

VOLUNTEER APPLICATION & INFORMATION PACKAGE

**VOLUNTEER SNOW SHOVELING PROGRAM
FOR SENIORS & PERSONS WITH DISABILITIES**



TOWN OF PEACE RIVER – COMMUNITY SERVICES

Box 6600, –10008-100 Ave, Peace River, AB T8S 1S4

P (780) 624.1000 | **F** (780) 624.4664

[Facebook](#) | [Twitter](#) | [Instagram](#) | [Online](#)

Information for Volunteers

What is the Volunteer Snow Shoveling Program? How does it work?

The Volunteer Snow Shoveling Program is a service program where individuals, organization, businesses, classrooms, families and groups of youth can commit to removing snow from the driveway and entrance way of a community resident in need throughout the winter season.

Interested volunteers can contact us and be matched with a resident in need of snow clearing in their neighbourhood. The volunteer is committed to the same resident throughout the campaign but may assist more than one person if desired.

Why Volunteer?

The Volunteer Snow Shoveling Program is a proactive approach to helping those who have difficulty clearing their walk ways. Rather than scrambling for support and help after a major snowfall, resources for these residents will be in place in advance which provide peace of mind and to help.

The Program is also a fun and healthy opportunity for citizens of all ages to enjoy the outdoors while making a personal contribution to improving the quality of life of another in need. The Volunteer Snow Shoveling Program for Seniors & Persons with Disabilities fosters a sense of ownership and goodwill, encourages civic responsibility and pride in the community, and builds appreciation and connection between citizens of all ages. Studies have shown that when citizens actively work together for each other, crime decreases, health improves, resources can be redistributed, and quality of life becomes better for all.

Who should take part in Volunteer Snow shoveling Program for Seniors & Persons with Disabilities Program?

People of all ages can take part. Individuals, organizations, businesses, work units, classrooms, families, church groups and groups of youth are all encouraged to help!

Residents who are eligible for free snow removal service include:

Seniors & persons with who have a condition or disability preventing them from participating in snow clearing activities, and who have no other capable members residing in their home to assist. Persons under the age of 65 years of age **must** be referred by their family physician, homecare nurse, or social worker.

Due to the increased need for assistance the Volunteer Snow Shoveling Program for Seniors & Persons with Disabilities will only consider residents that have a total income of \$26,200 or less for a single individual, or a couple with a total combined income of \$42,500 or less. These income levels are in line with the Alberta Government's financial assistance for Seniors.

What do I need to get involved?

A shovel or snow blower. See the attached *Safety Tips* sheet for more information. We encourage the residents to allow the volunteer to use their shovels, ice chippers, ice melt, etc. We ask that they have the tools easily accessible for the volunteers at all time.

How often does the property need to be cleared?

Snow should be cleared within 48 hours of the last snowfall. If the volunteer cannot make it to the resident's home within 48 hours, the volunteer will contact the resident to let them know when they can make it.

When you make initial contact, discuss which areas of the property need snow removal. This is also appropriate time to discuss any barriers or hazards that could impede the snow removal on their property. Generally, the volunteers would clear the sidewalks and driveway of the resident's home. **It is the responsibility of the resident to ensure that the property is safe.**

How long is the commitment?

The nature of the program is to provide a resident in need with a regular service until the end of the winter/snow season. However, we will never decline a volunteer with a snow shovel or snow blower! We will make sure that everyone who wants to participate is paired with a resident in need, even if it's only a one-time commitment. If you will be away, it is best to let your resident know ahead of time and where possible find a suitable replacement during your absence.

Can I accept tips?

We do not encourage this practice. Since the program is volunteer-based initiative, we do not want to set any precedent that a fee or regular financial reward is associated with the effective delivery of the service. At no time should you be required to pay or give anything over and above the snow shoveling service. Call us immediately with any concerns that may arise.

Do you screen the volunteers?

All volunteers must complete an application form and submit a criminal record check prior to being put on the list. The Town of Peace River assumes no responsibility for the actions of the volunteer. We encourage all participants to call us with any concerns or questions.

How do I get involved?

1. Applications are available at:
 - a. Town of Peace River Community Services office 10008-100 Ave, second floor
 - b. Online at peacriver.ca
2. Complete and return the application form and a criminal record check to the Senior Services Coordinator, at the Community Services office.
3. We'll contact you to discuss matching you with a resident in need.

