

Become a Park Patroller. Help park guests and enjoy the outdoors as you patrol events and park trails on your bike, skates, skis, snowshoes, horse or on foot.

PATROL UNITS

- **Park Trails** (cross-country ski, bike, hike, skate, snowshoe)
- **Horse Trails** (must provide own horse)
- **Regional Trails** (bike, hike, skate)
- **Mountain Host** (on foot at alpine area)
- **Events** (on foot, bike, cross-country ski)

QUALIFICATIONS

- Minimum age 16 years (18 years for horse patrol unless accompanied by parent who is also a patroller)
- Good physical fitness
- Good customer service skills
- Intermediate skill level in chosen mode of patrolling

REQUIREMENTS

- Completion of all required training
- Criminal background check

COMMITMENT

- 60 hours per year (30 hours each for the snow and non-snow seasons)
- One year: November 1 - October 31 or April 1 - March 31

BENEFITS

- Trail fees waived while patrolling!
- Excellent training, valuable experience, and fun!
- Volunteer Fun Pass which provides access to park facilities with fees at a discount or free depending upon the facility and hours of volunteer service.

REGISTRATION

- Annual registration is required. Send in the enclosed form.



What is Park Patrol?

The Three Rivers Park Patrol was established to help provide a safe and enjoyable experience for park guests. Park Patrol volunteers provide information to park guests and offer first aid and emergency assistance as needed. Patrollers may choose between a wide variety of locations and year-round activities based on their preference and skill level.

Patrol Locations

Winter

When the snow flies, patrollers are generally needed at winter recreation areas on cross-country ski trails; selected snowshoe, walking or multi-use trails; winter horse trails; and at events, programs or races. Ski volunteers should stay within their ability level.

- **Baker Park Reserve**, Medina (B/I/A, SS, W)
- **Carver Park Reserve**, Victoria (B/I/A, SS, W, ❖)
- **Cleary Lake Regional Park**, Prior Lake (B/I, SS, W, ☼)
- **Crow-Hassan Park Reserve**, Rogers (H, ◆, M)
- **Eagle Lake Regional Park**, Plymouth (B, ❖, *scheduled groups*)
- **Elm Creek Park Reserve**, Maple Grove (B/I, W, ☼*)
- **French Regional Park**, Plymouth (B/I, SS, W, ☼)
- **Hyland Lake Park Reserve**, Bloomington (B/I, SS, W, ☼)
- **Lake Rebecca Park Reserve**, Rockford (SS, W, H, ◆, M)
- **Murphy-Hanrehan Park Reserve**, Savage (I/A, H, ❖)

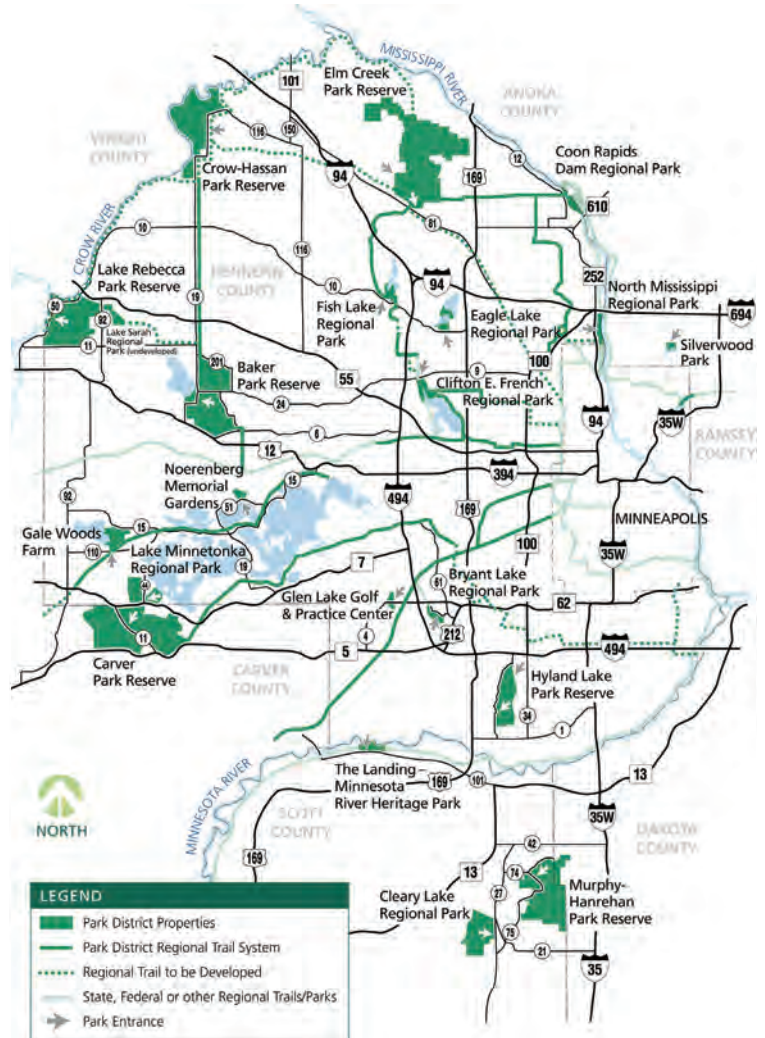
<i>Cross-country ski trail level of difficulty:</i>	
B Beginner	❖ Limited building hours
I Intermediate	◆ No trailhead building
A Advanced skill level required	H Horse trail
* Snowmaking	SS Snowshoe trail
☼ Lighted ski trail	W Winter walking trail
	M Multi-use trail (ungroomed)

