



KEEP THE GANARASKA FOREST CLEAN

Volunteer Opportunity

GANARASKA REGION CONSERVATION AUTHORITY





KEEP THE GANARASKA FOREST CLEAN

The Ganaraska Forest is owned and operated by the Ganaraska Region Conservation Authority (GRCA). At nearly 11,000 acres, the Forest is an important feature, providing many ecological functions for the Ganaraska River and regional landscape.

As a volunteer, you are able to contribute to the protection of the Ganaraska Forest and local watersheds, by helping to keep the Forest clean and healthy for recreational use.



THE CHALLENGE



Litter is increasing in the Ganaraska Forest.

Litter includes plastic bottles, metal cans and cigarette butts. Unfortunately, large items are also disposed of in the Forest, including lawnmowers, propane tanks, tires and yard waste.

By volunteering to pick up litter in the Ganaraska Forest, you will be making a positive impact on the health of the Forest and recreation program.





BEING PART OF THE SOLUTION

- The GRCA is looking to the Ganaraska Forest Membership as community leaders to actively participate in the *Keep the Ganaraska Forest Clean Volunteer Project*.
- Ganaraska Forest Members can do their part by helping keep the Ganaraska Forest clean and beautiful for all users, including generations to come.
- *Keep the Ganaraska Forest Clean Volunteer Project* is open to valid Ganaraska Forest membership holders.
- Members have the opportunity to participate during their regular visits, from May 1st to November 30th, to the Ganaraska Forest.

WHY ONLY FOREST MEMBERS?



- Members have expressed interest to participate in valuable volunteer activities within the Ganaraska Forest.
- Every individual is required to have a Ganaraska Forest Day Pass or Membership to access the Forest trails.
- Members have authorization to access the Ganaraska Forest to participate in this volunteer activity without further passes.
- Members have authorized access throughout the full operation season, allowing them to focus volunteer efforts throughout the year as they desire.





PARTICIPATION IS EASY

- Ganaraska Forest Members apply at <https://grca.on.ca/how-to-help/volunteering/>.
- Take part in short online training, included presentation.
- Pick-up supplies from the Ganaraska Forest Centre (GFC), including gloves and garbage / recycling bags.
- Separate garbage and recycling, seal bags and place them at the base of trailhead signs.
- Report the location with a selfie and bagged garbage / recycling to volunteer@grca.on.ca.
- GRCA staff will remove and dispose of reported bags.

ARE YOU INTERESTED IN PARTICIPATING?

Continue the presentation
to begin training



RIGHTS & RESPONSIBILITIES



Volunteers have the right to:

- Work in a safe and healthy environment; understand unsafe work and right-to-refuse.
- A supportive environment, where you can provide and receive regular feedback about the role and program.
- Ask for and receive support from a supervisor, as required.
- Be accommodated, as needed, in order to complete non-essential tasks.

Volunteers have a responsibility to:

- Act responsibly, respectfully and with integrity for the cause, community, organization and its work.
- Efficiently and effectively fulfill the duties of the role as defined.
- Respect and follow all policies in place; recommend changes.
- Notify GRCA contact of absences or if unable to fulfill duties.





WORKPLACE SAFETY POLICIES

The GRCA is committed to providing an environment where all volunteers are treated with respect and dignity.

The GRCA maintains a zero tolerance policy for any acts of violence, harassment or bullying.

Everyone is entitled to work in a safe, healthy and inclusive work environment. The Occupational Health and Safety Act sets out roles and responsibilities for workplace parties, with respect to workplace violence and workplace harassment, including developing and implementing policies and programs.

The *GRCA Violence & Harassment Policy* will be provided for your review once your application is accepted.

ACCESSIBILITY



The GRCA strives to provide accessible options for all visitors.

This policy is intended to meet the requirements of Accessibility Standards for Customer Service, Ontario Regulation 429/07, under the Accessibility for Ontarians with Disabilities Act, 2005, and applies to the provision of goods and services to the public or other third parties, not to the goods themselves.

The GRCA, including volunteers, shall follow the principles of dignity, independence, integration and equal opportunity for all goods and services provided, including flexible service meeting the needs of individual customers.

Please review the GRCA Accessible Customer Service Policy found on the GRCA website.



SHARPS, HAZARDS & LARGE ITEMS



Navigating Hazards & Staying Safe

- If you recognize hazards, you can take steps to eliminate or lessen risk, improving your overall safety.

Sharps, Biohazards & Large Items

- You may come across sharps or biohazards; do not handle sharps or biohazards.
- Email a picture of the items and [what3words](#) / [Ganaraska Forest Trails Map](#) location to volunteer@grca.on.ca.
- Follow the same steps as above for large items.





WHAT3WORDS APP

- *what3words* has given every 3 metre square in the world a unique address made of 3 random words.
- The app will automatically locate you when opened and you can share the 3-word location at the bottom of your screen.
- GRCA staff can then use these words to find your GPS location in the Ganaraska Forest.
- You can download the app for iOS or Android by visiting: <https://what3words.com/products/what3words-app>



KNOW THE HAZARD

Isolation

- Cellular dead zone.
- Drained battery.

What you can do:

- Consider working in groups of 2 or more.
- Have a back-up communication device.
- Tell someone where you are going and planned return time.
- Have a plan in place with others if you do not return.

KNOW THE HAZARD



Ticks

What you can do:

- Stay on the trails.
- Wear long pants tucked into socks.
- Wear bug spray with DEET to help prevent ticks.
- Inspect your clothes and body for ticks.



Poison Ivy

What you can do:

- Stay on the trails; avoid contact.
- Wash with cold water and a degreasing soap.
- Poison ivy oil (urushiol) can be on clothing and tools, risking transfer to skin.



KNOW THE HAZARD

Heat Stress

Remember, when it is hot:

- **H**eed your body! Watch for symptoms!
- **E**nsure you're drinking enough!
- **A**adjust your activity level – slow down!
- **T**ake clothing/PPE into account!



Wind

What you can do:

- Be mindful of steady winds and wind gusts.
- Do not be in the Forest if winds or gusts are 40km / hour or faster.



KNOW THE HAZARD



Trail User Collision

What you can do:

- Wear high visibility clothing.
- Stay aware and alert of your surroundings.
- Listen for users approaching.
- Give all other users the right-of-way.



IN CASE OF INJURY OR INCIDENT

- **If you have an injury**, get first aid as soon as possible.
- **In case of an emergency**, call 9-1-1 immediately.
- **Know where you are**, including point of entry, use [what3words](#) & [Ganaraska Forest Trails Map](#) for location.



CLOSEST HOSPITALS

- **Northumberland Hills Hospital**
1000 Depalma Drive, Cobourg
- **Lakeridge Health Bowmanville**
47 Liberty Street S, Bowmanville
- **Peterborough Regional Health Centre**
1 Hospital Drive, Peterborough
- **Lakeridge Health Oshawa**
1 Hospital Court, Oshawa



STILL INTERESTED?



You should now know:

- How to *Keep the Ganaraska Forest Clean*.
- How to stay safe while volunteering.

What now?

- Please complete the volunteer form and submit to volunteer@grca.on.ca
- One approved, you will receive an email with instructions.

QUESTIONS?

Ed Van Osch (evanosch@grca.on.ca)
Forest Recreation Technician,
Ganaraska Region Conservation Authority

