

**環保基金—攜手護海洋**  
**ECF Sea Without Litter**

世界自然基金會香港分會 WWF-HK 2018

**組織海岸清潔活動指引 | Cleanup Activity Arrangement Guidelines**

- 根據參加者的能力去選擇合適的海岸清潔活動地點  
Choose a suitable cleanup location according to the physical abilities of your targeted participants
  
- 在活動前至少 2 週通知所選地點的相關政府部門\*  
Contact respective government departments depending on the selected cleanup location at least 2 weeks before the activity  
\*相關政府部門會為您提供收集垃圾的手套及袋，並會安排處理活動收集的垃圾（請參閱 [http://www.epd.gov.hk/epd/clean\\_shorelines/tc/contact\\_us.html](http://www.epd.gov.hk/epd/clean_shorelines/tc/contact_us.html) 「如需籌辦清潔活動的支援」部份）  
\*Respective government departments will provide you with gloves, rubbish bags and arrange for collection of litter picked up from cleanup (Please browse [http://www.epd.gov.hk/epd/clean\\_shorelines/contact\\_us.html](http://www.epd.gov.hk/epd/clean_shorelines/contact_us.html), section “For seeking assistance in arranging cleanup operation”)
  
- 留意天氣預報及變化，並通知參加者如遇上惡劣天氣情況下的安排  
Keep track of weather forecast and its change, and inform participants of arrangements in case of poor weather conditions
  
- 活動地點可能會比較偏遠亦需要體力勞動，請提醒參加者準備充足的水和戶外活動用品  
Cleanup locations may be more remote and require a certain degree of physical activity, please remind participants to prepare enough water and necessities for outdoor activities
  
- 為活動參加者提供保險  
Provide insurance to participants
  
- 如進行海岸清潔活動，應於潮退期間進行，否則潮漲時海水可能會覆蓋海灘範圍。建議先查閱潮汐預報圖([http://www.hko.gov.hk/tide/cstation\\_select.htm](http://www.hko.gov.hk/tide/cstation_select.htm))：
  - 沙灘、岩岸：建議 1.5 米以下
  - 泥灘、紅樹林：建議 1 米以下Coastal cleanup activity at the shore needs to be done during low tide period. Otherwise seawater may cover the beach area. We recommend checking the predicted tide in advance ([http://www.hko.gov.hk/tide/estation\\_select.htm](http://www.hko.gov.hk/tide/estation_select.htm)):
  - Sandy beach and rocky shore: suggested tide level below 1.5m
  - Mudflat and mangrove: suggested tide level below 1m

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水上運動（例如獨木舟，划艇，直立板）：

For water sports (e.g. canoe, kayak, standup paddleboard):

- 每袋垃圾通常大約 10kg 或以下，參加者應該因應能力承載  
Each bag of litter is usually 10kg or less, participants should carry an amount within their abilities
- 請帶備繩索固定垃圾袋  
Bring cords for securing bags of litter
- 將收集的垃圾帶回更城市化地區，方便清潔工收集  
Bring collected litter back to more urban regions for cleaners to collect



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潛水海底清潔:

For diving cleanup:

- 多艘出租潛水船上備有網袋供海底清潔活動使用，請向租船公司詢問

Mesh bags are provided on board a number of rental diving boats for underwater cleanup, please enquire from the company

