

Checklist of Advice for People Undertaking Litter Picking in Scotland

Thank you for helping us keep our beautiful area clean

- I have read the Clean Up Scotland – Litter Picking Guidance:
<https://www.keepsotlandbeautiful.org/media/1565937/group-litter-picking-guidance-and-faqs.pdf>
- I have read the latest government guidance
<https://www.gov.scot/news/?cat=filter&topics=Coronavirus%20in%20Scotland&page=1> to ensure that my litter picking plans are within government guidance.
- I am considerate of, and respect the wishes of, other members of my group. Not all members feel ready to get back outside and some are shielding or protecting vulnerable family members.
- I will use my judgement and take part in any activity **only if I can do so safely**, maintaining physical distancing and not putting myself and others at risk. I have considered what I want to do and how I can do it sensibly and safely to minimise risk and within the lockdown guidance.
- I have undertaken a risk assessment/safe method of working statement to ensure my safety and that of the wider public.
- As sharing tools is **not** an option, I will use my own or have strict cleaning regimes in place before and after use.
- I will not share gloves or any other form of personal protective equipment.
- I will adhere to hygiene guidance:
 - ✓ Wash my hands often for at least 20 seconds and take sanitiser with me when handwashing facilities are not available.
 - ✓ Always wash my hands when I get home from volunteering.
 - ✓ Cover my mouth and nose with a tissue or my sleeve (not my hands) when I cough or sneeze.
 - ✓ Put used tissues in the nearest bin immediately and wash my hands afterwards.
 - ✓ Not touch my eyes, nose or mouth - especially if my hands are not clean.
- Be aware of, and considerate towards, any members of the public and stay away from any contractors or grounds staff who may be in the vicinity of my work to minimise my contacts and theirs. Lone working in more remote areas is not advisable so I will work with other volunteers within the permitted numbers (households allowed to gather within current government guidelines). I will concentrate on local tasks in and around settlements rather than going further afield or into remote areas.
- Dispose of any litter collected in domestic bins.
- Aware that land managers/landowners may have additional requirements so I will liaise with them.

Please remember it is your responsibility to adhere to current national guidelines and the government message is to Stay Safe, Protect Others, Save Lives to avoid further spread of Covid-19 so please bear that in mind.