

## **Reforest the Red: Instructions to Volunteer during Covid-19**

Volunteers plant trees and shrubs along the Red River to create a buffer, improve water quality, provide habitat for wildlife and much more. In doing so, ensuring the health and safety of our community and volunteers is always a top priority. We are following recommendations provided by local and national leaders to help prevent further spread of Covid-19. Please take the following steps when volunteering at Reforest the Red.

- **General Guidelines:**
  - Do not attempt to volunteer if you have experienced symptoms that could be related to Covid-19 in the last 14 days or been around anyone who has had Covid-19 in the last 14 days.
  - To minimize risk, consider volunteering with people in your household.
  - Some groups are more likely to get very sick from this illness. Please take all necessary precautions if you or someone you live with/care for who falls into one or more of the below:
    - People who are 65 years or older;
    - People that have moderate asthma or chronic lung disease;
    - People with serious heart conditions; and
    - People who have an impaired immune system.
  - Maintain physical distancing by staying at least 6 feet apart from others at all times.
  - Avoid touching your eyes, nose, or mouth with unwashed hands.
  - Sanitize your hands frequently and thoroughly.
  - Cover your nose and mouth with a tissue when coughing or sneezing and throw tissue in trash. If no tissue, cough or sneeze into your elbow or sleeve, not your hands.
  
- **Reforest the Red Event Information:**
  - Pre-registration is required to ensure room for physical distancing. Volunteers will be assigned to a numbered planting zone. You will be emailed your planting zone in advance.  
[https://docs.google.com/forms/d/e/1FAIpQLSe1kKS1DuWuofM8uAKjUJ0IYxWyxcjJT\\_DgNuaICDXDVEcK5w/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSe1kKS1DuWuofM8uAKjUJ0IYxWyxcjJT_DgNuaICDXDVEcK5w/viewform?vc=0&c=0&w=1)
  - Must wear a face mask.
  - Maintain a 6-foot distance from other people at all times.
  - Plant trees and shrubs 6 feet apart.
  - Volunteers must be able to plant a tree entirely on your own (unless groups/families who live in the same household are planting together). Tasks include digging a hole, planting a tree, mulching, and watering.
  - You will be provided a training video to watch ahead of time that shows how to plant a tree. Share this video with anyone else attending with you.
  - Bring with you:
    - Shovel to dig holes
    - 5-gallon bucket to carry mulch and water. Please do not share tools.
    - Face mask

- Work gloves
- Sunscreen
- Bug spray
- Water. This year we will not be providing water nor snacks.
- Hand sanitizer
- Wear closed toed shoes.
- Avoid carpooling with others who are not in the same household.
- A port a potty will not be available on site. Plan accordingly.
- Checking in:
  - If volunteering in a group, have only the group leader check in and out at the registration table. The rest of the group should meet in their designated planting zone.

OR check in and out by calling or texting us at 701-306-6181. Please provide your name and what organization you are volunteering with (if applicable).