**Safety Guidelines**

*What to Wear*

Please wear closed toed shoes that make it easy to walk in soft sand and on a variety of landscapes. Dress appropriately for the weather. Long sleeved clothing may help prevent sunburn and bug bites but make sure it is breathable in extreme temps.

*What to Bring*

Please bring water, sunscreen, bug spray, a hat, sunglasses and any medication or extra necessities.

*Dangers*

Many different animals live in the dunes and on the beach and some of them can be threatening to humans. All of them will not bother you unless provoked. Coyotes, alligators, and snakes are sometimes seen in remote areas but flee quickly when people are around. Please be observant and come prepared for insect bites. Other dangers include cleaning around groins which are the large boulder structures perpendicular to the beach in the water. These areas may be slippery with uneven footing.

*Equipment*

We will supply a mesh bag for trash collection and have a limited supply of reusable gloves. Check in with your site captain on the available number of supplies, and if you have reusable gloves, a 5 gallon bucket or trash grabbers please bring them.

*Liability Waiver*

The Turtle Island Restoration Network liability waiver needs to be filled out and handed in to a staff member before any activity has begun. This waiver can be found on the blogspot page, and the site leader will have copies for you to sign.

*Sun/heat*

Heat stroke is also a risk while working on the beach. Please be sure to stay hydrated and pay attention to your body and those around you for signs of dehydration. Apply sunscreen as needed.

*Emergency procedures*

If there is an emergency, please notify your site leader and call 911. Your site leader will have a list of contacts and protocol for all non life threatening emergencies as well.