

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

PATROL UNITS

- **Park Trails** (cross-country ski, bike, hike, skate, snowshoe)
- **Horse Trails** (own horse)
- **Regional Trails** (bike, hike, skate)
- **Hyland Hills 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

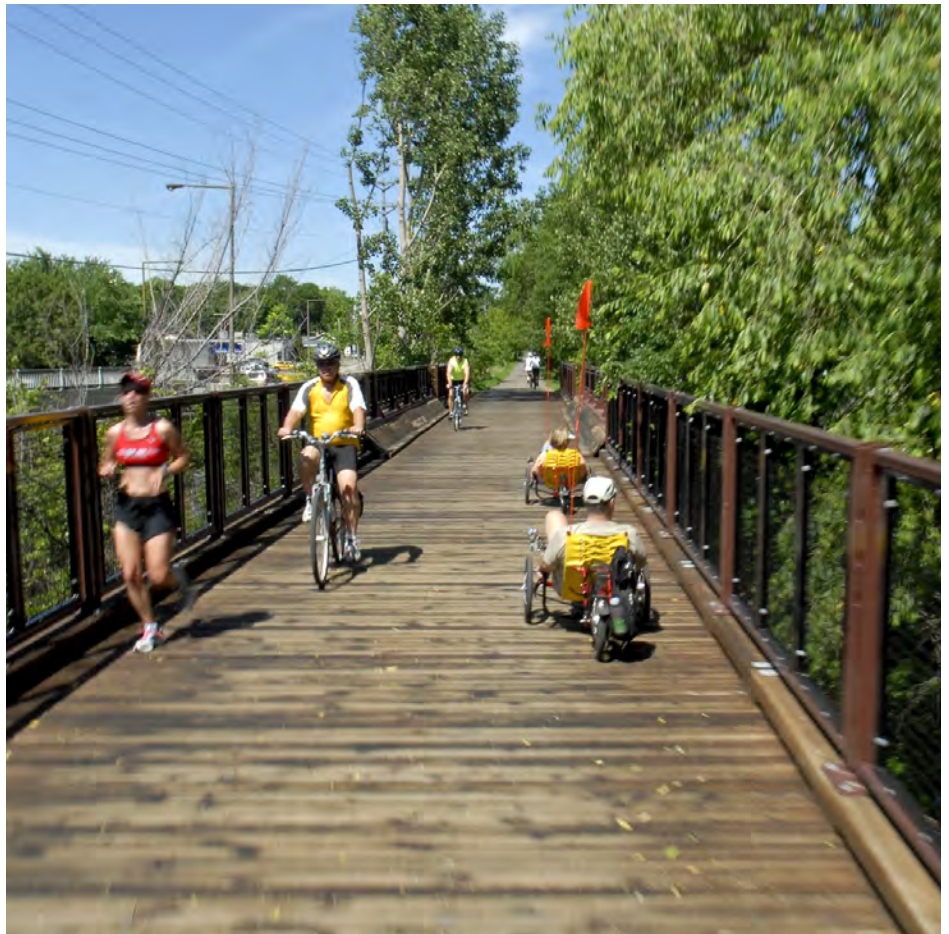
- 60 hours per year preferred (30 hours each snow and non-snow seasons)
- One year or more

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.

