



VARDA 2020 Alpine Work B Sign Up Form

Event Schedule

1) Saturday Sept 19th Allan Creek - All participants must provide their own transportation via ATV or SXS

Meet at 9am in upper rear parking lot of Allan Creek

Group limit of 30 people not including VARDA leads

Group 1

Major firewood run. This will be done by falling dead trees along the access trail and transporting to the site via sxs and atv trailers.

Split and stacking of firewood

Group 2

Alpine cleanup hike

2) Sunday Sept 20th Chappell Creek - All participants must provide their own transportation via ATV or SXS

Meet at 9am at the beginning of the North Thompson FSR

Group limit to 15 people

Full day of hiking around the Chappell Creek alpine looking for anything left behind

3) Sunday Sept 20th Work B at the Lower Westridge Shelter - All participants must provide their own transportation via ATV or SXS

Meet at 9am in the Westridge staging area.

Group limit to 15 people

Firewood day via ATVs and trailers

Shelter site cleanup





VARDA 2020 Alpine Work B Equipment List

If you plan on attending one or more of the Work Parties please have a look at the list below for recommended items.

ATV or SXS or site access

Tub Trailer (if possible)

Rain Gear and Foul Weather Clothing

Food and Water

Personal Protective Equipment (gloves, eye protection, ear plugs)

Certified protective pants (if running a chain saw)

Chain Saw (chaps or pants required if running a saw)

Axes and Splitting Mauls

Hand Sanitizer

Ratchet Straps and various tie downs



VARDA 2020 Alpine Work B Sign Up Form

Due to the issues surrounding Covid and event capacity, the last page of this package **MUST** be completed in full and returned to our office. Please complete this form, then scan it or take a photo of it and return it to info@ridevalemount.com.

Name: _____ Phone number: _____

Email address: _____ Mailing Address: _____

Number of people in your party (please be accurate in your numbers as space is limited, do not guess): _____

Please choose the events you will be attending:

- 1) Saturday, Sept 19th Allan Creek Firewood Run ☐
- 2) Saturday, Sept 19th Allan Creek Alpine Hike and Cleanup ☐
- 3) Sunday, Sept 20th Lower Westridge Firewood and Site Cleanup ☐
- 4) Sunday, Sept 20th Chappell Creek Alpine Hike and Cleanup ☐



All participants must have read and understand the included BCSF COVID-19 Trail Work Best Practices for Volunteers.

WASH YOUR HANDS

01 Wash your hands often with soap and water or use a hand sanitizer that contains at least 60% alcohol.

PRACTICE PHYSICAL DISTANCING

02 Avoid close contact and practice physical distancing of at least 6'

COVER COUGHS & SNEEZES

03 Cover coughs and sneezes with a tissue or use the inside of your elbow. Immediately wash your hands.

USE A MASK

04 Cover your mouth and nose with a cloth face cover when you cannot maintain physical distancing of at least 6'.

CLEAN REGULARLY

05 Clean and disinfect frequently touched surfaces daily.

MONITOR YOUR HEALTH

06 Monitor Your Health and be alert for symptoms. Follow [CDC guidance](#) if symptoms develop.

COVID-19

Trail Work Best Practices for Volunteers

This resource is intended to provide best practices for all volunteers who provide services to your snowmobile club during COVID-19 restrictions.

BEFORE YOU LEAVE HOME

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

If you have any of the above symptoms, have traveled outside of Canada in the last 14 days or have been in contact with anyone who is suspected of having COVID-19 please stay home.

At the beginning of each work day and before you leave your home every volunteer should self assess their fitness to perform work using the Government of Canada's COVID-19 [Self Assessment Tool](#). If you answered yes to any of the questions included in the [Self Assessment Tool](#) you should stay home and follow the recommendations. Do not come to work.

TRAVELING TO WORKSITE

Conduct meetings, planning and discussions over the phone/video whenever feasible. If in-person meeting is required, be sure to practice physical distancing of 6 feet or more and make every effort to meet outside.

Discourage carpooling to/from or within the project site. Ensure vehicles, ATV's or UTV's only include members of the same household and encourage volunteers to provide their own transportation where possible. Do not use group transport unless absolutely necessary.



COVID-19 Trail Work Best Practices for Volunteers

STAYING OVERNIGHT

Precautions to implement if camped at the worksite or sharing lodging:

- Each person should buy, store and prepare their own meals, drinks and snacks.
- Sanitize all surfaces regularly.
- Encourage self sufficiency and discourage borrowing personal items.
- Set up tents/trailers/cooking areas at least 20 feet apart from others.
- Maintain at least 6' of physical distance in common areas such as toilets, wash areas, and campfires.
- Have soap and water or sanitizer in shared areas such as washrooms, and cooking areas.
- Ensure that common areas are disinfected regularly including door handles and washrooms.

WORKSITE BEST PRACTICES

- Do not share equipment, including hand tools, chain saws, mechanized equipment or work site items such as electronic equipment, PPE, coolers, water containers, etc.
- Bring your own tools if you can and any tool that is shared must be disinfected prior to use.
- Practice physical distancing by keeping 6' OR MORE away from others whenever possible. Wear a cloth face mask if you must work closer than 6' from others.
- Minimize trips to supply stores. Send only one person and consider having materials delivered by suppliers where possible. Where appropriate PPE and carry hand sanitizer when in stores.
- Maintain a self-contained and self-sufficient work site if feasible. If people outside the work crew are in proximity to trail construction or the Volunteers, mandate that those individuals maintain at least 6 feet of distance.
- Volunteers should buy, store and prepare their own meals, drinks and snacks for the day and you should not share these items with people outside of your household.
- When working in shelters or buildings limit the number of Volunteers in the building to only those necessary to carry out the work. It is recommended that there be only one person in the shelter at a time.

EQUIPMENT BEST PRACTICES

Volunteers should maintain practices that limit the potential for cross-contamination of tools and equipment on the worksite. Practices include but are not be limited to:

- Assign tools and equipment to a specific Volunteer for the day. This includes hand tools, machines, tool-specific PPE, electronics (iPads, GPS, radios) etc.
- At the end of each day, each Volunteer should be responsible for properly cleaning and returning shared tool(s) and equipment to the storage area.
- Wipe down trucks, tools, and equipment with disinfectant wipes, daily or more often, especially prior to and after a new volunteer utilizes the equipment. Give special attention to door handles, control knobs, steering wheels, gear shifters, keys, washrooms, and any other commonly touched surfaces. Use aerosol sanitizers in enclosed cabs.
- Sanitize reusable PPE as per manufacturer's recommendation prior to each use, and ensure non-reusable PPE is disposed of properly.

