

Trail Building Health and Safety Briefing

COVID-19 Safety Protocols:

Health Pre-Screening - If you have any COVID-19 related symptoms - cough, shortness of breath, fever, muscle aches, loss of smell or taste - or anyone in your household has COVID-19, please excuse yourself from the work party. If you are diagnosed with COVID-19 following the work party, please notify the crew leader.

Masks/Facial Coverings - Volunteers must wear a mask or facial covering when working within 10 feet of another volunteer, including hiking in and out of the work site. This requirement strictly enforced - only one warning.

Social Distancing - Allow a minimum of 6 feet between you and another worker. Allow plenty of room between you and trail users such as hikers and bikers.

Tools - No tool sharing. Once you choose a tool, you are the “tool taker” for that particular piece of equipment, and no one else. Please use masking tape and marking pen to put your name on tools and safety helmets.

Other Trail Work Safety Guidelines:

Personal Protective Equipment

- Safety helmets and eye protection required. Recommend work gloves, long pants and work shoes.

Sun and Bugs

- Wear sunscreen and bring bug spray
- Take precautions to avoid ticks, like brushing up against vegetation. Do a “tick check” when done working

Hydration and Nutrition

- Take regular breaks to drink water!
- Regular snacking will help keep your energy level up

Special Medical Conditions and Training

- Notify crew leaders if you have a special condition, like allergies (bees, etc.), and if you have an underlying condition that creates a higher risk for COVID-19.
- If injured, ask OTHERS for medical attention and stay still. Crew leaders carry First Aid Kits. Use if needed!

Be Aware of Your Surroundings

- As you are working, take note of where you are and who is around you
- Notify those working around you if you are passing them on the trail - social distance!
- Be aware of low-hanging branches, loose rocks, or other objects that could potentially harm you
- Don't work alone or let yourself become out-of-sight from the work party - buddy up!

Use Trail Building Tools Properly

- Take great care in swinging tools - most should not go higher than your waist
- Respect the Circle of Death - the 360 degree area around you if you extend your trail tool out away from you and turn in a circle. No others should be working within this circle, and your tools should not tap each other! Think of this area around you - at least six feet - as your social distance too.
- Carry tools below your waist with the head facing forward and handle facing backward.
- COTA saws are extremely sharp - be extremely careful

Rev: June 2020