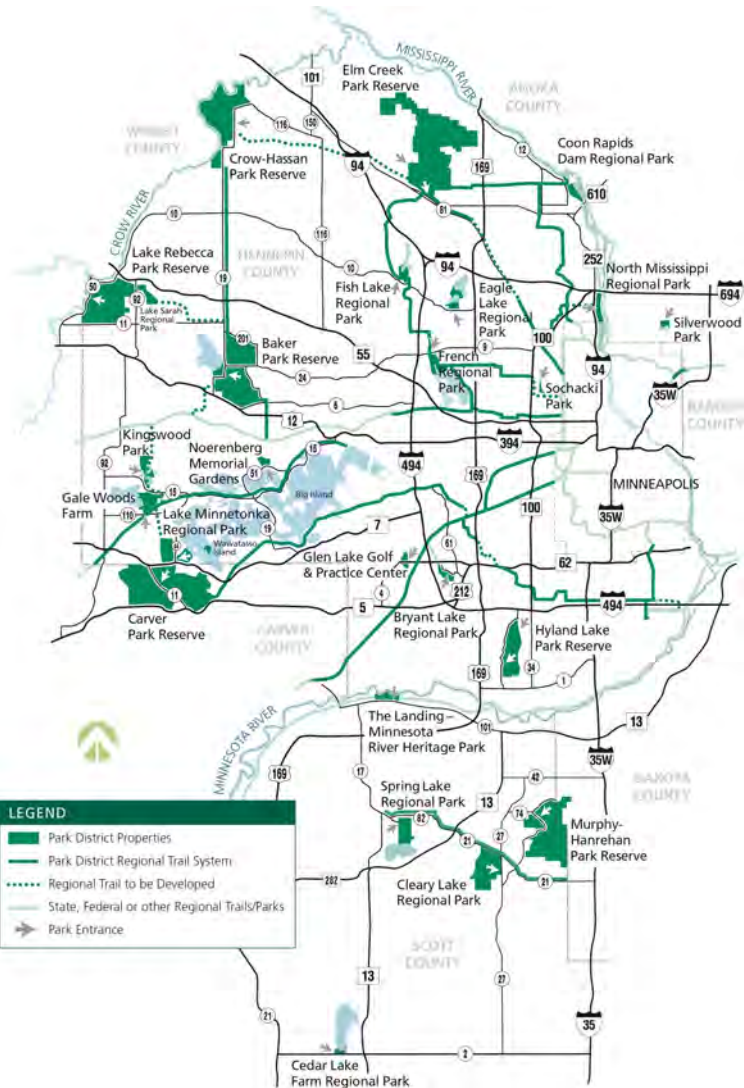
REGISTRATION

- Annual registration is required. The form is enclosed and available at: www.ThreeRiversParks.org/volunteer



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 basic first aid and emergency assistance as needed. Patrollers choose from a variety of locations and year-round activities based on their preference and skill level.



QUESTIONS

Contact Becca Conser, Volunteer Coordinator, at 763.694.2070 or Volunteer@threeriversparks.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.

The mission of Three Rivers Park District 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 millions of visitors annually.

Winter

When the snow flies, patrollers are 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 choose a site within their ability level.

- **Baker Park Reserve**, Medina (B/I/A, SS, W, M)
- **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, SS, W, ❖)
- **Elm Creek Park Reserve**, Maple Grove (B/I, W, SS, MB, ☉, ☼)
- **Fish Lake Regional Park**, Maple Grove (SS, W, ◆)
- **French Regional Park**, Plymouth (B/I, SS, W, ☉)
- **Hyland Lake Park Reserve**, Bloomington (B/I/A, SS, W, ☉, ☼)
- **Kingswood Park**, Minnetrista (M, ◆)
- **Lake Minnetonka Regional Park**, Minnetrista (SS, W, ◆)
- **Lake Rebecca Park Reserve**, Rockford (M, MB, ◆)
- **Murphy-Hanrehan Park Reserve**, Savage (I/A, H, MB, ❖)
- **Spring Lake Regional Park**, Prior Lake (W, ◆)

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

Spring/Summer/Fall

During the non-snow season (approximately May 1 to October 31), patrollers are needed on a variety of trails, as well as at races and events. Volunteers patrol on bike, foot, horse, and in-line skates; depending on trail designations or facility needs.

- **Baker Park Reserve**, Medina (P, T, H, ❖)
- **Carver Park Reserve**, Victoria (P, T, H)
- **Cleary Lake Regional Park**, Prior Lake (P, T)
- **Crow-Hassan Park Reserve**, Rogers (T, H, ◆)
- **Eagle Lake Regional Park**, Plymouth (P, T)
- **Elm Creek Park Reserve**, Maple Grove (P, MB, T, H, ☉, ❖)
- **Fish Lake Regional Park**, Maple Grove (P, T, ◆)
- **French Regional Park**, Plymouth (P, T, ☉)
- **Gale Woods Farm**, Minnetrista (E)
- **Hyland Lake Park Reserve**, Bloomington (P, T, ☉)
- **Kingswood Park**, Minnetrista (T, ◆)
- **Lake Minnetonka Regional Park**, Minnetrista (P, U, T, ◆)
- **Lake Rebecca Park Reserve**, Rockford (P, MB, T, H, ❖)
- **Murphy-Hanrehan Park Reserve**, Savage (MB, T, H, ❖)
- **Spring Lake Regional Park**, Prior Lake (P, ◆)
- **Regional Trail System** (P, U, ◆) April 1-November 14

P Paved trail	MB Mountain bike trail
U Unpaved hard-packed crushed limestone trail	H Horse trail
T Turf trails	❖ Limited building hours
☉ Lighted fall hiking trails	◆ No trailhead building
E Events only	G Scheduled groups only

Training Requirements

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

New Patroller Training Requirements

- New Patroller Orientation (2 hours)
- AHA CPR (4 hours)
- AHA First Aid (4 hours)
- Bloodborne Pathogen training– online
- 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 and refreshers are required.

- AHA CPR (4 hours)
- AHA First Aid (4 hours)
- Bloodborne Pathogen training– online
- 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 and refreshers are required in addition to maintaining current NSP membership.

