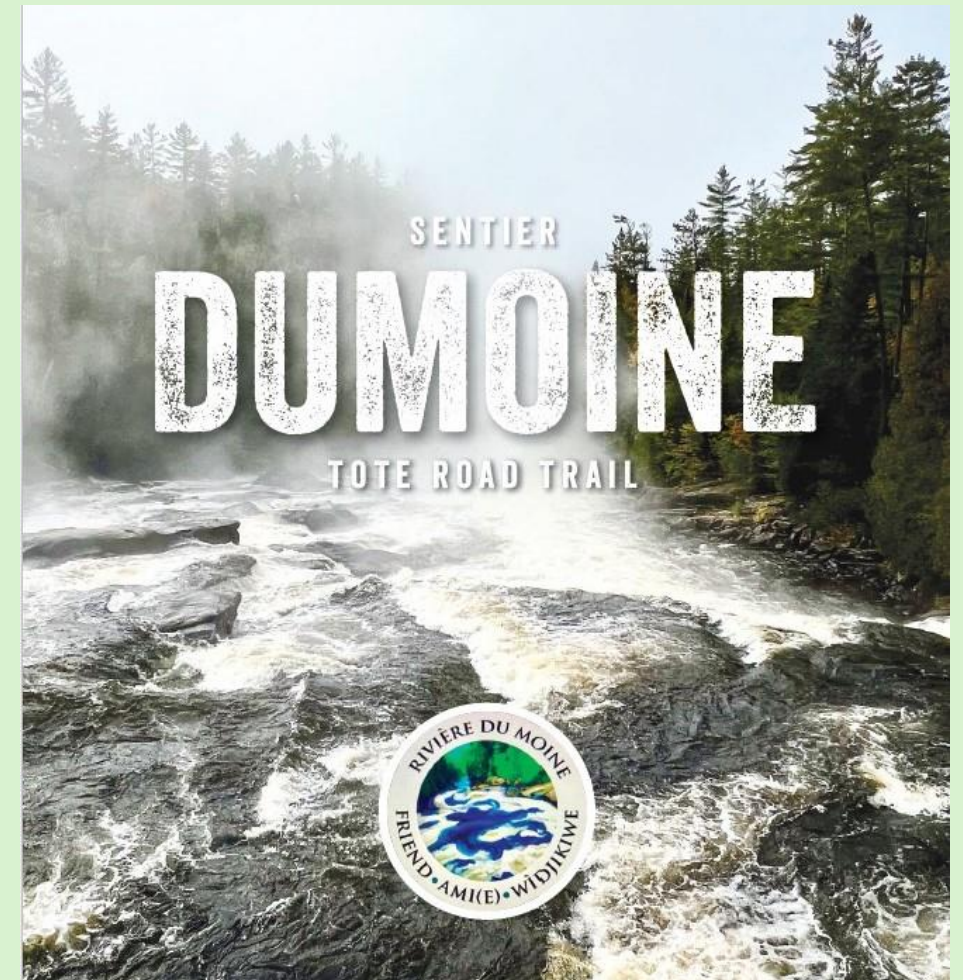


FRIENDS OF DUMOINE (FOD) Volunteer Orientation

How to help, how to keep safe
THANK YOU FOR VOLUNTEERING



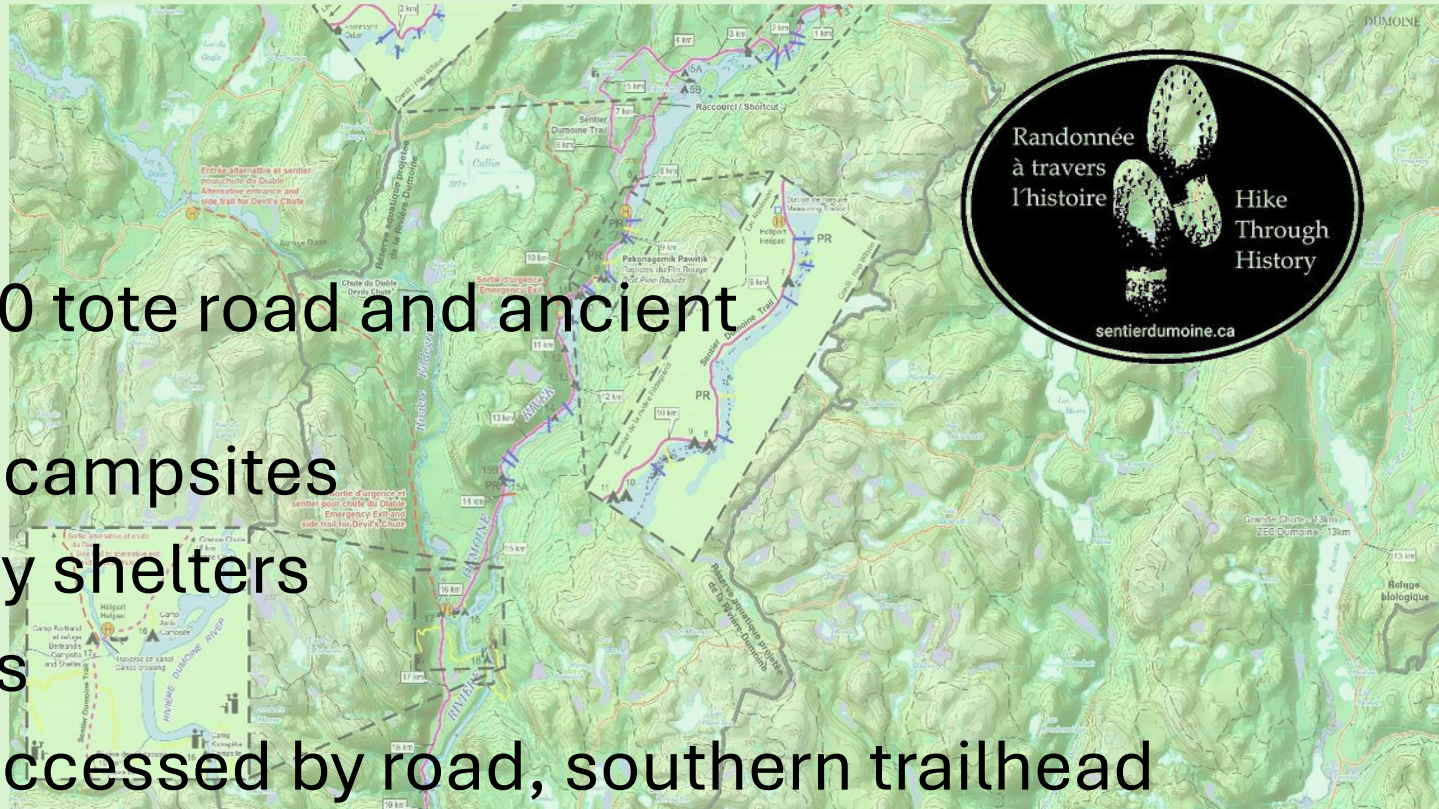
WHAT IS FOD?

- Not-for-profit organization to
 - champion conservation of the Dumoine watershed,
 - promote non-mechanized recreation, and
 - strengthen knowledge of its natural environment and human history
- The Dumoine watershed is situated on the ancestral, traditional and unceded territory of the Algonquin Anishanabeg people in the homeland of the Wolf Lake First Nation



DUMOINE TRAIL

- 26 km main trail along 1840 tote road and ancient portage routes
- Side trails to lookouts and campsites
- 24 campsites, 2 emergency shelters
- 7 significant historical sites
- Northern trailhead (km0) accessed by road, southern trailhead (km26.3 accessed by boat)
- **NO CELLULAR SERVICE** over much of the trail – satellite comms
- Established by volunteers, opened in 2023
- Visit www.friendsofdumoine.ca



HOW CAN YOU HELP?

