

# SNOW ANGELS

## **Adopt-A-Driveway Volunteer Information Package**



Organized by:

Wellness and Community Connections

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Sylvan Lake, AB

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## **Information for Volunteers**

### **What is the Snow Angel program?**

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

### **Why volunteer?**

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

### **Who should take part in the Snow Angels program?**

People of all ages can take part. All are encouraged to Adopt-A-Driveway.

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

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

### **How long is the commitment?**

For the winter/snow season.

### **What do I need to get involved?**

A shovel. We also encourage the residents to allow the volunteers to use their shovels, ice chippers, ice melt, etc. We also ask the residents if they place their supplies somewhere where you would have easy access.

**Can I accept tips from my resident?**

Residents may want to show their appreciation with a thank you card or hot chocolate. These small gestures are acceptable. We do not want to set any precedent that a fee or regular financial reward is associated with the delivery of the service.

**Concerns, Complaints or Feedback**

If you have any concerns, complaints, or feedback, please contact the Volunteer Centre Coordinator. All residents have been asked if there are any concerns, complaints or feedback to direct them to the Volunteer Centre Coordinator. If however, a resident addresses you directly, please contact the Volunteer Centre Coordinator.

**What do I need to get involved?**

Submit a Volunteer Application, online [sylvanlake.ca/volunteer](http://sylvanlake.ca/volunteer)

Volunteers 18 years and older – Criminal Records Check. We will provide you with a letter so that there will be no cost to you.

15 -17-year-olds – 2 references (not family or friends) and a letter of consent from your parent/guardian.

14 years and younger – must be accompanied by a parent/guardian.

Once we have all the paperwork in place, you will be added to the volunteer list.

I will contact you to discuss a match.

## **Safety Tips for Snow Removal**

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
- Start slowly and continue at a slow pace.
- Drink lots of water to prevent dehydration.
- Shovel fresh snow sooner; new snow is lighter
- Take breaks when you are feeling tired.

### **Tools:**

- Shovel should be sturdy, 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
- An ergonomically correct model can help prevent injury.

### **Snow blower (optional)**

- You are welcome to use a snow blower, whether you supply your own or use the Resident's machine, 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 the snow becomes impacted, stop the engine and wait more than 5 seconds. Use a solid object to clear 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.
- If you are operating an electric snow blower, always be aware of the power cord.

**Proper clothing:**

- Wear multiple layers and cover as much skin as possible.
- Wear a hat, scarf and mittens
- Wear boots with non-skid/no-slip rubber boots.

**Technique:**

- Always try to push the 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 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 your 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.

**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

### 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 the Town of Sylvan Lake WCC Snow Angels Program in Sylvan Lake, AB. In pursuance of our desire to allow \_\_\_\_\_ to participate in this activity, I make the following statement:

A \_\_\_\_\_ has participated in this type of activity previously.

OR

B Although \_\_\_\_\_ has not participated in this type of activity previously.

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

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

1. Snow Removal from a senior's 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 the above are some, but not all, of the normal hazards/risks which are associated with the physical conditions under which this activity takes place, and that any one of these might result in minor or serious bodily injury. I believe that there 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, 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 Wellness and Community Connections, 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 \_\_\_\_\_



## ACKNOWLEDGEMENT OF RISK STATEMENT

I, \_\_\_\_\_ the undersigned, wish to participate in the Town of Sylvan Lake WCC 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 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 Angel Program.
2. The actions or negligence of the participant or other participants in/users of the Snow Angel 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 and that anyone 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 WCC 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 I understand.

Date: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_



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