- New Patroller Orientation (one time, 2 hours)*
- Bloodborne Pathogen training– online
- Patrol Simulation (2.5 hours)
- Winter Season All-Patrol Meeting (1.5 hours)
- Summer Season All-Patrol Meeting (1.5 hours)

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

Bloodborne Pathogen Training

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

CPR Standards

Because park guests come in all ages, 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.

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 it meets or exceeds this class. All community first aid classes must be reviewed and approved by the Volunteer Coordinator.

Paramedics, Emergency Medical Technicians, Emergency Medical Responders, Wilderness First Responders and Outdoor Emergency Care Technicians are encouraged, but not required, to attend an annual first aid refresher provided certification is current while patrolling.

Note: While first aid and CPR certificates are normally valid for two years, Three Rivers Park Patrol membership requires refreshers every 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 and returning patrollers with less than 30 patrol hours in both the current and previous patrol years¹ to pay for training costs. Patrollers are eligible for reimbursement of fees paid for Three Rivers classes after 30 hours of patrol service in the same 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 June and December).

First Aid and CPR Fees for Park Patrol

	CPR (book and mask)	CPR (course only)	First Aid (with book ²)	First Aid (course only)
Three Rivers new Park Patrol volunteer	\$35	\$25	\$30	\$25
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 for second consecutive patrol year ¹ . Fee due at time of class registration.	n/a	\$25	n/a	\$25

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

²Book is for both CPR & First Aid– if taking CPR, register for First Aid (course only) to avoid being charged twice for your book.

General Public

The general public may register for classes as space is available. Patrol volunteers receive first priority. Call for prices.



Volunteer Office

12615 Rockford Road
Plymouth, MN 55441

Contact Us

Phone: 763.559.6706

TTY/Text Phone: 763.559.6719

E-mail: volunteer@threeriversparks.org

Fax: 763.557.4943

Visit www.ThreeRiversParks.org/volunteer

Find us on

- Facebook: www.facebook.com/volunteer3riversparks

- Instagram: [trpdvolunteers](https://www.instagram.com/trpdvolunteers)

Share your images of nature and service! Use hashtag #threeriversparksvolunteer on Facebook and Instagram. (No pics of school or reservation groups please.)

Reduce, Reuse, Recycle and Compost

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

Greater Challenge

SKI PATROL (Alpine, Nordic, Snowboard) Elm Creek Winter Recreation Area, Hyland Hills Ski Area

Contact Patrol Supervisor Ashley O'Rourke at 763.694.7802, skipatrol@threeriversparks.org

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. Highly motivated, enthusiastic skiers and boarders are encouraged to apply.



Minimum commitment:
Seasonal hours requirement after successfully completing and passing extensive emergency care and on the hill training; maintain membership and current certifications with National Ski Patrol and Three Rivers Park District.

Rewards:
Helping guests in need; gaining new skills through advanced level continuing education, hands-on experience and leadership opportunities; and earning alpine

Other Opportunities

Lead or assist with nature, recreation, art, history or farm programs and large one-day events or races. Collect prairie seed, survey wildlife and invasive species, beat back buckthorn and garlic mustard, and more.

Visit www.ThreeRiversParks.org/volunteer for more information.



Training Schedule FALL 2019 & SPRING 2020

Check the box to register for each class and include this page with your registration form. Save a copy for your reference.

New Patroller Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> PO-1	Patroller Orientation	WE	Sept. 25, 2019	6:30-8:30 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> PO-2	Patroller Orientation	SA	Mar. 21, 2020	9-11 AM	French (Field Operations Center, Plymouth)

Also register for First Aid & CPR, and All Patroller Training below.

First Aid & CPR Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> FA-1	AHA First Aid	TH	Sept. 19, 2019	6-10 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-2	AHA First Aid	SA	Sept. 21, 2019	8:30 AM-12:30 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-3	AHA First Aid	MO	Sept. 23, 2019	6-10 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> FA-4	AHA First Aid	SA	Oct. 19, 2019	8:30 AM-12:30 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> FA-5	AHA First Aid	TH	Mar. 26, 2020	6-10 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> FA-6	AHA First Aid	SA	Apr. 4, 2020	8:30 AM-12:30 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> BLS-1	AHA BLS*	WE	Oct. 9, 2019	6-10 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> CPR-1	AHA CPR AED	SA	Sept. 21, 2019	1-5 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-2	AHA CPR AED	TU	Sept. 24, 2019	6-10 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-3	AHA CPR AED	WE	Oct. 2, 2019	6-10 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> CPR-4	AHA CPR AED	SA	Oct. 19, 2019	1-5 PM	Hyland Hills (Ski Chalet, Bloomington)
<input type="checkbox"/> CPR-5	AHA CPR AED	WE	Mar. 25, 2020	6-10 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> CPR-6	AHA CPR AED	SA	Apr. 4, 2020	1-5 PM	French (Field Operations Center, Plymouth)

Also register for All Patroller Training below. Additional Spring courses will be added at a later date. Patrollers can register for these public classes to complete training requirements.

