



## 惜山競走 Green Hero Challenge 2022 山徑垃圾調查注意事項

### ◆ 所需工具

1. 垃圾鉗
2. 手套
3. 垃圾袋（建議可使用舊膠袋）
4. 手機/實體記錄表
5. 消毒搓手液

\*\*參加隊伍可向綠惜地球借用垃圾鉗及手套，按此了解[詳情及借用表格](#)

### ◆ 調查方法 [分為 1. 沿途記錄 或 2. 完結後統計 兩個方法]

#### I. 沿途記錄

- 1、出發前，隊員分工負責撿垃圾和記錄數據。
- 2、撿垃圾的同時，向負責記錄的隊員報上種類及數量。
- 3、完成後，將撿到的垃圾整袋拍照，連同所記錄的數據上載到大會連結。

注意事項:

- 隊員負責記錄時請注意安全。



#### II. 完結後統計

1. 隊員一同撿垃圾，於完成後到適當位置進行垃圾分類及統計數量。
2. 如數量不多，可每件垃圾撿出分類及統計數量，完成後，將所有垃圾拍照，連同所記錄的數據上載到大會連結。
3. 如數量較多，可倒出所撿的垃圾，將其分類及統計數量，完成後，將所有垃圾拍照，連同所記錄的數據上載到大會連結。



注意事項:

- 必須留意進行如需撿/倒出垃圾的位置會否對其他遊人造成騷擾，或位置會否太大風，吹散輕的垃圾如紙巾或食物包裝。

◆ 記錄數據工具參考

- 1、 手機中的筆記本
- 2、 網上的「計數器」

出發前可先下載網上的「**計數器**」應用程式（例如：Counter+），並預先把各項需要記錄的垃圾類別輸入程式內，清理山徑時可直接將每類垃圾數量輸入至程式作記錄。

- 3、 紙本垃圾紀錄表 ([按此下載](#))

◆ 統計後的垃圾處理

1. 垃圾必需妥善棄置於垃圾桶內。請避免棄置於垃圾桶旁邊或隨意堆放，以免吸引野生動物覓食或再次污染郊野。
2. 可視乎山徑垃圾情況將其分類回收。請留意可回收物必須乾淨，如垃圾太污糟或不能分辨是否可回收，請將其妥善棄置垃圾桶內。



◆ 清理山徑時注意事項

1. **安全第一**及 **量力而為**。如發現垃圾位於斜坡、不易檢到或不肯定是否安全的位置，不應勉強清理。
2. 清理山徑屬較需要體力的活動，揀選路線時需評估體力是否能應付。
3. 清理山徑必需使用手套或垃圾夾收集垃圾。
4. 山徑上或會出現防疫相關或衛生用品的垃圾，如口罩、衛生巾等，建議使用獨立垃圾袋分開收集，並用「沿途記錄」的方法記錄數量。
5. 山徑上或會有各類尖銳的垃圾，如玻璃碎片等，清理時亦需確保玻璃被妥善保存，避免被荊傷。即使清理完整玻璃樽都必須注意安全，以免行走時打破。



6. 如見到以下物件，大家不應收集撿走。
  - 醫療廢棄物 (如:針筒)
  - 動物屍體
  - 體積太大而不易帶走的物件 (如: 車胎)
7. 如發現垃圾已成為昆蟲巢穴 (如: 蟻穴)，不應撿走，請盡快將其放回原來位置。
8. 參加者須建立好榜樣，做到“自己垃圾自己帶走”。
9. 活動以「不為地球添更多廢物」為原則，請避免使用一次棄用品，以及製造新的垃圾。
10. 愛護大自然，請勿帶走任何屬於大自然的東西，例如植物、昆蟲等

◆ 主要垃圾分類

	種類	注意事項
1.	紙巾	
2.	濕紙巾	
3.	紙巾/濕紙巾包裝袋	
4.	各類食物包裝	能辨認是食品包裝或屬於食品包裝的部分，請計算「一」
5.	塑膠飲料容器/膠樽	
6.	煙頭	
7.	果皮	若認為數塊果皮來自同一個生果，請計算「一」 若不肯定是否來自同一個生果，則只需清理，無需記錄
8.	口罩	
9.	金屬罐	
10.	膠袋	
11.	外賣塑膠餐具/容器	包括發泡膠(PE)/硬膠(PP)外賣盒及其部分、各類餐具
12.	其他(不能歸類)	如樽蓋、紙包飲品盒及其飲管袋、驅蚊貼、乾燥劑、香煙盒、 報紙、紙袋及其他…



