



Plogging Playbook

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Introduction

Xylem Watermark's mission is to provide education and access to safe water to ensure healthy lives, gender equality and resilient communities.

This guide provides instructions and tools needed for hosting a plogging event. By planning an event with your company or in your community, you can protect the environment and local waterways in a fun and active way and collaborate with your colleagues, friends, and family.





The Need

- More than 60% of water pollution comes from things like trash and litter, excess fertilizer, and pet waste
- When discarded, this debris – plastic bags, bottles, etc.– gets washed into storm drains and directly into the environment
- Trash flowing untreated into our waterways can often contaminate drinking water sources and threaten the lives of the animals and plants that depend on the water source
- Xylem Watermark is encouraging its employees and stakeholders to learn more and plan a plogging event to combat litter and prevent contaminated water



What is Plogging?

Plogging is the act of picking up trash while jogging.

In addition to preventing litter from polluting our waterways and oceans, plogging improves the health of individuals and the local community. Anyone of all ages and fitness ranges can participate in this fun new trend.

Plogging Safety

- First and foremost, participants must comply with all local government safety precautions & guidelines regarding COVID-19.
- Stick to your neighborhood streets and sidewalks or nearby park and keep the recommended six feet of distance from other people
- Wear a mask and gloves*
- Use a pair of barbecue or salad tongs or some other gadget if gloves don't seem like enough protection
- Only pick up litter that's easy to handle and dispose of, whether by placing in a dumpster or recycling cart
- Wash your hands thoroughly after throwing out or recycling the trash you've collected



**It's quite possible that you'll come across cast-off gloves along your plogging route. Discard your disposable gloves in a proper waste bin when you've finished picking up litter.*



Plan Your Plogging Event

There are multiple ways to go plogging.

The following pages offer guidance on how to organize a plogging event for your company, community, family or virtually.

1. [Colleagues, Neighborhood, Family & Friends Plog](#)
2. [Virtual Plogging](#)

1. Colleagues, Neighborhood, Family & Friends Plog

- 1. Gather:** Find a few friends, family members or colleagues within your company to join you for a plogging experience.
- 2. Map Your Plogging Route:** Choose a route that is heavily littered and safe.
- 3. Materials:** Be prepared and make sure to be equipped with gloves, bags, water, and a litter picker, if desired.
- 4. Safety:** Your plogging route may require crossing of streets. Always look both ways when crossing and wear gloves when picking up litter. Stay away from picking-up sharp objects.
- 5. Proper Disposable:** When your plog is finished, properly dispose of products in the correct recycling or trash bins.
- 6. Share:** Show off the hard work you have done and post about it! Sign the photo release form and be sure to use the #MakeYourWatermark and #WatermarkPlogging hashtags.



2. Virtual Plogging

1. Coordinate a team of friends, family or colleagues within your company to plog together.
2. Pick a week or day when all team members will plog. Use Zoom, Webex or Facetime to spend time together on your virtual plog.
3. Challenge your team members to fun challenges like who can plog the most in one month, before vs after photos, play trash tag and more. Get creative!
4. Share your plogging experiences with the hashtags [#WatermarkPlogging](#) and [#MakeYourWatermark](#).



Plogging Checklist

PRE-EVENT

- Recruit** 2-3 volunteers for the plogging planning committee.
- Determine a date** and time for plogging.
- Map out the route:** Ensure the route is clearly marked and any road crossings are safely managed.
- Acquire** necessary permits.
- Identify** others to invite to participate in the event; consider friends, family, community partners, colleagues within your company, etc..
- Send a **reminder** to all volunteers on the week of the event.
- Provide **photo release forms** for volunteers prior to event.

POST EVENT

- Properly dispose** trash and litter in the correct recycling or trash bins.
- Post photos and event updates on social media using the following hashtags: ***#MakeYourWatermark, #WatermarkPlogging***

Plogging Checklist (cont'd)

Materials:

- Gloves
- Face mask
- Trash Bags
- Reflective Vests (in poor visibility conditions)
- Water
- Light snacks
- A litter picker (if desired)
- First Aid Kit

Safety:

- Use safe pedestrian practices at all road crossings
- Stay away from picking-up sharp objects
- Practice proper social distancing and hand-washing

