Toledo Litter League 2022
League Rules

1. Opening Day kick off is on Saturday May 28th, 2022. Last day for play is Wednesday August 31, 2022.

2. Each team must have a Captain, team name, and a roster of no more than 20 players. Any player under age 13 must be accompanied by a parent, guardian, or other responsible adult.

3. Teams must identify what Zip Code they will be collecting litter for. All cleanups by that team must then take place within that Zip Code.

4. Each player must complete a liability waiver.

5. All teams must register their litter cleanups with Keep Toledo/Lucas County Beautiful in advance if they plan to leave bags of litter for pickup.

6. Keep Toledo/Lucas County Beautiful will provide each team with equipment that includes safety vests, gloves, litter grabbers, and trash bags.

7. Team Captains are responsible for submitting a Score Sheet to report stats after each cleanup via the Toledo Litter League website.

8. Teams will score 1 run for every full bag of litter collected.

9. Tires and bulk items will not be included in scoring and CANNOT be collected during Litter League. If bulky items are found during cleanups, these will be reported on the Toledo Litter League website separately and Keep Toledo/Lucas County Beautiful will coordinate their removal.

10. Have Fun!
Litter League Safety Checklist

- Designate a **safety officer** whose only responsible for safety and trouble-shooting. This person should have a first aid kit, a cell phone, and a list of emergency phone numbers (below).
- The Safety Officer is also responsible for reviewing the this safety checklist with all participants prior to each cleanup.
- All players must sign the liability release/waiver – this is probably the best way to direct their attention to the need to follow safety rules.
- Dress properly; wear heavy shoes and long pants; wear gloves, use sunscreen and insect repellent when appropriate.
- Drink plenty of fluids, avoid over-exertion, and get help with large objects. Use proper lifting and bending techniques.
- Do not overstuff bags or pickup anything that could be hazardous to your health.
- When near a road, wear bright colors, work in groups, and always face on-coming traffic. When available, wear a safety vest.
  - Do not work when it is foggy or when the roadway is slippery from being wet or icy.
  - Do not cross roadways unless it can be done safety at an appropriate intersection/crosswalk.
- Work during daylight hours only.
- For safety, due not wear ear buds or headphones, which could interfere with you being able to hear traffic or other volunteers.
- If you are stung by a bee/wasp and fear a life threatening allergic reaction, call 911. Make sure to check for ticks.
- Be aware of poison ivy or other poisonous or sharp plant materials. Protect yourself with long sleeve shirts and pants.
- When cleaning up in neighborhoods you may encounter unfriendly dogs. If approached by a growling or angry animal stand still, *do not* run or make direct eye contact. Move slowly away from the animal when appropriate. See dog bite prevention tips.
- Snakes, usually “non-poisonous”, reside in wooded and wet areas as well as abandoned tires; be cautious at all times.
Do NOT pick up items on the traveled roadway.
Do NOT pick up trash in the median (center) or divided roadways.
Stay at least five feet back from the traveled portion of the roadway to pick up trash.
Do NOT pick up discarded syringes or hypodermic needles.
Do NOT pick up dead animals.
Avoid picking up items on bridges or overpasses. These areas are especially dangerous to pedestrian workers.
Do NOT wander onto private property.
Do NOT attempt to remove known or suspected toxic, hazardous substances, firearms, or other weapons. Notify police by calling non-emergency police number immediately.
Stay away from suspected meth lab dump sites (red stained coffee filters, concentration of household cleaning bottles, propane tanks, etc....). Mark the area and notify police by calling non-emergency police number immediately.

Non-emergency:
Holland Police Department  419.865.7105
Lucas County Sheriff  419.213.4977
Maumee Police Department  419.897.7000
Oregon Police Department  419.698.7064
Ottawa Hills Police Department  419.531.4211
Sylvania City Police Department  419.885.8900
Sylvania Township Police Department  419.882.2055
Toledo Police Department
  Downtown  419.245.3340
  Scott Park  419.936.2000
  Northwest Ohio  419.936.3800
Waterville Police Department  419.878.9991
Whitehouse Police Department  419.243.5111
Dog Bite Prevention, Don't Invite a Bite!

Dogs may bite for a variety of reasons...fear of a strange person, territorial aggression, protecting a litter of puppies, etc. Dogs that are injured or not properly socialized with people are also more prone to biting out of fear.

To avoid becoming the victim of a bite, follow these tips:

- Never approach a dog you do not know.
- Assume any dog you don't know, may bite.
- Avoid direct eye contact with aggressive dogs.
- Never disturb a dog that is sleeping, eating or protecting puppies.

If a strange dog approaches you:

- Remain calm ~ do not scream or yell.
- Freeze and remain still. Avoid sudden movements. Above all, do not run, as this invites a chase.
- Turn your head away slightly, avoid direct eye contact.
- Be patient. Wait until the dog loses interest and back away slowly.

