

Greater Bragg Creek Trails Association (GBCTA)

What To Bring and What To Expect On A Trail Day

What to expect:

- We will be working outside between the hours of 9:00 a.m. and 4:00 p.m. We will begin our day with a 15 minutes safety talk followed by departure for the worksite.
- Worksites are located in the foothills where there is limited cell phone reception.
- Washrooms are located at the West Bragg Car Park.
- Foothills weather changes unexpectedly so check the forecast and dress accordingly. See clothing suggestions below.
- Volunteers are to provide their own lunch and snacks.
- Chainsaws are not used during volunteer days.
- There will be a first aid kit on site as well as someone trained in first aid.
- We will have a satellite phone for use in the event of an emergency.
- Pets are discouraged on volunteer trail days, unless the crew leader is agreeable. Pet owners are fully responsible for their pets.
- We will be using tools which may cause injury if used inappropriately. Training on proper use will be conducted at the trailhead.
- Our work may consist of rerouting trail, maintaining bridges, rut repair, and management of water movement with drainage rolls, culverts, raised tread, trenching, sumps, knicks.

What to bring:

Volunteers require adequate clothing and safety gear for trail days which should include but is not limited to:

- Eye protection (clear lenses will be best).
- Head protection (we STRONGLY recommend wearing a bike helmet or hardhat).
- Long sleeve shirt (sun and snag protection).
- Long pants (breathable quick drying are best).
- Socks (consider wearing 2 pairs; a liner & a thicker outer pair to prevent blisters and improve comfort).
- Boots (to prevent sprained ankles and provide support for the day).
- Jacket (for rain / cooler temperatures and not your favourite jacket).
- Gloves.
- Lunch / snack (there are no restaurants or stores nearby) Water (it is important to stay hydrated).
- Bug spray Sunscreen Toilet paper Back pack (for all your stuff).
- Hand sanitizer, face mask.

COVID-19

Please ensure you read the points below so we can all be safe while volunteering. **Do not attend a trail day if you:**

- Have symptoms of COVID-19, including fever, cough, shortness of breath, body aches and pains, sudden loss of taste or smell, or any feeling of illness.
- Have been in direct contact with anyone with the above symptoms or who has COVID-19, in the past 10 days.
- Have travelled outside of Canada within the past 14 days
- If you've had COVID-19, but have not had a negative post-infection test.