Spring/Summer/Fall

During the non-snow season (approximately May 1 to October 31), patrollers are needed on a variety of park trails, as well as at races and events. Volunteers may patrol by biking, walking, horseback riding, and in-line skating, depending on trail designations or facility needs.

- **Baker Park Reserve**, Medina (P, T, F, H, ❖)
- **Carver Park Reserve**, Victoria (P, F, H)
- **Cleary Lake Regional Park**, Prior Lake (P, F)
- **Crow-Hassan Park Reserve**, Rogers (F, T, H, ◆)
- **Elm Creek Park Reserve**, Maple Grove (P, MB, F, H, ❖)
- **Fish Lake Regional Park**, Maple Grove (F, ◆)
- **French Regional Park**, Plymouth (F)
- **Gale Woods Farm**, Minnetrista (F, *scheduled groups*)
- **Hyland Lake Park Reserve**, Bloomington (P, F)
- **Lake Rebecca Park Reserve**, Rockford (P, MB, T, F, H, ❖)
- **Murphy-Hanrehan Park Reserve**, Savage (MB, F, H, ❖)
- **Regional Trail System** (P, U, ◆) *April 1-November 14*
Three Rivers operates a vast network of regional trails connecting many of the parks to each other and to neighborhood trails.

P Paved trail	MB Mountain bike trail
U Unpaved hard-packed crushed limestone trail	H Horse trail
T Turf trails	❖ Limited building hours
F Fall hiking program trails	◆ No trailhead building



QUESTIONS

If you have any questions about Park Patrol requirements, fees, or reimbursement, contact Deb Vosler, Volunteer Coordinator at 763.559.6704, dvosler@threeriversparkdistrict.org

Three Rivers Park District is a natural resources-based park system that manages park reserves, regional parks, regional trails, and special-use facilities in the Twin Cities metropolitan area. Three Rivers offers activities for every season, as well as programs for nature, recreation, history, art and farm education.

Three Rivers' mission is to promote environmental stewardship through recreation and education in a natural resources-based park system. Three Rivers owns and operates over 27,000 acres and serves 8 million visitors a year.

Training Requirements

The following requirements must be met before patrolling. See the training schedule on page 5.

New Patroller Training Requirements

- New Patroller Orientation (2.5 hours)
- Full CPR (4 hours)
- Full Patrol First Aid (8 hours)
- Bloodborne Pathogen training
- Patrol Simulation (2.5 hours)
- Winter Season All-Patrol Meeting (1.5 hours)
- Summer Season All-Patrol Meeting (1.5 hours)

Returning Patroller Training Requirements

Annual registration form and refreshers are required.

- CPR Recertification (3 hours)
- Patrol First Aid Refresher (4 hours)
- Bloodborne Pathogen training
- Patrol Simulation (2.5 hours)
- Winter Season All-Patrol Meeting (1.5 hours)
- Summer Season All-Patrol Meeting (1.5 hours)

National Ski Patrol (NSP) Member Requirements

Annual registration form and refreshers are required in addition to maintaining current NSP membership.