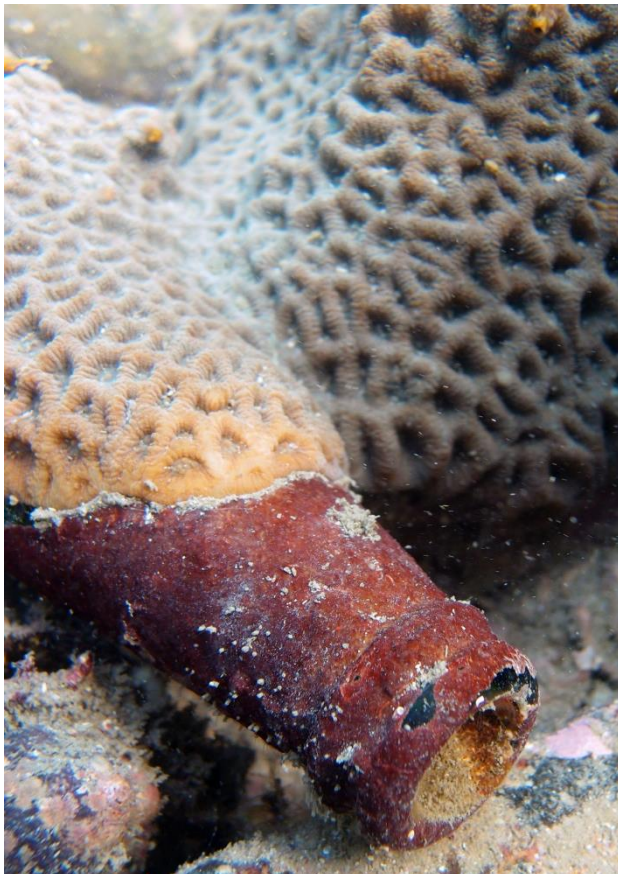
- 不要試圖清除水底的棄置漁網，棄置漁網具危險性，需一定程度的技能清除

DO NOT attempt to remove underwater abandoned fishing nets; it can be dangerous and requires a certain level of skill

- 請不要移除長有珊瑚或有生物居住的垃圾

Do not remove litter with coral growth or being used by other organisms

例子 Examples:



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收集垃圾的小貼士 Cleanup Tips

- 可著重收集塑膠垃圾; 塑膠分解速度緩慢, 會長期影響環境  
Focus on collecting plastic litter which degrades slowly and impacts the environment for a long time
  
- 請為收集垃圾袋的清潔工著想:  
Be considerate to cleaners who will collect your bags of litter:
  - 每袋不要太重, 大多清潔工比較年邁未必能應付  
Don't overload the bags; it may be too heavy for elderly cleaners to move them
  - 紮緊垃圾袋  
Tie the bags securely
  - 如果垃圾袋破損或可能會破爛, 請用另一個垃圾袋或多套一個袋  
If the bag breaks or is about to break, use another bag or add an additional bag on it
  - 會破損垃圾袋的長、尖銳或大型垃圾應分開處理或裝袋  
Long, sharp or large objects that will penetrate the bag should be grouped together and separately handled or bagged
  
- 不要在沒有通知政府部門的情況下將收集的垃圾袋放在海灘上; 一些偏僻的地方管理比較少, 垃圾袋可能會長期留在海灘上並被吹回海裡去  
Don't leave collected bags of litter on the beach without informing Government departments; some remote places are infrequently managed and bags of litter may remain on the beach and be blown back into the sea
  
- 添加小型挑戰/遊戲令大家關注即棄用品, 從而減少日常生活中的浪費, 例如:  
Add mini challenges/games to draw attention to disposable plastics and the need of reducing waste in our daily lives, for example:
  - 收集特定類型的即棄塑膠垃圾並在活動後統計數量  
Target specific types of disposable plastics for collection and count them at the end of the activity
  - 在 30 分鐘內比賽收集膠樽或鋁罐  
Mini competitions to collect the most plastic bottles or cans in 30 minutes
  - 請每位參加者在活動結束時分享找到最意想不到的垃圾  
Ask each participant to share their most unexpected find at the end of the activity

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**進行清潔活動的安全指引 Safety Guidelines during Cleanup**

