# Volunteer Park Patrol

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)
- **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 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.

## 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. These locations are accepting new patrollers:

- **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, ☼, ❄)
- **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 (T, ◆)

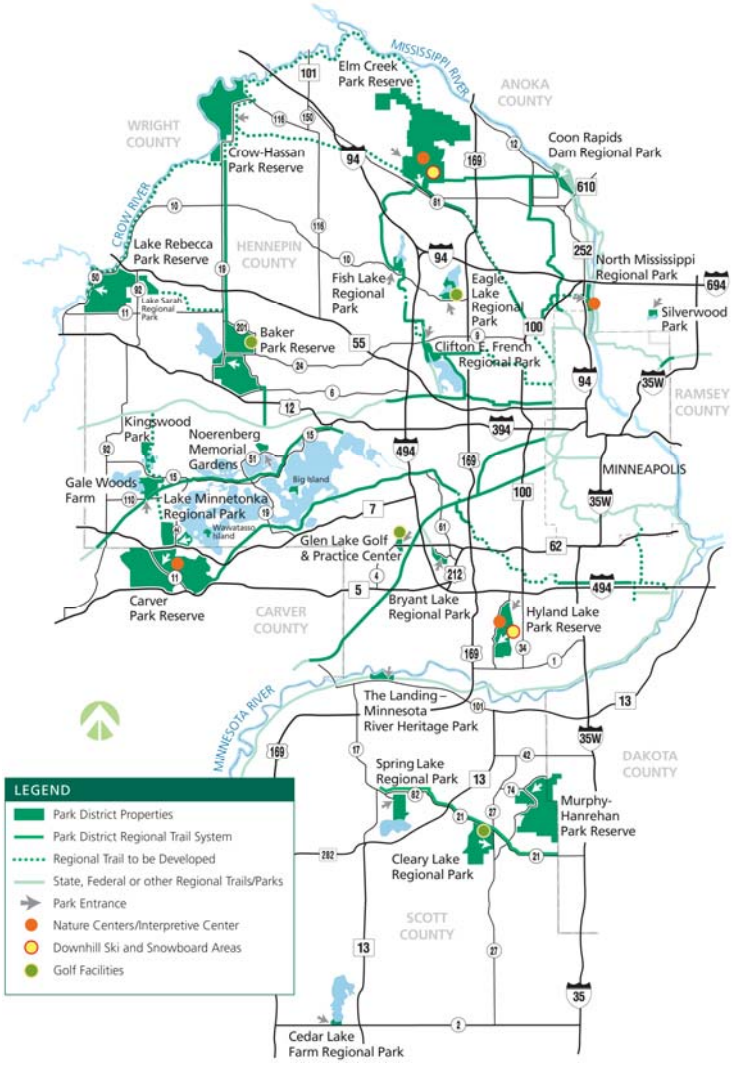
*Cross-country ski trail level of difficulty:*
**B** Beginner
**I** Intermediate
**A** Advanced
❄ Snowmaking
☼ Lighted ski trail
❖ Limited building hours
◆ No trailhead building
**H** Horse trail
**SS** Snowshoe trail
**W** Winter walking trail
**M** Multi-use trail (ungroomed)

### Spring / Summer / Fall

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

- **Baker Park Reserve**, Medina (P, T, H, ❖)
- **Carver Park Reserve**, Victoria (P, T, H)
- **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 (F, G)
- **Hyland Lake Park Reserve**, Bloomington (P, F, ☼)
- **Kingswood Park,** Minnetrista (T, ◆)
- **Lake Rebecca Park Reserve**, Rockford (P, MB, T, H, ❖)
- **Murphy-Hanrehan Park Reserve**, Savage (MB, T, 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 neighborhood trails.*

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




### QUESTIONS

If you have any questions about Park Patrol requirements, fees, or reimbursement, contact Deb Vosler, Volunteer Coordinator, at 763.559.6704 or 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 10 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 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 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 and refreshers are required in addition to maintaining current NSP membership.

- New Patroller Orientation (2 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 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 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 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.

*Note: While first aid and CPR certificates are normally valid for two years, Three Rivers Park Patrol requires annual refreshers for first aid, CPR and patrol simulations 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 the current patrol year[1] 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 same patrol year[1]. 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 and 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 |

*[1]The 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 and 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
TTY/Text Phone: 763.559.6719
E-mail: volunteer@ThreeRiversParkDistrict.org
Fax: 763.557.4943
Visit www.ThreeRiversParks.org/volunteer
Find us on
- *Facebook: www.facebook.com/volunteer3riversparks*
- *Twitter: twitter.com/threeriverspark*

### *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 Jeannine Mogan at 763.694.7815 or jmogan@threeriversparkdistrict.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:*
*50 hours each winter season for Elm Creek or 60 hours for Hyland;*
*successfully complete and pass extensive emergency care training; and*
*maintain membership and current certifications with National Ski Patrol.*

*Rewards:*
*Helping guests in need; gaining new skills through advanced level continuing education, hands-on experience and leadership opportunities; and earning alpine area privileges, Three Rivers volunteer privileges and discounts.*

