

SNOW ANGELS

ADOPT -A- DRIVEWAY

VOLUNTEER Information Package with Consent



Organized by:

**Sylvan Lake Family and Community Support Services
Senior Services Program
4725 43rd Street
Sylvan Lake, AB T4S 1M3
Phone: (403) 887-1137
Fax: (403) 887-1194**

Information for Volunteers

What is the Snow Angels program?

Snow Angels is a volunteer service program where individuals, organizations, businesses, classrooms, families, and groups of youth can commit to removing snow from the driveway and entranceway of a community resident in need throughout the winter season.

Interested volunteers can contact us and be matched with a resident(s) in need of snow clearing in their neighbourhood. The volunteer is committed to the same resident throughout the campaign but may adopt more than one driveway if desired.

Why Volunteer?

Snow Angels is a proactive approach to helping those who have difficulty or no capable means to clearing their driveway. Rather than scrambling for support and help after a major snowfall, resources for these residents will be in place in advance which provide peace of mind and more consistency to relief efforts.

Adopting a driveway is also a fun and healthy opportunity for citizens of all ages to enjoy the outdoors while making a personal contribution to improving the quality of life of another in need. Adopting a driveway fosters a sense of ownership and goodwill, encourages civic responsibility and pride in the community and builds appreciation and connection between citizens of all ages. Studies have shown that when citizens actively work together for each other, crime decreases, health improves, resources can be redistributed and quality of life becomes better for all.

Who should take part in Snow Angels program?

People of all ages can take part. Individuals, organizations, businesses, work units, classrooms, families, church groups, and groups of youth are all encouraged to Adopt-A-Driveway!

What do I need to get involved?

A shovel or snow blower. See the Safety Tips section for more information. We encourage the residents to allow the volunteer to use their shovels, ice chippers, ice melt, etc. We ask that they have the tools easily accessible for the volunteer at all times.

How often does the resident's property need to be cleared?

Snow should be cleared within 48 hours of a snowfall. If you can not make it to the resident's home within 48 hours, please contact the resident to reassure them of when you can make it.

What areas of the property should be cleared?

When you make initial contact, discuss which areas of the property need snow removal. This is also a good time to discuss any barriers or hazards that could impede the snow removal on their property. Generally, the volunteers would clear the sidewalks and driveway of the resident's home. It is the responsibility of the resident to ensure that the property is safe.

How long is the commitment?

The nature of the Snow Angels program is to provide a resident in need with a regular service until the end of the winter/snow season. However, we will never decline a volunteer with a snow shovel or blower! We will make sure that everyone who wants to shovel gets paired with a resident in need, even if it is only a one-time commitment. If you will be away, it is best to let your resident know ahead of time and where possible find a suitable replacement during your absence.

Can I accept tips from my resident?

Since the program is a volunteer-based initiative, we do not want to set any precedent that a fee or regular financial reward is associated with the effective delivery of the service. Call us with any concerns that may arise. Residents may want to show their appreciation with a thank you card or a hot chocolate. These small gestures are acceptable.

Concerns, Complaints or Feedback

All residents are instructed to direct any concerns, complaints or feedback to the program coordinator. If a resident addresses you directly with this information please contact the program coordinator for follow up. Please refer to orientation manual for further direction for on workplace abuse.

What do I need to get involved?

Submit a Volunteer Application to Sylvan Lake Family and Community Support Services (FCSS) Senior Services Program

- Fax: 403-887-1194
- Mailing Address: 5012 48 Avenue
Sylvan Lake, AB
T4S 1G6
- Drop Off Location: 4725 43 Street
Sylvan Lake, AB
T4S 1M3
- A Criminal Record Check. We will provide you with a letter to provide to the RCMP indicating that you are a volunteer with Snow Angels....unless you are under the age of 18, then no Criminal Record Check is required.
- You will then be added to our volunteer participant list.
- We'll contact you to discuss a match..

Safety Tips for Snow Removal*

Why shovel your driveway and sidewalks?

Snow and ice create a hazardous situation for everyone but especially for seniors and people with disabilities. Shoveling and using salt, sand or other substances with ice melting properties will help reduce the potential for slip and fall incidents, which can cause serious injuries.

Snow shoveling requires proper preparation, the right tools, good technique and basic safety precautions:

Preparation:

- Talk to your doctor about this activity, your health status and about your suitability for this program.
- Shovel at least 1-2 hours after eating and avoid caffeine or nicotine during the activity.
- Warm up first (walk or march in place for several minutes before beginning, stretch arms and legs).
- Start slow and continue at a slow pace (suggestion: shovel for 5–7 minutes and rest 2–3 minutes)
- Drink lots of water to prevent dehydration.
- Shovel fresh snow sooner; new snow is lighter than heavily packed/partially melted snow.
- Take breaks when you are feeling tired.

Tools:

Shovel:

- Sturdy yet lightweight is best (a small plastic blade is often better than a large metal blade).
- Choose a shovel that is comfortable for your height and strength. One that is too long or too short will add extra effort and strain.
- An ergonomically correct model (curved handle) can help prevent injury.
- Spray the blade with a silicone-based lubricant or WD-40 as snow will not stick and will slide off better.

