

2020 Volunteer Waiver

Park Rules and Regulations

Please abide by the following rules when visiting Pine Valley Park and Charlotte's Quest Nature Center. These rules are intended to secure the fullest enjoyment of the facilities for our visitors. The commission of offenses under local ordinances or state law shall be cause for arrest.

Protect our natural resources:

1. Remain on designated trails to protect woodland habitat and prevent erosion to vulnerable hillsides.
2. Be respectful of all wildlife and habitats.
3. Trails are reserved for foot traffic only.
4. Do not litter. Pack it in, pack it out. Dispose of trash in the cans provided near the porta-potties and in each pavilion.
5. Camp fires are prohibited without prior permission.
6. Vehicles are restricted to designated roads and parking areas only.
7. The pond and streams provide habitats to precious wildlife and therefore are not available for boating or swimming.
8. Catch and release fishing is permitted in our pond.

Protect your experience:

1. Be considerate of others and do not use excessive noise. Fellow park goers usually wish to experience and enjoy the sounds of nature.
2. Alcoholic beverages and illegal substances are prohibited on park property.
3. Pets are welcome and must be under owner's control at all times. Please use bags and trash cans provided to clean up after your pets.
4. Weapons or firearms, hunting, trapping or endangerment to animals are not permitted on park property.
5. Camping or lodging prohibited without prior permission.
6. Structures, plants, and natural features may not be removed, damaged or defaced.

During your visit, contact Manchester Parks Foundation at 410-374-3395 or explore@charlottesquest.org with park-related concerns or questions. In the case of an emergency, please call Manchester Police Department at 911 or 410-239-6900.

Charlotte's Quest Nature Center (Upper Pavilion and Main Building)-3400 Wilhelm Lane Manchester, MD 21102

(Lower Pavilion and Pond)-Walnut Street Manchester, MD 21102

Personal Safety Guidelines

As we begin to welcome volunteers back, we are committed to keeping our volunteers and community safe. CQ encourages all park visitors and volunteers to follow CDC, State of Maryland and CCHD recommendations for social distancing and personal safety, as they are outlined below.

Individual volunteers or families can now reserve an hour of time to have their own space to work safely and enjoy their time outdoors.

Please follow these guidelines for the safety of yourself and others.

1. If you are not feeling well or are experiencing a fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea please do not participate in volunteering at the park.
2. The virus is thought to spread mainly from person-to-person:
 - a. Between people who are in close contact with one another (within about 6 feet). **To reduce risk, maintain social distancing of 6 feet apart.**
 - b. Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. **To reduce risk, promote and maintain proper coughing, sneezing and sanitizing etiquette.** Remember to always cover your mouth and nose while coughing or sneezing, with a tissue or your elbow. Properly dispose of the tissue in a trash can and sanitize your hands.
 - c. Studies have shown that COVID-19 may be spread by people who are not showing symptoms. Keeping distance from others is especially important for people who are at higher risk of getting very sick. **To reduce risk, please stay safely at home if you are considered "high risk" and do not feel comfortable volunteering.**
 - d. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.*
 - e. The cloth face cover is meant to protect other people in case you are infected.
 - f. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
3. We are unable to provide hand sanitizer. Please bring and use your own wipes and/or hand sanitizer and use often, especially after using the porta potties and touching your face, etc.
4. Bring your own drinking water. (Our park does not have potable/drinking water available.)
5. Wear protective clothing such as sturdy shoes, long sleeves, long pants, a head covering such as a brimmed hat, sunscreen and bug spray. It is the season for insects and poison ivy. Please be aware and cautious! Aim to avoid the hottest times of the day 10am-2pm if you can.
6. Bring your own first aid kit, for scrapes, insect stings, etc. in case of an emergency call 911.
7. Bring your own tools such as: Gloves, clippers, hand trowels, loppers, if removing invasive species such as garlic mustard, please bring your own plastic grocery store bags to dispose of, please, do not put it in the compost.
- 8.

*Given the nature of the work at this time we are not requiring that volunteers wear masks.

Hosting one person or family unit at a time will make it challenging for staff to facilitate volunteer jobs

and it is very likely that volunteers will be working independently. We will provide extra support via email and remain available to answer any questions that may arise.

We know one of the joys of volunteering is working together with fellow volunteers, and this is important to us as well. For now, we need to avoid group projects or events, but we will bring those opportunities to you as soon as we feel it is safe enough to do so. Thank you for understanding.

If you have any questions or concerns please contact the Volunteer Coordinator at 410-374-3395 please leave a message and your call will be returned as soon as possible or for a quicker response please email at volunteer@charlottesquest.org

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Release and Hold Harmless Agreement

By execution of this agreement, the undersigned waives any claims that any participant may have against Charlotte's Quest Nature Center, the Manchester Parks Foundation, the Town of Manchester, any employees, contractors, or volunteers of the nature center, the foundation or the town for any injury to person or property that may occur as a result of participating in nature programming or any activity at Charlotte's Quest Nature Center or Pine Valley Park.

- I understand that we are assuming all risk of personal injury to any participant or guardian of participant that may occur as a result of the Town of Manchester permitting use of this facility, whether the injury results from negligence of any employee or volunteer of Charlotte's Quest Nature Center; the Manchester Parks Foundation or the Town of Manchester, by any means whatsoever. We hereby agree to release and hold harmless from any liability, the above- mentioned organizations, their employees, contractors, volunteers and all other elected officials.
- I grant to Charlotte's Quest Nature Center, its representatives and affiliates the right to take photographs of me and my property in connection with the above-identified event. I authorize Charlotte's Quest Nature Center its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Charlotte's Quest Nature Center may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.
- I have read, acknowledge and will follow the guidelines listed above, including both *Park Rules and Regulations* and *Personal Safety Guidelines* to maintain a safe and enjoyable park environment for myself and fellow park visitors.