CLEANUP TIPS:

- Take a hat or visor, insect repellent and sunscreen.
- Wear comfortable old clothes, you'll probably get dirty.
- Wear gloves provided.
- Don't go barefoot! Wear close toe shoes that you won't mind getting wet.
- Don't wade into a waterway unless you wear a lifejacket and know the depth of the water.
- Watch out for poison ivy, poison oak and snakes.
- Avoid injured animals as they may bite or be infected. Alert your site coordinator.
- DO NOT touch medical waste, chemical containers or barrels, pesticides or other dangerous items. Note their location and tell your site coordinator, who'll contact the proper authorities.

VOLUNTEER SIGN-IN

Plans are underway for this year's Operation Big Sweep, North Carolina's statewide effort to clean up our rivers, lakes, waterways and beaches, scheduled for Saturday, October 1, 2005. Note that the cutoff date for pre-registration is September 25, 2005.

<u>Signature of Volunteer</u>	Phone #	Shirt Size
(or parent if volunteer is under age of 18)		
		
Note: If you can provide a boat and driver please i the inside and thoroughly cleaned afterwards.	ndicate below. All boats provided w	ill be covered with plastic on
Signature of Driver	Phone #	Shirt Size
Mail to: Gina Burris OR	e-mail to: bigsweep@hia	ghrocklakeriverrats.com

Mail to: Gina Burris 255 Shore Lane Lexington, NC 27292