

JOIN
THE
PLOG-OLUTION!



Welcome to the Plogolution!

What is plogging?!

Plogging is a mixture of walking and running whilst picking up rubbish at the same time.

Delighted you're interested in joining our school plogging clubs. The following document describes how Plogolution come in and set up the plogging clubs and some tips and techniques to make it a success.

1. School assembly

Initially we will arrange a date with your school to come in and do a short presentation in the assembly. We have two presentations available for schools; one that is suitable for reception up to year 6, and our second presentation covers secondary schools and sixth forms. We cover what plogging is, why we shouldn't litter and the impact this can have on our environment, what happens to your rubbish and how we can all make a difference.

We then encourage students to sign up to join the first plog.

2. The sign-up process

We generally suggest around 10-15 pupils for the plog. The older the children are, the more running you can involve. We would arrange a date for the first plog after the assembly and one of the team members is available to run the first plog with you. It would be up to your school processes to determine how best to sign the children up and whether you want to run this as a before school, lunch time or after school club.

3. Equipment provided by Plogolution

Gloves

Litter Pickers

T-shirts for 15 children (mixed sizes)

Rubbish bags

We offer a reward scheme for the children as well. This will consist of a branded metal water bottle which we suggest giving out after the children have been involved for over a month. We will also provide a small gift at the end of the school year to all those children who have been involved.

4. The first plog

One of the Plogolution team will be on hand for the first school plog. We will give a full safety briefing which will include road safety and a reminder to not pick up anything sharp or any broken glass. We will walk and run through a short route, being out for 30 minutes. When back, we will all sort out the rubbish that is for landfill and that which can be recycled.

If you do not have any way of recycling in your school, please do let us know so we can get in touch with the council to arrange a pick up.

5. On-going plogs

We suggest that you find a champion within the school who would be willing to continue running the plogging clubs with the children. That could be a member of staff or a parent.

All rubbish we pick up we document. There is a link [here](#) to fill in your counts and this gets added to a centralised database. At the end of the year we can then give you counts of how much your school has picked up and even that of the whole borough. Please do feel free where possible to add images that you don't mind sharing. We really love to see the kids getting involved, especially all the rubbish picked up! We can then use this to help us sign more schools on.

The graphic below shows 20 schools plogging on 178 school plogs.

Plastic Bottles



2,633

Cans



3,151

Glass Bottles



1,121

Cigarette Butts



29,524

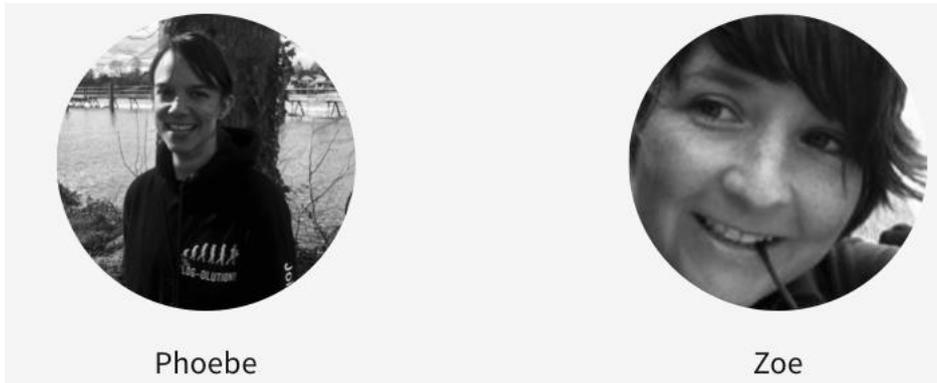
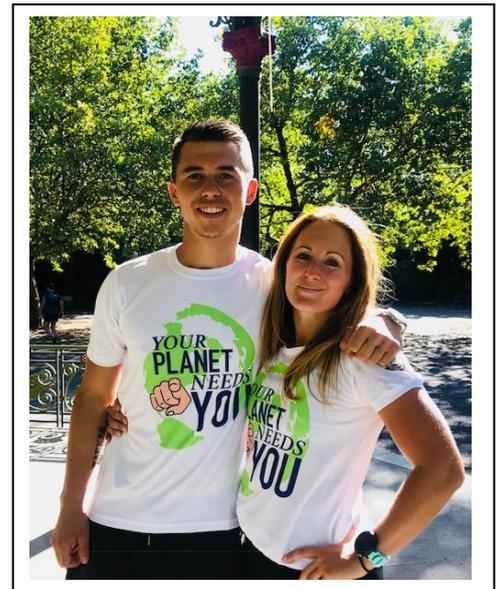
6. End of year assemblies

At the end of the year, we'd love to come in and do an assembly to say thank you to the children and recognise their efforts. We will highlight how much they have picked up and recycled as well as give out a small reward to each child involved.

Plogolution Co-Founders

Dermot Kavanagh is an ex bin lorry driver for Kensington and Chelsea and has seen first-hand the effects that large amounts of rubbish has on local communities. Whilst in the Army Reserves, Dermot trained to be a Personal Trainer and is passionate about helping people realise their potential. Dermot has spent time in South Africa with charity Veterans for Wildlife and manned a radar system that helped to stop the poaching of rhinos.

Michelle Parkes has over 15 years' experience in marketing and owns her own marketing company. Michelle has always been active and as well as being an avid runner, she takes part in obstacle course races through the year. Michelle is passionate about creating a cleaner and more plastic free planet to pass down to future generations.



Phoebe and Zoe are active Plogolution team members who help us make our school plogging clubs a success. Phoebe runs a number of the assemblies and plogs in the Greater London area whilst Zoe is responsible for Tameside.

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