1. 不要處理任何來歷不明的物件。  
Do not handle any item that you are unsure about.
2. 不要開啟任何拾獲的瓶子。  
Do not open any bottles you may find.
3. 不要靠近崎嶇不平及使人容易滑倒的地方，尤其注意小童安全。  
Avoid rocky and slippery areas, especially when children are involved.
4. 遇上閃電及雷暴時，應立即停止工作，並到有蓋地方暫避。  
In the presence of thunder or lightning, stop work immediately and seek shelter.
5. 移動重物時應多加小心，若物件太重，則應放棄執拾。  
Be careful when attempting to remove heavy objects. If an item is too heavy, let it be.
6. 在所有清潔活動舉行時都應帶備一個基本急救箱。  
A basic first aid kit is highly encouraged for all cleanup activities.
7. 在清潔時應全程戴上手套，不應徒手執拾垃圾。  
Keep your gloves on at all times while cleaning; do not use your bare hands to pick up debris.
8. 鋒利物件如玻璃碎片只可由成人收集，並小心處理；並應放置在堅硬的桶、箱或其他安全的容器內，不應放進垃圾膠袋，以防刺穿膠袋，傷及他人。  
Sharp objects such as broken glass should only be collected by adults. Never place sharp objects in plastic trash bags, as they may cut through the bag and injure a person. Instead use a sturdy bucket, box or other safe container.
9. 建議塗抹太陽油、戴帽、多喝水及穿著堅固的密封鞋，盡量避免在陽光太猛烈及氣溫太高的情況下進行活動。  
Sunscreen, hats, drinking water and sturdy closed-toe shoes are highly recommended. Avoid strenuous activity under extremely strong sun and high temperature conditions.
10. 如場地沒有洗手設施，可考慮帶備抗菌潔手液。  
Consider bringing antibacterial hand cleanser if hand washing facilities are not available.
11. 不要直接接觸醫療廢物（例如針筒）、污水廢物（例如安全套、女性衛生用品等）、動物屍體、受傷或被纏繞的動物。  
Never make direct contact with any medical waste (syringes, etc.), sewage waste (condoms, tampons etc.), or dead, entangled, or injured animals.

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惡劣天氣指引 | Poor Weather Condition Guidelines

天氣警告 Type of warning hoisted		可能繼續 <sup>1</sup> May continue <sup>1</sup>	取消 Cancel
酷熱天氣警告 Very Hot Weather Warning		✓	
局部地區性強風和雷暴 Regional Strong Wind and Thunderstorm		✓	
雷暴 Thunderstorm			✓
黃色暴雨 Amber Rainstorm		✓	
紅/黑色暴雨 Red / Black Rainstorm			✓
強烈季候風信號（黑球） Strong Monsoon Signal (Black Ball)			✓
1 號颱風信號 Typhoon Signal no. 1	<b>T1</b>	✓	
3 號颱風信號或以上 Typhoon Signal no. 3 or above	<b>⊥3</b>		✓
空氣質量健康指數 10 或以上 Air Quality Health Index 10 or above			✓
海嘯警告 Tsunami Warning			✓

**備註 Remarks:**

- 請在海岸清潔活動開始前至少兩小時討論安排並通知參加者。

Please discuss the arrangements to the activity at least **two hours** before the start of clean-up activity and inform participants

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物資清單 Equipment Checklist

**團隊物資 Team Equipment**

垃圾袋 Garbage bags

手套 Gloves

夾鉗 Tongs (非必要 Optional)

筲箕 Sieves (非必要 Optional)

急救包 First Aid Kit

網袋 Mesh bags (海底清潔時使用 for underwater cleanup)

手撈網 Handheld nets (海上清潔時使用 for sea surface cleanup)

**個人裝備 Personal Equipment**

太陽帽 Hat

太陽眼鏡 Sunglasses

防曬衣物 Sun protective clothing

替換衣物 Spare clothes

行山鞋 Hiking shoes

毛巾 Towel

雨具 Umbrella / Raincoat

防曬霜 Sunscreen

驅蚊用品 Mosquito repellent

個人藥物 Personalized medicine

身份證明文件 Identity card

手提電話 Mobile phone

相機 Camera

充足食糧 Sufficient food

飲用水 (2 公升) Drinking water (2L)