



Potomac Shores Trails Committee

Community Clean-Up Day

SATURDAY, JUNE 3rd 8:30 AM – 11:00 AM

The objective for the day is to remove as much trash as possible from the trails and its adjacent areas and to promote a sense of pride within the community. Trash in the streams should be removed only if reachable from the stream bank, without entering the streams, itself.

The Trails Committee wants to suggest to all, clothing and safety guidelines to follow that will make the day a success for all participants.

Clothing...

Please dress according to the weather and wear...

- Long pants and long sleeve shirts to protect against scratches or cuts from sticker bushes.
- A hat to protect head and eyes from low branches – and maybe the sun!
- Garden gloves to avoid getting splinters from the downed wood, and bushes, and branches. (We will have disposable gloves for any who does not have them.)
- Old and rugged shoes is also highly recommended.

Insect repellent is always useful against mosquitoes and other bugs that bite, and sunscreen is always recommended when outdoors.

Safety...

- Watch your step for gullies on the path, standing water, and marsh areas in the woods. [If there has been significant rain in the few days before the clean up, there may be puddles on the trail.]

• If you notice any areas with ruts and/or gullies or large downed trees, please alert someone on the trails committee. These will be the targets of trail maintenance efforts later in the spring and summer.

• The ground off the trail in the woods is uneven, with fallen limbs and branches, gullies and holes hidden by leaves. Banks of the stream may be slippery. Be Alert!

• Poison ivy is starting to grow. It has shiny leaves, usually three leaves to a stem, and the stem can have a hairy appearance. Don't touch it!



• Drink water frequently to avoid dehydration, especially if it is hot out.

• We recommend working in pairs or small groups. **Children under age 9 should work with an older sibling or an adult.**

• If you happen to get a cut or serious scratch, let an adult know right away.

• Think SAFETY at all times and stay alert. Having fun is what we want everyone to do, but being careless puts others at risk and is not appropriate for today's activity.

RSVP to: TrailsPotomacShores@gmail.com so that we have enough supplies, coffee and doughnuts.

MEET AT 8:30 am at the TOT LOT on Potomac River Blvd.