



*ThreeRivers*  
PARK DISTRICT

Adopt-A-Trail  
Sponsor Training

# Three Rivers Park District *Mission Statement*

“The mission of Three Rivers Park District is to promote environmental stewardship through recreation and education in a natural resources-based park system.”



# Environmental Focus



- 80/20 Policy for Park Reserves
  - 80% restored to or maintained in a natural state
  - 20% developed for active use
  - Unique in Minnesota
- Focus on preservation, restoring wildlife and plant communities
- Focus on outdoor education programming



# Purpose of Program

*"To keep our regional trails clean."*

## Your sponsorship benefits:

- Trail users
- The regional and local community
- Three Rivers Parks
- You!

*Thanks for your support!*




# Sponsor Responsibilities: Regional Trail Clean-Up

- What?
  - Glass and plastic bottles, aluminum cans
  - Paper and plastic bags
  - Any litter and non-natural debris
- Where?
  - Up to 25 feet from center line of trail.
  - Includes: trail, ditch, around benches and rest areas, taller vegetation beyond the trail.



# Sponsor Responsibilities:

## Regional Trail Clean-Up

- When?
    - Sponsors are asked to commit to a minimum of **2 clean-up days/year**; preferably one in the spring and one in the fall;
    - Clean up is possible from April 1 to November 14;
    - Additional clean-up may be needed after a storm. Check with the Regional Trail Supervisor.
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# Three Rivers Provides:

- **Large trash bags**, if needed, for litter pick-up
- **Trailside trash pick-up and removal** after clean-up
- **Sign recognition** on your section of adopted trail.



# Suggested Equipment and Clothing

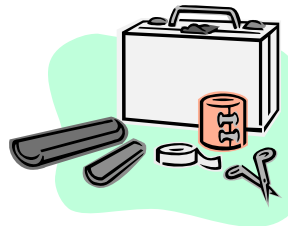


- Work or garden gloves
- Collecting containers  
(5 gallon buckets or small garbage bags work well) for gathering trash to be put into larger bags.
- Comfortable, sturdy shoes suitable for walking (no sandals).



# Suggested Clothing and Equipment

- Long pants and long-sleeved shirt
- Brightly colored cap or hat
- Bug spray, sunscreen
- Drinking water, snacks
- First aid kit and cell phone
- High visibility safety vests



# Procedures

- Schedule your clean-up day and notify Regional Trail Supervisor.
- Conduct your clean-up.
- Call Supervisor when clean-up is complete.
- Record your contribution.

Regional Trail Supervisor

Office: 763.694.2051

Cell: 612.490.0843



# Safety

- Use caution when picking up debris
- Do not pick up weapons, hazardous materials, dead animals or any suspicious looking material or unmarked containers.

**Mark location with a trash bag and report it to the Regional Trail Supervisor.**

# Safety

- Watch for fast moving bike and in-line skate traffic, especially blind curves.
- Don't block the trail.
- Be aware that poison ivy, ticks, mosquitoes and hornets can be found along the trail.



*Thanks for Volunteering!*

For questions about this program or other volunteer opportunities at Three Rivers Park District, contact:

Volunteer Office

763.559.6704 or 6706

[www.ThreeRiversParkDistrict.org/volunteer](http://www.ThreeRiversParkDistrict.org/volunteer)