

Safety Guidelines

1. Individuals under 18 years may participate in a stream cleanup only if supervised by an adult. Adopting groups must provide at least **one adult supervisor for every six children under 18 years old**.
2. The banks can be really slick! So **watch your footing** and stay out of the water! Avoid working on steep slopes or in confined stream stretches with limited ingress/egress.
3. **Leave all wildlife alone.** (Snakes often like to live in dirt-filled tires or refrigerators, so beware!)
4. Do not work on Class One rapids or greater.
5. Those using boats must abide by the Iowa Department of Natural Resources (IDNR) Boating Regulations. For a copy of the Boating Regulations, contact the IDNR at (515) 281-5918.
 - a. Keep your **hands and arms in the boat** at all times! Especially when alongside another boat or dock.
 - b. **Stay seated** while the boat is in motion and until your **group leader says it's ok** to stand!
 - c. Make sure your **life jacket** is buckled and snug. Have it on before you get on the boat. When you reach your destination, make sure to return it to the boat so others can use it.
6. Volunteers should come clothed in **proper attire**: hat, sunscreen, insect repellent, long pants (watch out for poisonous plants and stinging nettles!) and boots or durable shoes. No flip-flops on the river. Volunteers must **wear a bright safety vest** (or, if appropriate a life-jacket) and **gloves** at all times.
7. Listen to your group leader.
8. Always **work in groups of two or greater** and watch out for each other. All teams should **reassemble every half hour**.
9. **Do not drink water from any stream.** Refreshments will be provided and/or participants may bring their own.
10. Cleanups must be scheduled during daylight hours and during fair weather. Remember to schedule a "rain-date" ahead of time.
11. This is a trash pick-up and not a race. **Take breaks and drink lots of water** to avoid overexertion. Do not collect any trash that would put your safety at risk.
12. All volunteers need to **be aware of dangerous objects** such as broken glass, rocky outcrops, syringes, meth lab remnants, etc. Gloves are provided and should be worn. Questionable objects should be brought to a group leader's or your boat operator's attention. Hazardous materials such as paint cans, gas tanks, freon, sharp objects and car batteries, as well as tires, must be disposed of separately.
13. Do not pick up materials that appear to be unsafe. Contact your group leader or Metro Waste Authority at 515-244-0021 to report the materials.
14. Volunteers must provide emergency phone numbers, as well as a means to contact the appropriate authority, in case of an emergency (a cell phone or the location of the nearest pay phone). Group leaders will have first aid kits.
15. If **railroad tracks** are in the vicinity, it is illegal to walk on or beside the tracks. Don't walk or leave trash bags on or near railroad tracks; that will cause the railroad company to investigate and trains could be stopped as a result.
16. To signal distress, wave both hands in the air so a group leader can call for help. Report any injuries ASAP so they can be attended to.
17. It's a great day to be out on the stream! **Have fun!**

Adopt a Stream
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