- New Patroller Orientation (2.5 hours)*
- Bloodborne Pathogen training
- Patrol Simulation (2.5 hours)
- Winter Season All-Patrol Meeting (1.5 hours)
- Summer Season All-Patrol Meeting (1.5 hours)

*Three Rivers Alpine Ski Patrol members may be waived from portions of orientation already completed.

First Aid Standards

Attendance in a first aid refresher is required each year. The Patrol First Aid class offered by Three Rivers is the minimum level accepted for membership in the patrol. Certain types of first aid training offered in the community may be considered if they meet or exceed this class. Examples of courses which are accepted include Outdoor Emergency Care (National Ski Patrol) and First Responder. All community first aid classes must be reviewed and approved by the Volunteer Coordinator.

Bloodborne Pathogen Training

Bloodborne Pathogen Training is an annual training required by O.S.H.A. This training is included in New Patroller Orientations, First Aid refreshers and Outdoor Emergency Care (OEC) classes taught in Three Rivers. A make-up is required for patrollers attending training elsewhere.

CPR Standards

Park guests come in all ages. Therefore certification in adult, child and infant CPR is required and must be recertified annually. The following community courses are accepted: American Heart Association (AHA) Heartsaver CPR/AED for All Ages, AHA BLS for Healthcare Provider, American Red Cross (ARC) CPR/AED-Adult and Pediatric, or ARC CPR/AED for the Professional Rescuer and Healthcare Provider. Other certifications must be reviewed and approved by the Volunteer Coordinator.

[While first aid and CPR certificates are normally valid for 2 years, Three Rivers Park Patrol requires annual refreshers for first aid, CPR and patrol simulations each 12 months. A grace period for a maximum of 18 months may be allowed for returning patrollers under extenuating circumstances. A request must be made to the Volunteer Coordinator who will consider past performance and experience.]

FEES AND REIMBURSEMENT POLICY

Park Patrol Volunteers

While Three Rivers Park District covers a majority of Park Patrol training costs, we do ask new patrollers and returning patrollers with less than 30 patrol hours in the current patrol year¹ to pay for a portion of training costs. Patrollers are eligible for reimbursement of fees paid for Three Rivers classes after 30 hours of patrol service in the current patrol year¹. Training hours and non-patrol hours are not included. Reimbursement is not available for community courses. Reimbursement is made after each winter and summer season (approximately May and November).

First Aid & CPR Fees for Park Patrol	CPR Full course	CPR Recertification	First Aid Full course	First Aid Refresher
Three Rivers new Park Patrol volunteer	\$35	\$30	\$25	\$20
Three Rivers returning Park Patrol volunteer with				
- 30 or more patrol hours in current patrol year ¹	\$0	\$0	\$0	\$0
- less than 30 patrol hours in current patrol year ¹	\$25	\$20	\$0	\$0

¹The current patrol year is based on when training was completed (Fall training: Nov. 1-Oct. 31, Spring training: Apr. 1-Mar. 31).

General Public

The general public may register for classes as room is available. When filling classes, Patrol volunteers receive first priority.

First Aid & CPR Fees for General Public	CPR Full course	CPR Recertification	First Aid Full course	First Aid Refresher
	\$60	\$60	\$50	\$50



Volunteer Office

12615 County Road 9
Plymouth, MN 55441

Contact Us

Phone: 763.559.6706

Fax: 763.557.4943

Text Telephone: 763.559.6719

E-mail: volunteer@ThreeRiversParkDistrict.org

Web: ThreeRiversParks.org/volunteer

Volunteer Park Patrol Guide 2011-12



Reduce, Reuse, Recycle and Compost

To help reduce consumption of our natural resources, this publication is posted online at www.ThreeRiversParks.org/volunteer and only mailed to patrol volunteers without internet access or by request.



Printed on recycled paper containing at least 30% post-consumer paper fibers.

More Ways to Volunteer

Three Rivers Park District has many interesting, fun, and educational volunteer opportunities. Below are just a few examples. For more information, go to our web site at www.ThreeRiversParks.org/volunteer or contact the Volunteer Office at volunteer@threeriversparkdistrict.org or 763.559.6706.