Safety Tips for Snow Removal

Why shovel your driveway and sidewalks?

Snow and ice create hazardous situation for everyone but especially for seniors and people with disabilities. Shoveling and using salt, sand or other substances with ice melting properties will help reduce the potential for slip and fall incidents, which can cause serious injuries.

Snow shoveling requires proper preparation, the right tools, good technique and basic safety precautions.

Preparation:

- Talk to your doctor about this activity, your health status and about your suitability for this program.
- Shovel at least 1-2 hours after eating and avoid caffeine or nicotine during the activity.
- Warm up first (walk or march in place for several minutes before beginning, stretch arms and legs).
- Drink lots of water to prevent dehydration.
- Shovel fresh snow as soon as possible; new snow is lighter than heavily packed/partially melted snow.
- Take breaks when you are feeling tired.

Tools:

Shovel:

- Sturdy yet lightweight is best (small plastic blade is often better than a large metal blade).
- Choose a shovel that is comfortable for your height and strength. One that is too long or too short will add extra effort and strain.
- An ergonomically correct model (curved handle) can help prevent injury.
- Spray the blade with silicone- based lubricant or WD-40 as snow will not stick and will slide off better.

Snow Blower (optional):

- You are most welcome to use your snow blower in the program.
- Never add fuel when the engine is running or hot. Do not operate the machine on an enclosed area.
- Never stick your hands in the snow blower! If snow becomes too impacted, stop the engine and wait more than five seconds. Use a solid object to clear wet snow or

debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.

- *Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.*

Proper clothing:

- *Wear multiple layers and cover as much skin as possible.*
- *Wear hat, scarf and mittens (mitts are warmer than gloves).*
- *Wear boots with non-skid/no-slip rubber soles.*

Technique:

- *Always try to push snow rather than lifting it.*
- *Walk to dump snow rather than throwing to the side since this requires a twisting motion that stresses your back.*
- *Stand with feet at hip width for balance.*
- *Hold the shovel close to your body.*
- *Space hands apart to increase leverage.*
- *Bend from your knees, not your back.*
- *Tighten your stomach muscles while lifting.*
- *If the ground is icy or slippery, spreading kitty litter can create better foot traction.*

Stop shoveling immediately and call for help if you experience:

- *Unusual discomfort, pain or heaviness in the chest, arms or neck*
- *Unusual shortness of breath*
- *Faint or dizzy spells even after taking break*
- *Excessive sweating, nausea and vomiting.*

REMEMBER:

- *A warm-up goes a long way*
- *Wearing the right clothing is key*
- *Bring lots of water to drink*
- *Use the right tools and technique*
- *HAVE FUN!!!*



VOLUNTEER APPLICATION FORM

Our primary concern is the safety and security of our clients, volunteers, and staff. A Criminal Record Check is required to be considered as a volunteer.

Personal Information:

Name: _____

Address: _____ City: _____ Postal Code: _____

Ph Home: _____ Cell: _____ Work: _____

Email Address: _____

Emergency Contact: _____ Relationship: _____

Contact Home: _____ Cell: _____

References: Please list two references we can contact.

1. Name _____ Phone: _____

2. Name _____ Phone: _____

Other Information:

How did you learn about our Volunteer Program? _____

Why do you want to volunteer for the Program? _____

Are you willing to travel to other neighbourhoods to shovel? YES NO

Please indicate which neighbourhoods you are willing to shovel in

Please list any medical or physical conditions we should be aware of for your safety. (Example: epilepsy, heart problem, asthma, diabetes, etc)

Do you have any medical or physical conditions that may limit your ability to perform certain kinds of task? (For example: bad back (lifting), bad knees _____)

Skills and Experience:

List previous/current Volunteer Activities _____

List anything else you would like us to know _____

Declaration

I hereby certify that the above information is true and complete to the best of my knowledge. I authorize the Town of Peace River to contact the above named references. I understand that any information I provide will be kept confidential and will not be released to any other organizations or persons without my consent.

Signature _____

Date _____

Thank you for your application. Please mail, e-mail or fax your completed application the Senior Services Coordinator.

Office Use:

- | |
|--|
| <input type="checkbox"/> Criminal record check – copy received
<input type="checkbox"/> Reference check (as per attached) |
|--|