



Snow Angels

Volunteer Information Package

Family and Community
Support Services
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This Snow Angels program is a proactive approach to helping those who are unable to clear their driveways & walkways

This program matches individuals or groups of volunteers with a resident in need of snow clearing. This support provides safety & peace of mind through the winter season.

We are looking for:

**People of all ages
Individuals
Organizations/Businesses
Classrooms**

**Families
Work Units
Church Groups
Groups of Youth**

This program is a fun & 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 Snow Angels program fosters a sense of ownership and goodwill, encourages civic responsibility, pride in the community & 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.



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Residents who are eligible for free snow removal service include:

This service is for residents 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. Residents are referred to this service & go through a screening process

How do I get involved?

- 1.) Visit www.fortsask.ca/volunteer and fill out the volunteer application
- 2.) You will be contacted by FCSS to welcome you
- 3.) Complete Criminal Record Check

Do you screen the volunteers?

All volunteers must complete an application form and a criminal record check prior to being put on the list. The Program Coordinator will give you a letter that must be brought with you to the RCMP Detachment in order to have the fee waived. We assume no responsibility for the actions of the volunteers. We invite all participants to call us with any concerns or questions 780.992.6267

What do I need to get involved?

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 volunteer at all times. If a volunteer prefers to use their own tools that is also acceptable. See the attached Safety Tips sheet for more information.

How often & which areas of 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 reassure them of when they can make it. When you make initial contact, discuss which areas of the property need snow removal. This is also a good 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 blower! We will make sure that everyone who wants to shovel gets paired with a resident in need, even if it is 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 a 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.



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Safety During Snow Removal

Why shovel your driveway and sidewalks?

Snow and ice create a 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).

Start slow and continue at a slow pace (suggestion: shovel for 5–7 minutes and rest 2–3 minutes).

Drink lots of water to prevent dehydration.

Shovel fresh snow sooner; new snow is lighter than heavily packed/partially melted snow.

Take breaks when you are feeling tired.

Shovel:

Sturdy yet lightweight is best (a 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.

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 in 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.



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Safety During Snow Removal Continued

Proper clothing:

Wear multiple layers and cover as much skin as possible.

Wear a 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 it 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, we recommend spreading kitty litter to 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 a break

Excessive sweating or nausea & vomiting

Remember:



A warm-up goes a long way

Bring lots of water to drink



Wearing the right clothing is key

Use the right tools and technique

HAVE FUN!!!