- **NATURAL RESOURCES:** Collect prairie seed, survey wildlife
- **PROGRAMS & EVENTS:** Lead or assist with nature, recreation, art, history or farm programs and large one-day events or races.

• **SKI PATROL (Alpine, Snowboard, XC Ski):**

Are you looking for a greater challenge?

Three Rivers Ski Patrol is a highly trained, regionally and nationally recognized group of volunteers. The demands of the position are high and so are the rewards. Ski Patrollers must commit to a minimum of 60 hours each winter season, successfully complete and pass extensive initial training in emergency care and patrol skills as well as annual refreshers, and maintain membership and current certifications with National Ski Patrol. The rewards are helping guests in need; gaining new skills through advanced level continuing education, hands-on experience and leadership opportunities; as well as earning alpine area privileges, Three Rivers volunteer privileges and discounts through National Ski Patrol. Contact Jeannine Mogan, Patrol Supervisor for more information at 763.694.7815 or jmogan@threeriversparkdistrict.org.



– The current candidate class is full; however, highly motivated, enthusiastic skiers and boarders are encouraged to apply and participate in the annual "Tryout Day" in March.

Training Schedule FALL 2011-SPRING 2012

New Patroller Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> PO-1	Patroller Orientation	WE	Nov. 2, 2011	6-8:30 p.m.	Hyland (Ski & Snowboard Area, Bloomington)
<input type="checkbox"/> CPR-F1	CPR AED-full course	WE	Nov. 9, 2011	6-10 p.m.	Hyland (Ski & Snowboard Area, Bloomington)
<input type="checkbox"/> FA-F1	First Aid-full course	WE/TH	Nov. 16 & 17, 2011	6-10 p.m.	Hyland (Visitor Center, Bloomington)
<i>See below Patrol Simulation and Patrol Meetings</i>					
<input type="checkbox"/> PO-2	Patroller Orientation	SA	Mar. 10, 2012	9-11:30 a.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-F2	CPR AED-full course	SA	Mar. 10, 2012	noon-4 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-F2	First Aid-full course	SA	Mar. 17, 2012	8 a.m.-4:30 p.m.	French (Field Operations Center, Plymouth)
<i>See below Patrol Simulation and Patrol Meetings</i>					

Returning Patroller Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> FA-R1	First Aid-refresher	WE	Sep. 28, 2011	6-10 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-R2	First Aid-refresher	WE	Oct. 19, 2011	6-10 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-R3	First Aid-refresher	SA	Oct. 29, 2011	8:30 a.m.-12:30 p.m.	Hyland (Visitor Center, Bloomington)
<input type="checkbox"/> FA-R4	First Aid-refresher	WE	Mar. 14, 2012	6-10 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> BLS-R1	BLS-Refresher	WE	Oct. 5, 2011	6-10 p.m.	Hyland (Ski & Snowboard Area, Bloomington)
<input type="checkbox"/> CPR-R1	CPR AED-recertification	WE	Oct. 12, 2011	6-9 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-R2	CPR AED-recertification	MO	Oct. 17, 2011	9 a.m.-noon	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-R3	CPR AED-recertification	SA	Oct. 29, 2011	1-4 p.m.	Hyland (Visitor Center, Bloomington)
<input type="checkbox"/> CPR-R4	CPR AED-recertification	WE	Mar. 21, 2012	6-9 p.m.	French (Field Operations Center, Plymouth)
<i>See below Patrol Simulation and Patrol Meetings</i>					

All Patroller Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> PS-1	Patrol Simulation	SA	Nov. 5, 2011	2-4:30 p.m.	Hyland (Visitor Center, Bloomington)
<input type="checkbox"/> PS-2	Patrol Simulation	SA	Nov. 19, 2011	2-4:30 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PS-3	Patrol Simulation	WE	Nov. 30, 2011	6:30-9 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PS-4	Patrol Simulation	SA	Mar. 24, 2012	9-11:30 a.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PM-W1*	All-Patrol Meeting-Winter	MO	Dec. 5, 2011	6:30-8:30 p.m.	French (Visitor Center, Plymouth)
<input type="checkbox"/> PM-W2	All-Patrol Meeting-Winter	TH	Jan. 5, 2012	6:30-8 p.m.	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PM-S1*	All-Patrol Meeting-Summer	TU	Mar. 27, 2012	6:30-8:30 p.m.	French (Visitor Center, Plymouth)
<input type="checkbox"/> PM-S2	All-Patrol Meeting-Summer	SU	Apr. 15, 2012	1-2:30 p.m.	Hyland (Visitor Center, Bloomington)
<input type="checkbox"/> PM-S3	All-Patrol Meeting-Summer	MO	May 14, 2012	6:30-8 p.m.	French (Field Operations Center, Plymouth)