All Patroller Training

Course #	Course Name	Day	Date	Time	Location
<input type="checkbox"/> PS-1	Patrol Simulation	SU	Oct. 20, 2019	2-4:30 PM	Hyland (Jan's Place, Bloomington)
<input type="checkbox"/> PS-2	Patrol Simulation	WE	Nov. 6, 2019	6:30-9 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PS-3	Patrol Simulation	SA	Nov. 16, 2019	2-4:30 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PS-4	Patrol Simulation	SU	Mar. 29, 2020	2-4:30 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PS-5	Patrol Simulation	TU	Apr. 7, 2020	6:30-9 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PM-W1*	All-Patrol Meeting-Winter *	TH	Nov. 21, 2019	6:30-8:30 PM	French (Visitor Center, Plymouth)
<input type="checkbox"/> PM-W2	All-Patrol Meeting-Winter	WE	Dec. 11, 2019	6:30-8 PM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PM-W3	All-Patrol Meeting-Winter	SA	Jan. 4, 2020	9-10:30 AM	French (Field Operations Center, Plymouth)
<input type="checkbox"/> PM-S1*	All-Patrol Meeting-Summer *	WE	Apr. 1, 2020	6:30-8:30 PM	French (Visitor Center, Plymouth)
<input type="checkbox"/> PM-S2	All-Patrol Meeting-Summer	SU	Apr. 5, 2020	1-2:30 PM	Hyland (Richardson Nature Center, Bloomington)
<input type="checkbox"/> PM-S3	All-Patrol Meeting-Summer	TH	Apr. 30, 2020	6:30-8 PM	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. (other first aid certifications must be approved). Fees on page 3.

HEARTSAVER® CPR 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. Fees on page 3. **Bring your CPR mask to class if you have one!**

BLS FOR THE HEALTHCARE PROVIDER

As available through ski patrol.

(*Approval from the Volunteer Coordinator is required for this level.)

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 AND SEASON KICK-OFF*

Winter and Summer Patrol meetings cover the latest park updates, patrolling details for all units, and review of procedures as needed. The first meeting for the season is a KICK-OFF* which includes a social event (refreshments, social time, recognition) in addition to the meeting.

Park Patrol ANNUAL REGISTRATION 2019-20

A new form must be completed each year to maintain active status.

Date: _____ Recent changes to personal data No changes to personal data
First Name: _____ (Preferred: _____) Last Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____ Cell: _____
E-mail: _____ I carry my own first aid pack I carry my own cell phone

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.

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.

ALL PATROLLERS

Patrol Unit:

- Park Trails
- Horse Trails
- Regional Trails
- Hyland Hills Host
- Events, Programs, Races

Mode of Patrolling:

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

Park Choice:

- Baker
- Carver
- Cleary
- Crow-Hassan
- Eagle Lake
- Elm Creek
- Fish Lake
- French
- Gale Woods *scheduled events only*
- Hyland
- Kingswood
- Lake Rebecca
- Lake Minnetonka
- Murphy-Hanrehan
- Spring Lake Park
- Regional Trails *Apr. 1 -Nov. 14*

Current Certifications and Patrol Membership

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

First Aid: Issue Date _____ Park Patrol OEC Wilderness 1st Responder EMR-1st Responder EMT Paramedic
 Other: _____

CPR: Issue 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: Issue Date _____ Course name: _____

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

Three Rivers Park Patrol: Last renewed: Spring 2019 Fall 2018 Spring 2018 Fall 2017 Other: _____

All Patrollers Must Read and Sign Each Year

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).** (A checkmark will be understood as a yes, a blank as no.)

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

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: _____

Registration and Payment:

- Attach class selections (page 5).
- Enclose payment (see page 3): \$ _____
 - Make checks payable to Three Rivers Park District.
 - Call 763.559.6706 to pay with credit card.
- Please bill me.
- Register & pay online (contact us for account set up).

Fees are waived for eligible returning volunteers with 30 or more Park Patrol hours in the current or past patrol year.

- See page 3 for [Fees and Reimbursement Policy](#).

Send registration and payment to:

- Email: volunteer@threeriversparks.org
- FAX: 763.557.4943
- Postal address:

Three Rivers Field Operations Center - Volunteer Office
12615 Rockford Road, Plymouth, MN 55441