## Green Hero Challenge 2022 Trail Waste Audit Reminder

### ◆ Equipment

- i. Tongs
- ii. Gloves (reusable glove is recommended)
- iii. Bags for trash (used plastic bag is recommended, avoid buying new bags)
- iv. Smart-phone / Record sheet
- v. Sanitizing Spray / gel

### ◆ Audit Methods (, **a. Pick and record** OR **b. Record at the end**)

#### A. Pick and Record

- i. Allocate team members on picking trash & for record taking
- ii. During the hike, members collecting trash should report the number and items found while another member does the recording
- iii. At each finishing point, take photo with the collected trash
- iv. Upload photos with the data collected to our web submission page

Remark: Please be aware of safety while recording.

#### B. Record at the end

- i. Collect all the trash found along the journey
- ii. After the hike, find a safe location to do the audit (sorting and taking records on the number and item of trash)
- iii. If a small number of trash is found, pick out the trash one by one and record it. Remember to take photos with the trash you collected
- iv. If a large amount of trash is found, pour them out on the ground, then begin to audit, sort and record. Take photos of the well sorted trash on the ground before you put them back into the bag
- v. Upload photos with the data collected to our web submission page

Remark: When picking/pouring out the trash, please be mindful of other people nearby. Be cautious that wind may blow away light-weighted items such as tissue paper or other small packaging.

### ◆ Tools recommended for data recording

- i. Note function on the smart-device



- ii. “  
Please download Counter+ from app store or google play. Counter+ allows you to categorize items” that you would count. Pre-set the trash item into the application and input the number of items found during or after the clean-up
- iii. Follow the link to download the [physical record form.](#)

◆ Trash handling after Audit

- i. Trash MUST be well disposed INTO garbage bins. Do NOT place them next to the garbage bins or other exposed areas to avoid attracting wild lives or causing contamination
- ii. If you would like to sort and recycle the items, please ensure that they are clean, if the items are dirty or unidentifiable, you are recommended to dispose of them following the recommendation from point (i)

◆ Other notes for the Clean-up

- i. **Always put your safety first and just do your best.** If the trash is left lying at locations that are hard to reach (i.e. cliff sides) or when you cannot ensure your own safety, DON'T pick it.
- ii. Please assess your fitness level before participating the event, countryside cleanup is a kind of physical demanding activity.
- iii. Please put on gloves and use tongs when collecting trash
- iv. When collecting epidemic prevention materials or personal hygienic products such as facemasks or sanitary napkins. You are commended to collect them in a separate bag and use **Pick and Record** (method A) to record them.
- v. Sharp items like broken glasses should be kept safely to avoid any injuries. Please be mindful even if a glass bottle is intact.
- vi. We DO NOT recommend collecting the following items
  - i. Medical waste (e.g. syringe)
  - ii. Dead Animals Large or bulky items (e.g. tire)
- vii. Do not disturb the trash if the trash became a nest or habitat of any animals. (e.g. ant nest).
- viii. Manage your own trash, and do not to mix them with the trash you collected on the trails.
- ix. The principle of the challenge is “Don't Produce more Trash”, therefore please avoid usage of any single-used items.





- x. Love the Nature, DO NOT take away plants or other living organisms.

◆ Main Item for Trash sorting and Record

	Trash Items	Remarks
1.	Tissue paper	
2.	Wet (plastic) tissue	
3.	Tissue paper/ Wet tissue package	
4.	Food packaging	Pieces that can be identify are part of food packages, please count "1".
5.	Plastic beverage bottle	
6.	Cigarette butt	
7.	Peel (Fruit)	For peels pieces that you believe are came from the same fruit, please only count as "1" For those scattered peels that is not sure whether they came from the same fruit or not, please also clean it but no need to take into record.
8.	Mask	
9.	Metal Can /Canned Drink	
10.	Plastic Bag	
11.	Takeaway, single-used tableware/container	Including Styrofoam / hard plastic box and any part of these boxes, any single-used tableware, etc.
12.	Unclassified Plastic	Including bottle cap, liquid cartons and its straws package, mosquito patches, drying agent inside the food package, cigarette package, newspaper, paper bag, etc.