If you are attacked by a dog:

- Seek cover and try to use any object you have to place between you and the dog ~ a coat, book bag, etc.
- Try to stay on your feet.
- If knocked down, curl into a ball on your knees and use your arms to protect your face and neck.
Your Safety is the Top Priority!

There are many dangers on the roadway other than meth lab waste. Here are a few reminders that will help you have a safe and enjoyable clean up:

• Wear light colored clothing along with your safety vest, work gloves, sturdy shoes, pants, and a long sleeved shirt.
• Park your vehicle clear of the roadway
• Face oncoming traffic, stay in a group, only work when visibility is good
• Do not pick items on the paved roadway
• Make sure your roadwork ahead sign is erected
• Stay away from any hazardous items
• Be alert for wildlife and poison ivy


Ohio Department of Transportation

Ted Strickland,
Governor

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ODOT Director

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Adopt-A-Highway Volunteers:
Beware of Meth Lab Waste

A Scenic View
Depends on You!
Commonly found meth lab waste may include the following chemicals, equipment or packaging:

- Anhydrous ammonia stored in 20 pound propane tanks, coolers or thermos bottles. The presence of anhydrous in propane tanks is indicated by bluish-green coloring of brass tank valves.
- Common cold pills or diet pills containing ephedrine or pseudoephedrine
- Muriatic acid (swimming pool, well, concrete, and stone cleaner/etcher)
- Alcohol or methanol (“Heet” brand gasoline additive or rubbing alcohol)
- Camp stove fuel (“Coleman” fuel) and charcoal starter
- Iodine crystals or liquid
- Sodium hydroxide; sulfuric and hydrochloric acid (“Red Devil” lye and other drain cleaners)
- Red phosphorus (match books or sticks)
- Ether (engine starting fluid)
- Solvents such as Acetone, Benzene, Toluene, Methyl Ethyl Ketone, Xylene
- Disassembled lithium batteries
- Table salt and rock salt
- Baking dishes and glassware such as “Pyrex” and “Visions”
- Stained, used coffee filters
- Rubber or plastic hosing
- Duct tape

How to identify meth lab waste

Additional safety information can be found by contacting your Adopt-A-Highway coordinator or by logging on to the Ohio Department of Transportation’s Website at: www.dot.state.oh.us and clicking on the Adopt-A-Highway icon
Litter Cleanup in a COVID-19 Environment
Table of Contents

Purpose: ...................................................................................................................................................... 3
Litter Cleanup Activities – Safety First ......................................................................................................... 3
Appendix: .................................................................................................................................................... 5
  * Surface “Stability” of Covid-19.............................................................................................................. 5
  ** Removing Gloves Safely -- DO NOT LITTER ......................................................................................... 6
  *** How to clean and disinfect ............................................................................................................... 7
  **** Cloth Face Coverings to Help Slow the Spread of Covid-19........................................................... 8
No Sew Methods ..................................................................................................................................... 9
  Tutorial ................................................................................................................................................. 9
  Six Steps to a cloth reusable mask ...................................................................................................... 11
Sewn Cloth Face Covering ..................................................................................................................... 12
  Materials ............................................................................................................................................ 12
Purpose:

This document is designed to provide guidance to individuals wishing to pick up trash and litter in their community. First and foremost, thank you for beautifying your neighborhood and community by picking up trash and litter – your safety is of utmost concern to us and should be your primary consideration when deciding if it is safe to pick up litter.

Is it OK to volunteer and pick up litter in my community? This is a personal decision that only you can make, and the following will identify factors that you should consider and exercise when making your decision:

Litter Cleanup Activities – Safety First

1. **Keep yourself safe** – Wear a safety vest and make sure you pay attention to traffic and other conditions around you while collecting litter or trash.
2. **Avoid personal injury** – Only pick up litter or trash that you can individually manage. Don’t exceed your physical weight lifting limitations. Report finding any hazardous materials, weapons, or medical waste to local officials for their safe removal.
3. **Stay Hydrated and Energized** – Single-serve packaging of food and water is appropriate at this time. If using disposable cups filled from refillable containers, make sure disinfectant wipes are available and used to wipe off the water spigot/handle or outside of refillable containers between users. Keep in mind single-use gloves are not effective unless changed prior to each activity.
4. **Physical Distance** – Keep a minimum of six feet away from others, unless you live or work with them on a regular basis, while picking up litter. As shelter-in-place orders are lifted, the need for physical distancing is critical to stem off a resurgence of COVID-19.
5. **Minimize physical contact with litter** – It is best to use some type of litter grabber and/or protective work gloves to protect yourself from cuts, scrapes, and any contaminant that may be on the collected litter or trash.
6. **Keep your hands away from your face** – During and after collecting litter, do not touch your face with gloved hands or hands that have not been washed and sanitized.
7. **Secure the collected materials** – In an abundance of extreme caution, secure the collected litter in closable plastic bags or a trash container with a secure lid. Try to minimize the handling and transfer of the materials collected. COVID-19 is spread primarily via airborne particles, and anyone transferring materials in bulk from one container to another should take extra precautions to not come in contact with airborne particles, e.g. wear a mask, wash hands thoroughly, and don’t touch clothing and then your face.
8. **Post-Cleanup Activities**
   a. If you used any litter collection equipment, e.g. litter grabber or bucket, wipe with a disinfectant cloth/wipe prior to storage.
   b. Carefully remove gloves and other protective clothing. If you plan on reusing your safety vest, gloves, and other clothing, sanitize them by washing them in a washer with regular detergent and cleaning cycles.
   c. Wash and sanitize your hands
Appendix:

* Surface “Stability” of COVID-19

As reported in The New England Journal of Medicine, researchers analyzed the aerosol and surface stability of COVID-19. As an aerosol, the researchers noted that the virus remained viable for 3 hours, e.g. transferred droplets from sneezing, coughing, etc. The chart below indicates the duration the virus remains viable on some common surfaces:

<table>
<thead>
<tr>
<th>Surface Type</th>
<th>Viability of Virus in Hours</th>
<th>Viability of Virus in Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>Up to 4 hours</td>
<td>Less than 1 day</td>
</tr>
<tr>
<td>Clothing</td>
<td>Several hours up to 24</td>
<td>Up to 1 day</td>
</tr>
<tr>
<td>Cardboard</td>
<td>Up to 24 hours</td>
<td>Up to 1 day</td>
</tr>
<tr>
<td>Plastic</td>
<td>Up to 72 hours</td>
<td>Up to 3 days</td>
</tr>
<tr>
<td>Stainless Steel</td>
<td>Up to 72 hours</td>
<td>Up to 3 days</td>
</tr>
<tr>
<td>Glass Surface, e.g. smartphone</td>
<td>Up to 96 hours</td>
<td>Up to 4 days</td>
</tr>
</tbody>
</table>
** Removing Single-use Gloves Safely⁴ -- DO NOT LITTER

Wearing gloves can give a false sense of security. Remember that while wearing gloves, anything you touch with your gloved hands, e.g. phone, wallet, purse, face, becomes exposed to what you touched while your hand was gloved. According to the CDC, people who are caring for someone infected with COVID-19 should wear disposable gloves when cleaning surfaces, washing dishes, and doing laundry for the infected person². When removing disposable gloves, do so without touching the outside of the gloves with your bare hands.

1. Grip one glove on the outside of the glove near the cuff.
2. Peel it down until it comes off inside out.
3. Cup the removed glove with your gloved hand.
4. Place fingers from your bare hand inside the cuff of the glove that you have on. Be sure to not touch any damp or contaminated areas of the glove.
5. Peel that glove off so that it comes off inside out, touching only the inside of the glove you are removing keeping the other glove inside it.
6. Dispose of the gloves in a trash container.
7. Wash your hands with soap and water.

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1. [https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf](https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf)
How to clean and disinfect

Clean

- Wear disposable gloves to clean and disinfect.
- Clean surfaces using soap and water.
- Practice routine cleaning of frequently touched surfaces. High-touch surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant with one of the following:

  **Household Disinfectant:** Recommend use of [EPA-registered household disinfectant](https://www.epa.gov/clean-water-lists). Follow the instructions on the label to ensure safe and effective use of the product.

  Alcohol solutions with at least 70% alcohol.

  **Diluted household bleach solutions may also be used** if appropriate for the surface.

  - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.
  - Unexpired household bleach will be effective against coronaviruses when properly diluted.
    - Follow manufacturer’s instructions for application and proper ventilation.
    - Never mix household bleach with ammonia or any other cleanser.
    - Leave solution on the surface for at least 1 minute.
  - To make a bleach solution, mix:
    - 5 tablespoons (1/3rd cup) bleach per gallon of water
    - OR
    - 4 teaspoons bleach per quart of water

  When using any of the above disinfectants, keep in mind many products recommend:

  - Keeping surfaces wet for a period of time (see product label); and
  - Taking safety precautions such as wearing gloves and making sure you have good ventilation while using the products.

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**** Cloth Face Coverings to Help Slow the Spread of COVID-19

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.4

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2 or on anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Cloth face coverings should be routinely washed depending upon the frequency of use. A standard wash cycle in a washing machine is enough to sterilize a cloth face covering.

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

__________________________________________

No Sew Methods

Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

1. Cut the T-shirt into a 7–8 inches piece.

2. Cut out a 6–7 inches piece.

   cut out

   cut tie strings
3. Tie strings around neck, then over top of head.
Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20”x20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Six steps to a cloth reusable mask

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5. 
6.
Sewn Cloth Face Covering

Materials

- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.