All kinds of skills are needed along with your enthusiasm

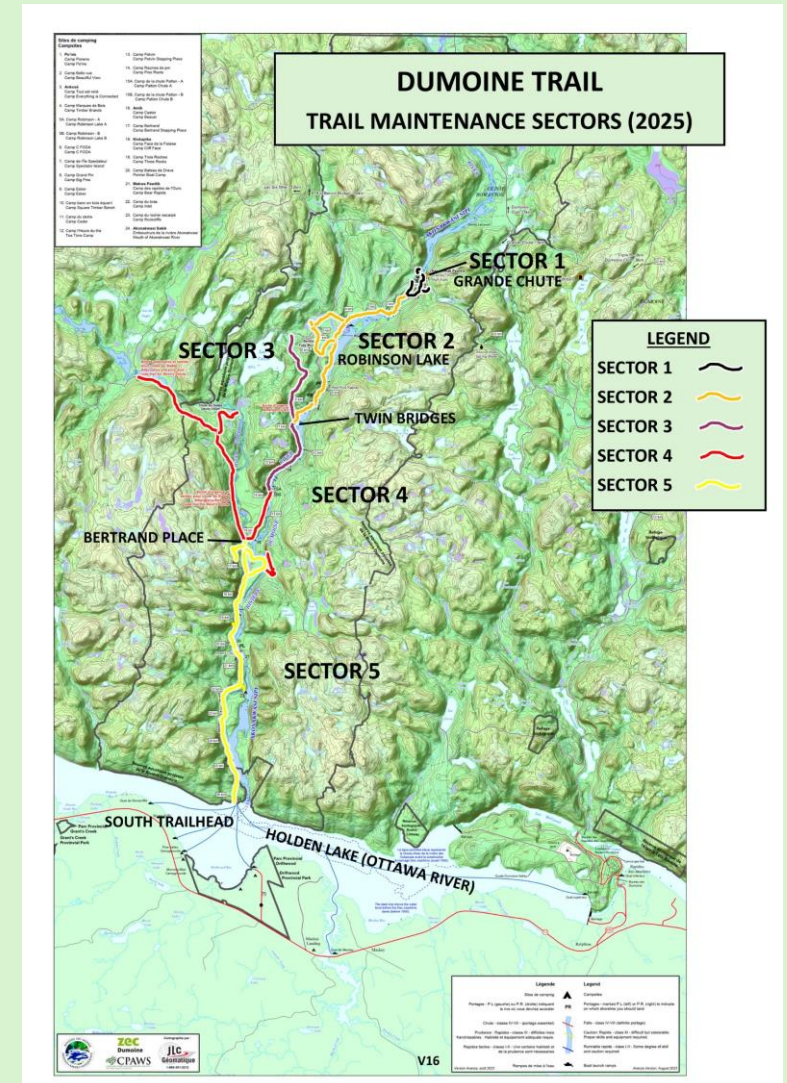
- TRAIL MAINTENANCE, CAMPSITE SERVICING
- LIGHT CONSTRUCTION (woodshed, outhouse, sign kiosk)
- ARCHAEOLOGICAL SURVEYING, MAPPING (of historical sites)
- WEBSITE MAINTENANCE (www.friendsofdumoine.ca)
- FRENCH-ENGLISH TRANSLATION
- COOK (for work bees)
- GRANT APPLICATIONS
- FUND RAISING

Email director@friendsofdumoine.ca



VOLUNTEER WORK MANAGEMENT

- 30 km of trail is divided into 5 sectors with Trail Section Chiefs managing maintenance
- 4 sectors are accessed from Grande Chute, 1 from Stonecliffe by boat
- Work bees are organized by Trail Chiefs or you can work independently if you have familiarity
- Call-outs for volunteers are made as work bees are scheduled
- FOD also needs administrative support
- Central email to inquire about volunteering is director@friendsofdumoine.ca





ADMINISTRATIVE MATTERS

- FOD membership is encouraged
- Completion of Volunteer Waiver Form is required
- Otherwise, we cherish your
 - Enthusiasm
 - Shared interest in protecting and preserving the Dumoine Valley
 - Kindness and cooperation with others
- ZEC registration is **REQUIRED**
- Confidentially share information about medical conditions that the Trail Chief should be aware of



WORK PRACTICES

- Trail Section Chief will explain the tasks in detail (trail clearing, campsite servicing, recommended tools, etc.)
- Trail Maintenance Guideline document is available
- Emergency Planning Guideline document is available
- **LEAVE HISTORICAL FEATURES UNDISTURBED** but notify Trail Chief of discoveries (take only photograph and GPS location)





HOW TO KEEP SAFE

- Plan your outing carefully with Trail Section Chief input
- Work within your skill level and comfort level (physical exertion)
- Wear proper protective clothing (footwear, etc)
- Have a questioning attitude (ask about risks/hazards)
- Be proactive in addressing hazards
- Never work solo
- Carry satellite communication device (with spare batteries or charge pack) and first aid kit
- Carry trail map and compass
- Prevent dehydration, heat exhaustion (pace yourself)
- **Emergency Planning Guideline** document is available



