



Clean-Up Day Suggestions: Clothing and Safety

FLBSV wants to suggest to our helpers safety rules to follow that will make the day a success for all participants.

The objective for the day is to remove as much trash as possible from the trail and its adjacent areas. Trash in the stream should be removed only if reachable from the stream bank, without entering the stream, itself. **The water will be cold!**

It might be cold on October 19. **Dress appropriately.** Wear long pants and long sleeve shirts to protect against scratches or cuts from sticker bushes. Wearing old and rugged shoes is also highly recommended.

Garden gloves will help you to avoid getting splinters from the downed wood, and bushes, and branches. We will have gloves for any who so not have them. A **hat** will protect head and eyes from low branches – and maybe the sun! **Insect repellent** is always useful against mosquitoes and other bugs that bite. Sunscreen is useful.

Watch your step for gullies on the path, standing water, and marsh areas in the woods. [If there has been significant rain in the few days before the clean up, the stream may be flowing quickly and there may be large puddles on the trail.] There are some ruts and gullies on some sections of the trail, and protruding rocks. Step carefully and be

alert. These will be the targets of trail maintenance efforts later next spring and summer. The ground off the trail in the woods is uneven, with fallen limbs and branches, gullies and holes hidden by leaves. Banks of the stream will be slippery.

Poison ivy is starting to grow. It has shiny leaves, usually three leaves to a stem and the stem can have a hairy appearance.



Don't touch it!

Drink water frequently. Avoid dehydration. We recommend working in pairs or small groups. Children under age 9 should work with an older sibling or an adult. If you happen to get a cut or serious scratch, let an adult know right away.

As you collect trash, place it in large plastic bags and leave the bags at trail heads for pickup. Bags will be available at the start of the day at the Canterbury Woods **Pool** Parking lot.

Think **SAFETY** at all times and stay alert. Having fun is what we want everyone to do, but being careless puts others at risk and is not appropriate for today's activity.

Thanks for all your help. When you sign up on the day of the cleanup, you will be able to ask any questions you may have about how the day will proceed.