COURSE DESCRIPTIONS

PATROLLER ORIENTATION

Required for new Park Patrol volunteers. This program covers Three Rivers volunteer orientation and Park Patrol procedures and protocols.

FIRST AID

This course covers year-round, patrol specific first aid and is certified by the American Heart Association. Topics covered are general principals, bloodborne pathogens, medical, injury and environmental emergencies. Patrollers having completed a Three Rivers Patrol First Aid course within the past two years or an equivalent first aid course may attend the refresher (other first aid certifications must be approved). Fees on page 3.

CPR—HEARTSAVER AED

This American Heart Association course is designed to prepare Park Patrollers to respond to cardiac emergencies and to provide CPR and AED use in a safe, timely, and efficient manner. It includes adult, child, and infant CPR; AED; and foreign body airway obstruction skills. Bring your CPR mask to class! To attend a refresher, you must have completed a CPR class in the past two years. Fees on page 3.

BLS FOR THE HEALTHCARE PROVIDER

Recertification

This American Heart Association course is designed for Park Patrollers who work in the medical field on a regular basis. The ability to take and monitor vital signs is a prerequisite. The course includes adult, child, and infant CPR, AED, and foreign body airway obstruction skills. Skills are tested in both written and practical formats. Limit 12 per class. Bring your current BLS-Healthcare Provider card and CPR mask to class!

PATROL SIMULATION

This program combines Three Rivers policies, practices and procedures with the skills learned in first aid and CPR. The program is led by Three Rivers Public Safety and Facilities staff, and National Ski Patrol trained volunteers using outdoor practice scenarios.

ALL-PATROL MEETINGS

Winter and Summer Patrol meetings cover details for patrolling for all areas, highlights any changes that have occurred, and reviews patrol procedures. The first meeting for the season is a KICK-OFF* which includes a social event prior to the meeting (6:30-7 p.m. refreshments, social time, recognition, certificates).

Park Patrol REGISTRATION 2011-12

Patrollers must renew membership each year by filling out this form and attending training.

Date: _____ Recent changes to personal data No changes to personal data
First Name: _____ Middle: _____ Last Name: _____
Address: _____ City: _____
State: _____ Zip: _____ E-mail: _____
Home Phone: _____ Work Phone: _____ Cell: _____

NEW VOLUNTEERS

Check here if you are new to Three Rivers Park District. In addition to this form for the position of Park Patrol, volunteers new to Three Rivers must also fill out a Three Rivers Volunteer Application Form and submit to a background check. Links to these online forms will be emailed.

YOUTH VOLUNTEERS

Age if under 18 years: _____ The minimum age is 16 years for Park Patrol. The minimum age is 18 years to patrol on horseback, unless accompanied by parent who is also a patroller. A Volunteer Permission Form is required if you are under age 18. A link to this online form will be emailed.

CURRENT CERTIFICATIONS

Attach a copy of certificates for any training not taken through Three Rivers Park District.

First Aid: Exp. Date _____ Park Patrol OEC Wilderness 1st Responder 1st Responder EMT Paramedic
 Other: _____

CPR: Exp. Date _____ American Heart Association: Heartsaver CPR/AED for All Ages (adult, child, infant) BLS for Healthcare Providers
American Red Cross: CPR/AED-Adult and Pediatric CPR/AED for the Professional Rescuer and Healthcare Provider

Other: Exp. Date _____ Course name: _____

PATROL MEMBERSHIP

National Ski Patrol: Patrol Name and Patrol Representative: _____
 Candidate Basic Senior Nordic Alpine Snowboard Other: _____

Three Rivers Park Patrol: Last renewed: Spring 2011 Fall 2010 Spring 2010 Fall 2009 Other: _____