HAZARDS AND RISKS TO MANAGE

Weather - electrical storms, high winds, waves on river crossing

Falling - wilderness trails have boulders, roots, logs to step over

Slipping – roots, logs, wooden bridges and stairs can be slippery

Falling trees and branches – watch for damaged trees and suspended branches

Bears – Dumoine Valley is bear country, but sightings are rare

Disorientation – know where you are, keep map and compass with you

Biting and stinging insects – wasps, hornets, ticks

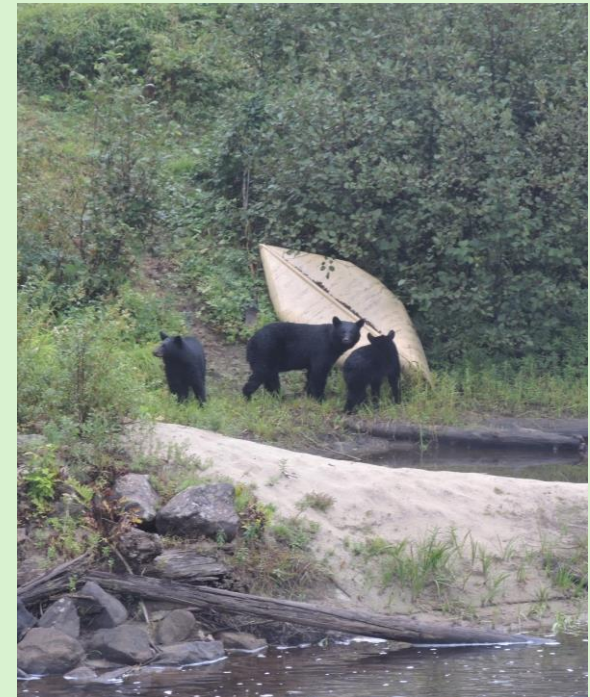
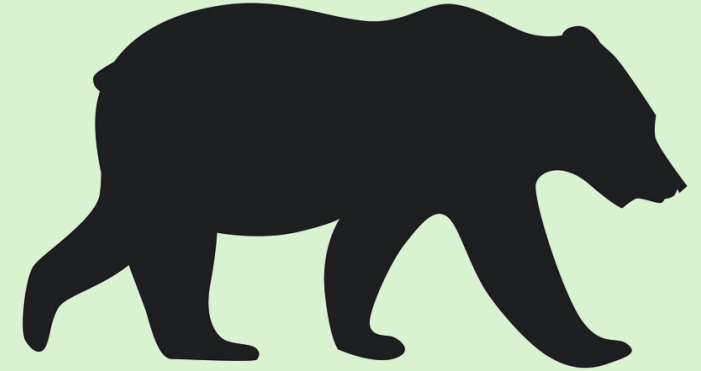
Heat, humidity, dehydration – moderation, hydration, self-awareness

If you swim to cool off, avoid areas with strong current

Fall hunting seasons – wear blaze orange and avoid moose rifle season

BEAR SAFETY

- Watch for fresh signs of bear (tracks, etc.)
- Never bring food into your tent
- Never surprise a bear
- If you encounter an adult bear
 - Remain calm and do not run, climb a tree or swim
 - Slowly, calmly back away from the area keeping the bear in sight, but do not make direct eye contact
 - Watch the bear and wait for it to leave
 - YELL loudly and wave your arms to scare the bear away if necessary
 - Do not approach the bear to photograph
- If you encounter a cub
 - The mother bear will be nearby and she will be protective
 - Do not get between the cub and the sow
 - Slowly, calmly back away back away from area
 - Avoid eye-contact with the sow



FIRST AID AND EMERGENCIES



- Share information about medical conditions with Trail Section Chief (in confidence)
- Treat minor injuries with first aid kit
- Use satellite communicator to request assistance or send “runner” for help (Cell Phones will not work)
- Read Dumoine Valley Emergency Plan for information on preparedness and the emergency response process

INTERACTING WITH HIKERS AND CABIN OWNERS

- Be polite and respectful
- Engage with trail users to promote the heritage and history and values of the trail system (be an ambassador)
- Seek feedback regarding the condition and design of the trail system
- Do not address safety or behavioural issues with trail users that are not respectful of the wilderness experience but coaching to promote awareness of issues and to promote desired respectful behaviour is encouraged. Report issues to the Trail Section Chief
- Engage with property owners and hunt/fish camp users to solicit any feedback regarding conflicts with trail users. It is very important to maintain a positive and cooperative relationship with property owners.



THANK YOU FOR VOLUNTEERING

- We want you to have a wonderful experience
- Please offer feedback so we can continuously improve
- Spread the word about the trail and about volunteering
- Hike the trail as a recreational outing (take a vacation!)
- Email director@friendsofdumoine.ca to inquire about volunteering