# 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 2015 & SPRING 2016

*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 |
|---|---|---|---|---|---|
| ☐ PO-1 | Patroller Orientation | TU | Oct. 20, 2015 | 6:30-8:30 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ CPR-F1 | CPR AED-full course | WE | Nov. 4, 2015 | 6-10 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ FA-F1 | First Aid-full course | TU/WE | Oct. 27 & 28, 2015 | 6-10 PM | Hyland Hills (Ski Chalet, Bloomington) |
| | *Also register for All Patroller Training below.* | | | | |
| ☐ PO-2 | Patroller Orientation | SA | Mar. 12, 2015 | 9-11 AM | French (Field Operations Center, Plymouth) |
| ☐ CPR-F2 | CPR AED-full course | SA | Mar. 12, 2015 | noon-4 PM | French (Field Operations Center, Plymouth) |
| ☐ FA-F2 | First Aid-full course | SA | Mar. 19, 2015 | 8 AM-4:30 PM | French (Field Operations Center, Plymouth) |
| | *Also register for All Patroller Training below.* | | | | |

## Returning Patroller Training

| Course # | Course Name | Day | Date | Time | Location |
|---|---|---|---|---|---|
| ☐ FA-R1 | First Aid-refresher | TU | Sept. 22, 2015 | 6-10 PM | French (Field Operations Center, Plymouth) |
| ☐ FA-R2 | First Aid-refresher | TU | Oct. 13, 2015 | 6-10 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ FA-R3 | First Aid-refresher | SA | Oct. 17, 2015 | 8:30 AM-12:30 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ FA-R4 | First Aid-refresher | WE | Mar. 16, 2016 | 6-10 PM | French (Field Operations Center, Plymouth) |
| ☐ BLS-R1 | BLS-Refresher❖ | WE | Sept. 30, 2015 | 6-10 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ CPR-R1 | CPR AED-recertification | TU | Sept. 29, 2015 | 6-9 PM | French (Field Operations Center, Plymouth) |
| ☐ CPR-R2 | CPR AED-recertification | SA | Oct. 17, 2015 | 1-4 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ CPR-R3 | CPR AED-recertification | TU | Oct. 20, 2015 | 6-9 PM | Hyland Hills (Ski Chalet, Bloomington) |
| ☐ CPR-R4 | CPR AED-recertification | WE | Mar. 9, 2016 | 6-9 PM | French (Field Operations Center, Plymouth) |
| | *Also register for All Patroller Training below.* | | | | |

## All Patroller Training

| Course # | Course Name | Day | Date | Time | Location |
|---|---|---|---|---|---|
| ☐ PS-1 | Patrol Simulation | SU | Nov. 1, 2015 | 2-4:30 PM | Hyland (Visitor Center, Bloomington) |
| ☐ PS-2 | Patrol Simulation | SA | Nov. 14, 2015 | 2-4:30 PM | French (Field Operations Center, Plymouth) |
| ☐ PS-3 | Patrol Simulation | WE | Nov. 18, 2015 | 6:30-9 PM | French (Field Operations Center, Plymouth) |
| ☐ PS-4 | Patrol Simulation | SA | Mar. 26, 2016 | 2-4:30 PM | French (Field Operations Center, Plymouth) |
| ☐ PM-W1* | All-Patrol Meeting-Winter | WE | Dec. 2, 2015 | 6:30-8:30 PM | French (Visitor Center, Plymouth) |
| ☐ PM-W2 | All-Patrol Meeting-Winter | SA | Dec. 5, 2015 | 9-10:30 AM | French (Field Operations Center, Plymouth) |
| ☐ PM-W3 | All-Patrol Meeting-Winter | WE | Jan. 6, 2016 | 6:30-8 PM | French (Field Operations Center, Plymouth) |
| ☐ PM-S1* | All-Patrol Meeting-Summer | WE | Mar. 30, 2016 | 6:30-8:30 PM | French (Visitor Center, Plymouth) |
| ☐ PM-S2 | All-Patrol Meeting-Summer | SU | Apr. 10, 2016 | 1-2:30 PM | Hyland (Visitor Center, Bloomington) |
| ☐ PM-S3 | All-Patrol Meeting-Summer | WE | May 4, 2016 | 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. 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.

### 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. To attend a refresher, you must have completed a CPR class in the past two years. Fees on page 3. ***Bring your CPR mask to class if you have one!***

### BLS FOR THE HEALTHCARE PROVIDER

*Recertification*

*(❖**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 2015-16

*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.

**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

**Park Choice:**

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

## ALL PATROLLERS

### 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 2015 ☐ Fall 2014 ☐ Spring 2014 ☐ Fall 2013 ☐ 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 page 5 with your class selections.
☐ Save a copy for your reference.
☐ Enclose payment for CPR and first aid class fees: $ _____

- *See page 3, Fees and Reimbursement Policy*
- *Fees are waived for returning volunteers with 30 or more Park Patrol hours in the current patrol year.*
- *Make checks payable to **Three Rivers Park District***
- *To pay with credit card, call 763.694.7724.*

Send registration and payment to:

Three Rivers Field Operations Center - Volunteer Office
12615 County Road 9, Plymouth, MN 55441
Email: volunteer@threeriversparkdistrict.org
FAX: 763.557.4943