PARK CHOICE: P - prefer / T - will to travel to / N - not interested

- | | |
|--|--|
| <input type="checkbox"/> Baker | <input type="checkbox"/> Hyland |
| <input type="checkbox"/> Carver | <input type="checkbox"/> Gale Woods* |
| <input type="checkbox"/> Cleary Lake | <input type="checkbox"/> Lake Rebecca |
| <input type="checkbox"/> Crow-Hassan | <input type="checkbox"/> Murphy-Hanrehan |
| <input type="checkbox"/> Eagle Lake** as scheduled | <input type="checkbox"/> Regional Trails* Apr. 1-Nov. 14 |
| <input type="checkbox"/> Elm Creek | |
| <input type="checkbox"/> Fish Lake* | * spring/summer/fall only |
| <input type="checkbox"/> French | **winter only when scheduled |

PATROL UNIT:

- Park Trails
 Horse Trails
 Regional Trails
 Mountain Host
 Events, Programs, Races

MODE OF PATROLLING:

- Biking
 Mountain Biking
 Horseback Riding
 In-line Skating
 Walking
 Cross-country Skiing
 Snowshoeing

ALL PATROLLERS MUST READ AND SIGN BELOW:

TENNESSEN WARNING NOTICE: I understand that private data is protected under state and/or federal laws and cannot be disclosed without my written consent unless otherwise provided for by state or federal law. Private means that the information is available only to the person the information is about and Three Rivers Park District staff who must use it in the normal course of conducting Park District business and otherwise as provided by law. I authorize Three Rivers Park District to release the information as indicated for inclusion in the patrol list for the current period to be shared with park patrol volunteers and authorized staff as follows. Indicate Y (yes) or N (no).

Address: _____ H phone: _____ W phone: _____ E-mail: _____ Cell phone: _____

I understand that my participation as a park patrol volunteer may involve risks such as personal injury caused by my participation in cross-country skiing, biking, in-line skating, hiking, or horseback riding activities, and potential exposure to bloodborne pathogens as a result of first aid care to park guests.

Volunteer Signature: _____

TRAINING REGISTRATION:

Patrollers must complete training annually. Enter the class number and fee from the training schedule provided.

New Patroller Orientation: Course # _____ No Fee
CPR: Course # _____ Fee \$ _____
First Aid: Course # _____ Fee \$ _____
Patrol Simulation: Course # _____ No Fee
Winter Patrol Meeting: Course # _____ No Fee
Summer Patrol Meeting: Course # _____ No Fee

Total Fee \$ _____

Make checks payable to **Three Rivers Park District**.
To pay with credit card, call 763.694.1104

Complete registration form and send to:

Three Rivers Field Operations Center - Volunteer Office

12615 County Road 9, Plymouth, MN 55441

FAX: 763.557.4943 Email: volunteer@threeriversparkdistrict.org



Park Choice

- Baker
- Carver
- Cleary Lake
- Crow-Hassan
- Eagle Lake** *as scheduled*
- Elm Creek
- Fish Lake*
- French

- Baker
- Carver
- Cleary Lake
- Crow-Hassan
- Eagle Lake** *as scheduled*
- Elm Creek
- Fish Lake*
- French

Hyland

- Gale Woods*
 - Lake Rebecca
 - Murphy-Hanrehan
 - Regional Trails* *Apr. 1-Nov. 14*
- spring/summer/fall only
 **winter only when scheduled

- Hyland
 - Gale Woods*
 - Lake Rebecca
 - Murphy-Hanrehan
 - Regional Trails* *Apr. 1-Nov. 14*
- *spring/summer/fall only
 **winter only when scheduled

Patrol Unit

- Park Trails
- Horse Trails
- Regional Trails
- Mountain Host
- Events, Programs, Races

- Summer
- Biking
 - Mountain Biking
 - Horseback Riding
 - In-line Skating
 - Walking
 - Races, Programs and Events

Mode of Patrolling

- Biking
- Mountain Biking
- Horseback Riding
- In-line Skating
- Walking
- Cross-country Skiing
- Snowshoeing

- Winter
- Cross-country Skiing
 - Horseback Riding
 - Snowshoeing
 - Walking
 - Races, Programs and Events

