



ADOPT-A-TRAIL VOLUNTEER REGISTRATION

CANALWAY TRAIL

As an Adopt-a-Trail volunteer, some of the activities you perform may expose you to risks such as poison ivy, insect or other bites, injuries, or falls. It is your responsibility to know your own limitations and to only engage in activities suited to your abilities and physical conditions. Volunteers shall only engage in authorized Adopt-a-Trail Program activities. The Program is flexible. Volunteers may choose one or more of the following authorized activities: regular inspections and monitoring of the trail segment and light maintenance work including, but not limited to, litter pickup, mowing, brush control (but not the use of herbicides), cutting, trimming and planting, maintaining landscape vegetation, leveling of the trail treadway and minor repairs or refurbishment of trail signs, kiosks and other trailway facilities.

Safety Checklist:

- Yield right of way to trail users.
- No motor vehicles shall be driven on trailway unless required for medical emergency.
- Do not pick up anything that could be hazardous to your health or safety. This includes needles, jagged glass, animal carcasses or heavy objects. If in doubt, contact the Adopt-a-Trail Group Leader.
- Wear appropriate gloves and long pants. Learn to recognize and avoid poison ivy or other irritants. Leather shoes or boots are recommended.
- Wear safety glasses and a hard hat when operating motorized equipment. Other volunteers and trail users should be well clear of cutting, mowing and trimming operations.
- Be sure that areas to be mowed are clear of debris such as rocks, glass and other objects.
- Keep a safe distance between volunteers to avoid being whipped by branches or injury from tools.
- Minors (ages 12-17) may not operate motorized or power equipment.
- Do not engage in any activity that will compromise your safety, the safety of other volunteers, or trail users.
- Avoid overexertion and dehydration. Drink plenty of fluids.
- Stay off the underside of overhead bridge structures. Do not lean over bridge railings, water embankments, or barriers and railings at the canal locks.
- No horseplay.

As a condition of participation in the Adopt-a-Trail Program, each volunteer must read the above Safety Checklist and complete and sign the following:

By my signature below, I certify that I have read and understand the above Safety Checklist and will participate in accordance with the terms and conditions of the Adopt-a-Trail Program.

Name (please print) _____ Phone No. (_____) _____ - _____

Address _____ Date of Birth _____

Signature _____ Date _____

E-mail Address _____

Signature of Parent or guardian, if participant is a minor (ages 12-17):

Name (please print) _____ Relationship _____

Signature _____ Date _____

Return this completed form to _____

Adopt-a-Trail Group Leader