean's use of the photos for promotional and communications purposes.*

**Thank your participants** for their time by holding a BBQ after the clean-up. Ask local businesses to donate items that can be given away as prizes. Tell your participants they are doing a great job throughout the clean-up process to let them know their work is appreciated and important.

Ensure all the **garbage is removed** from your clean-up location or keep an eye on it while you wait for it to be collected.

Send your **completed data card** to Clean as soon as possible after your clean-up. Do your best to fill in the blanks. Each clean-up team will be provided a data card that can be printed off for the event and then mailed (126 Portland St. Dartmouth, B2Y 1H8), emailed (**info@clean.ns.ca**) or faxed (**902-982-6768**) to Clean. Alternatively, teams can fill out their data form online by visiting **nspickmeup.ca**.







## LIST OF ITEMS YOU MAY NEED

- sunscreen
- drinking water
- hats
- hand sanitizer
- first aid kit
- approved sharps container (*see page 5*)
- map of the area
- camera to capture your clean-up fun!
- vehicle (preferably a truck) to collect bags and take them to one location
- pliers
- buckets
- shovels
- wheelbarrow
- prizes (for most bags collected, most unusual item, etc.)
- clipboards and pens to collect data
- scale to weigh your garbage

# IMPORTANT CONTACTS



Please reach your solid waste management contact below for information on how to properly dispose of litter in your area.

## REGION 1

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Cape Breton Regional Municipality	.902-563-5054
Inverness	.902-787-3503
Richmond	.902-226-3988
Port Hawkesbury	.902-625-7895
Victoria	.902-295-3144

## REGION 2

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Antigonish/Guysborough	.902-232-2563 or 1-888-377-9622
Pictou	.902-396-1495

## REGION 3

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Cumberland	.902-667-5141, ext. 233 or 1-888-711-5925
Colchester	.902-897-0450, ext. 104
East Hants	.902-883-2299 or 1-888-873-3332

## REGION 4

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Halifax Regional Municipality	Dial 311 or <a href="http://www.halifax.ca/recycle/">www.halifax.ca/recycle/</a>
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## REGION 5

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Kings/Annapolis	.902-679-1326 or 1-877-927-8300
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## REGION 6

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District of Chester	.902-275-2330
Lunenburg	.902-634-8992
Bridgewater/Mahone Bay/District of Lunenburg	.902-543-2991
Queens Municipality	.902-354-3455
Shelburne and surrounding area	.902-875-5336
Barrington and surrounding area	.902-637-2015
District of West Hants	.902-798-6943
Windsor	.902-798-6682

## REGION 7

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Digby/Yarmouth County	.902-742-4404
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Divert NS	1-877-313-7732 or <a href="http://divertns.ca">divertns.ca</a>
Nova Scotia Environment	1-800-565-1633 or 902-426-6030
Adopt-a-Highway	.902-843-9467
Marine Explosives (flares)	Call your local RCMP station





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