Snow blower (optional):

- You are most welcome to use your snow blower in the Snow Angels program.
- Whether you supply your own snow blower or use the Resident's machinery, read the instruction manual and familiarize yourself with the equipment *prior* to using it.
- Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area.
- Never stick your hands in the snow blower! If snow becomes too impacted, stop the engine and wait more than five seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.
- Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.

- Watch the snow blower cord. If you are operating an electric snow blower, be aware of where the power cord is at all times.

Proper clothing:

- Wear multiple layers and cover as much skin as possible.
- Wear a hat, scarf and mittens (mitts are warmer than gloves).
- Wear boots with non-skid/no-slip rubber sole.

Technique:

- Always try to push snow rather than lifting it.
- Walk to dump snow rather than throwing it to the side since this requires a twisting motion that stresses your back.
- Stand with feet at hip width for balance.
- Hold the shovel close to your body.
- Space hands apart to increase leverage.
- Bend from your knees, not your back.
- Tighten your stomach muscles while lifting.
- If the ground is icy or slippery, we recommend spreading kitty litter to create better foot traction.

Stop shoveling immediately and call for help if you experience:

- Unusual discomfort, pain or heaviness in the chest, arms or neck
- Unusual shortness of breath
- Faint or dizzy spells even after taking a break
- Excessive sweating or nausea and vomit.

* Adapted closely from Toronto EMS Snow Shoveling Safety Tips publication,

http://www.toronto.ca/ems/safety_tips/safety_tips.htm

REMEMBER:

- A warm-up goes a long way!
- Wearing the right clothing is key!
- Bring lots of water to drink!
- Use the right tools and technique!
- HAVE FUN!!!
- And what the heck — build a snowman with what you've cleared!

ACKNOWLEDGEMENT OF RISK STATEMENT FOR MINORS

I/WE _____, being the parent(s) and/or legal guardian of, _____ the undersigned, wish to allow _____ to participate in Town of Sylvan Lake FCSS Snow Angels Program in Sylvan Lake, AB. In pursuance of our desire to allow _____ participate in this activity/event, I make the following statement:

- A. _____ has participated in this type of activity/event previously and,
or
- B. Although _____ has not participated in this type of activity/event previously,

I do understand and acknowledge that there are particular hazards/risks which are either associated with this activity/event and/or are inherent in their nature, any one of which could result in sustaining personal or bodily injury through my participation in this activity/event.

Some of the activities the participant will be taking part in:

- 1. Snow Removal from a seniors home
- 2. Lifting shovel and snow if required
- 3. Bending to remove snow
- 4. Operating a snow blower if required
- 5. Spreading ice salt if required

I understand that the above are some, but not all, of the normal hazards/risks which are associated with the physical conditions under which this activity/event takes place, and that any one of these might result in minor or serious bodily injury being occasioned. I believe that these hazards/risks are inherent in the nature of the activity/event itself and, therefore, I also believe they are conditions over which the organization(s) named above and/or below have no control. Accordingly, due to my desire to allow participation in this activity/event, I willingly accept these hazards/risks, as well as those of a similar nature to those enumerated above, in full and I agree not to hold the Town of Sylvan Lake and/or Sylvan Lake FCSS, or any of their servants, agents or employees responsible, or financially accountable, for injuries, or the consequences of injuries which I might sustain through these hazards and risks.

Date

Signature of Parent or Guardian

The personal information on this form is collected under the authority of Section 33(c) of the *Freedom of Information and Protection of Privacy (FOIP) Act* for the purpose of processing and is protected by the FOIP Act. If you have any questions or concerns about the collection and use of this information, please contact the FOIP Coordinator of the Town of Sylvan Lake at (403) 887-2141.

ACKNOWLEDGEMENT OF RISK STATEMENT

I, _____ the undersigned, wish to participate in the Town of Sylvan Lake FCSS Snow Angels Program in Sylvan Lake, AB. In pursuance of my desire to participate in this activity/event, I make the following statement: (Circle which one fits)

- A. I have participated in this type of activity/event previously and,
or
- B. Although I have not participated in this type of activity/event previously,

I do understand and acknowledge that there are particular hazards/risks which are either associated with this activity/event and/or are inherent in their nature, any one of which could result in my sustaining personal or bodily injury through my participation in this activity/event.

Some hazards and/or risks could include:

- 1. The use of equipment, materials or facilities related to the Snow Angels Program
- 2. The actions or negligence of the participant or others participants in/users of the Snow Angels Program
- 3. The actions or negligence of the Town of Sylvan Lake or its council, officers, employees, agents, invitees, or representatives of any kind (collectively referred to as the 'Municipality'
- 4. Additional risks arising out of the Snow Angels Program and related events and activities

I understand that the above are some, but not all, of the normal hazards/risks which are associated with the physical conditions under which this activity/event takes place, and that any one of these might result in minor or serious bodily injury being occasioned to myself. I believe that these hazards/risks are inherent in the nature of the activity/event itself and, therefore, I also believe they are conditions over which the organization(s) named above and/or below have no control. Accordingly, due to my desire to participate in this activity/event, I willingly accept these hazards/risks, as well as those of a similar nature to those enumerated above, in full and I agree not to hold the Town of Sylvan Lake and/or Sylvan Lake FCSS, or any of their servants, agents or employees responsible, or financially accountable, for injuries, or the consequences of injuries which I might sustain through these hazards and risks.

_____ Date

_____ Signature of Participant

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