

# North Cascades National Park Service Complex Volunteers-in-Parks Program

## General Volunteer Job Description for North Cascades VIP program

Support habitat restoration, nursery activities, trail maintenance, building and grounds maintenance, and/or landscaping projects by performing any number of related tasks. The work may include, but is not limited to: planting vegetation, removing weeds and invasive vegetation, collecting native seed, transplanting seedlings, working in and around compost, pruning vegetation, clearing trails, repairing trail tread, rerouting trails, clearing drainage systems, repairing and installing fencing/boardwalks/steps/benches/signage, removing graffiti, collecting trash, loading/unloading tools and materials, and performing basic construction work.

These tasks may incorporate the use of tools including, but not limited to: wheelbarrows, brooms, trowels, shovels, rakes, pruning shears, gardening hand tools, hand picks, pitch forks, hand saws, pickaxes, and hand tools (manual).

Photos of volunteer activities may be taken during the program and used for park publications. If you require restricted use of your photo, please alert the park volunteer coordinator.

Work is to be accomplished over a minimum period of 2 hours and maximum of 8 hours on any given day, not to exceed 40 hours in a week, depending on the volunteer position.

### **FIELD SAFETY**

Park staff will provide you with a safe work environment and will identify any potential hazards in the working area. While we strive to create the safest environment possible, it is impossible to eliminate all potential hazards when working outside in nature.

#### **Be Prepared...Dress Appropriately!**

Please wear clothes that can get dirty, long pants, close-toed shoes (no flip-flops or sandals), layers for changing weather, and rain gear if necessary. Also, bring a personal water bottle and sunscreen.

**Ticks:** Ticks are common carriers of Lyme Disease. Though you are unlikely to come in contact with them in San Francisco, they are common in Skagit and Whatcom counties. It is a good habit to check your clothes and body after working/playing outdoors.

**Yellow Jackets:** Yellow jacket nests are commonly found in trees and on the ground in natural areas. Yellow jackets are often difficult to spot, but if you see one, try to follow it back to a nest and clear the area. If you see multiple yellow jackets flying around an area, warn others about them. They are very protective of their homes and sting repeatedly if aggravated. If you disturb a yellow jacket nest, run away quickly in a zigzag pattern. If you know you are allergic, please take precautions for your safety.

**Heat Exhaustion:** Be sure to drink plenty of water while working. If you feel tired or lightheaded, sit down and rest in the shade.

**Sun Exposure:** You can get sunburn on a cloudy day. Wear sunscreen and a hat for protection.

**Tool / Back Safety:** Be aware of the tools you are using, and make sure you know the correct way to use and transport them. Keep space between you and other volunteers. To avoid repetitive motion stress, take regular stretch breaks. Use your legs when lifting or pulling heavy objects, and always try to avoid twisting when carrying or loading.

### **FAMILIES & YOUTH**

With a number of our volunteer programs, all ages are welcome and families are encouraged. Our park volunteer programs are designed to provide a rewarding and safe volunteer experience, but when working with families and young volunteers we need active adult guardian/chaperone participation to be successful.

In order to clarify expectations, and make this the best experience for everyone involved – positive, productive, and meaningful – we have outlined some guidelines below.

The park volunteer programs are not drop-off programs: Adult Guardian/Chaperone(s) required for volunteers under the age of 15 (1:7 adult:youth ratio)

We request that children under the age of 7 have a dedicated adult guardian/chaperone who can help them participate. Young children who cannot participate in the work are welcome to attend, but we ask that they do not become a distraction to other volunteers.