

**Canoeing**  
Ireland

 Clean  
Coasts

# CANOEING & #2MINUTEBEACHCLEAN



# HEADING OUT ON THE WATER THIS SUMMER?

## HELP PROTECT OUR COASTLINE WITH A #2MINUTEBEACHCLEAN

The various and diverse water sports available in Ireland has touched an increasing number of people in the past year. Despite the challenges of the past year, people have really taken to outdoor water sports to keep healthy, both physically and mentally. Now, as Summer is rolling in, we are likely to see people of all ages in the water, enjoying the various water sports our beautiful coastal locations have to offer. It is important, however, to not only **ENJOY** our coastline but **PROTECT** it as well.

**CLEAN COASTS** would like to invite you and your kayaking or canoeing community to do a **#2MINUTEBEACHCLEAN** to help protect our coastlines while out and about this summer.

Head over to **[WWW.CLEANCOASTS.ORG](http://WWW.CLEANCOASTS.ORG)** to pledge your support and receive a **#2MINUTEBEACHCLEAN** kit.

# MARINE LITTER

We have all seen the evidence of marine litter along Ireland's coastline. For all you out in kayaks and canoes this summer here's an opportunity to do something about it in just 2 minutes! We are asking everyone who goes to the beach to do their very own **#2MINUTEBEACHCLEAN**.

## REMEMBER TO:

1. Take a snap of the marine litter you collect
2. Post & tag: @CleanCoasts & #2minutebeachclean
3. Dispose of the waste you collected properly



# STAYING SAFE

It's important to enjoy and protect the coast but also essential that we stay safe while doing so! Remember, when paddling you must be able to swim, always wear a buoyancy aid and never paddle alone. For more safety tips, check out [WWW.CANOEINGIRELAND.IE](http://WWW.CANOEINGIRELAND.IE).



# CANOE CLEAN UPS

**DID YOU KNOW THAT A LOT OF CANOEING IRELAND MEMBERS DO VERY QUICK CLEAN UPS ON THE INLAND WATERWAYS JUST USING THEIR KAYAK OR CANOE?** If you are out on the water this summer, try collecting the rubbish you find and store it in your kayak or canoe. You can then dispose of it correctly when you are on land.

# WANT TO FIND OUT MORE?

Head over to [WWW.CLEANCOASTS.ORG](http://WWW.CLEANCOASTS.ORG) to learn more about marine litter and if you would like to get involved, you can register as a Clean Coasts Group.



An Taisce