

## Guidelines for Volunteering on DNCR Managed Properties during COVID-19 Pandemic

### Pursuant to Stay at Home 2.0 State Parks Volunteer Guidance for Trail Work

NH State Parks has seen an increase in the use of all recreational trails in response to COVID-19. In this time of crisis, trails are playing a vital role in the mental and physical health of our residents and visitors. The [CDC recommends](#) that people visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

General trail building activities are characterized by OSHA as a low exposure activity. Most trail work is completed individually, or in small groups, while in a “socially isolated” outdoor environment.

1. DNCR Volunteers must follow the current applicable Center for Disease Guidelines and State of New Hampshire Guidelines, including employee guidelines under the Stay at Home 2.0 [Universal Guidance](#), and other Guidance that applies to State Park employees, including but not limited to:
  - a. Stay at Home when feeling ill, [symptomatic](#), have an underlying medical condition or are considered to be [higher risk](#) for illness.
  - b. Volunteers shall be screened as outlined in the Universal Guidance for All New Hampshire Employers and Employees. The screener should ask the following questions:
    - *Have you been in close contact with a confirmed case of COVID-19?*
    - *Have you had a fever or felt feverish in the last 72 hours?*
    - *Are you experiencing any respiratory symptoms that include a runny nose, sore throat, cough, or shortness of breath?*
    - *Are you experiencing any new muscle aches or chills?*
    - *Have you experienced any new change in your sense of taste or smell?*

The screener shall require any volunteer that answers “yes” to any of the screening questions to go home and seek medical advice. Volunteers working alone must determine for themselves if they are feeling well and should volunteer that day.

- i. All volunteers working on DNCR managed properties shall, by agreeing to volunteer, adhere to this section and start each day by following this guidance for volunteer parties greater than 1 person.
    - ii. Written documentation of the screening of each volunteer in a group is required.
- c. There shall be no more than 6 people permitted to work in a project area on any DNCR property at any one time.
- d. Volunteers should use their own tools whenever possible. All tools and equipment must be cleaned and disinfected between users. All tools shall be cleaned and sanitized at the end of each work day.
- e. In the event a work vehicle is to be used on the property; such as an OHRV, there shall be no more than 2 people permitted in the vehicle at a time and riders must wear a cloth face mask when in the vehicle together unless they are from the same family. Vehicles shall be cleaned and disinfected in accordance with State Parks Guidelines after each user and at the end of each day.
- f. Volunteers shall wear a cloth face covering when within 6 feet of another person or when interacting with the public or entering any State Park buildings such as restrooms or offices. Volunteers shall be required to provide their own mask at this time.
- g. Practice Social Distancing of 6 feet or greater while volunteering on the property.
- h. Abide by State Parks and Forests, local and state guidelines.

- i. Volunteers should understand that any volunteer opportunities may be changed, delayed or cancelled at any time, at the discretion of the Division of Parks & Recreation.
- j. All volunteer activities shall only occur after approvals from the appropriate staff within the Department of Natural and Cultural Resources.

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