

April May 2020



Tie Up  
Your  
Laces...

# TRAIL TENDERS' NEWS

A publication from the Trail Quality Training Team

## And Work!

### Points to ponder:

- We'll all get through this together, right? Right.
- Boring. No photos in this issue.
- Seriously, is it okay to do trail work now?
- And Is it okay to do chainsaw work now?

### Trail Council Actual Meeting Cancelled – Reformatted as (Phase I) an Email Exchange of Reports and (Phase II) an Opportunity to Respond

Phase I of the Reformatted 2020 Trail Council meeting is under way. RTC's and some other participants have been asked to provide reports and most have come in. We are in the process of emailing these reports and other documents, including the FLTC policy that governs proposed new trail running races, to the invitees, for them to read at home. Jon Bowen, FLTC VP-Trail Maintenance, is organizing how Phase II will proceed. Invitees should expect to see emails from Lynda with attachments shortly.

### COVID-19 FAQ

The latest guidelines for using trails in the FLT System are posted at <https://fingerlakestrail.org/>.

Click on COVID-19 FAQ before you start to work

## Attention Cortland County Trail Maintainers! Its Time for Spring Cleaning!

Please tend to your trail sections as soon as possible.  
This Year's Cross-County Hike Series Will Start...Next Year!

Traditionally, the third Saturday of each month, May thru October, hikers cover  $\pm$  12 miles in groups traveling at various paces on the FLT across a county that it traverses. Sometimes hikers are given the opportunity to hike half the segment on Saturday and the other half on Sunday. So, all in all, segments of the trail in a particular county get quite a bit of use on a particular weekend every year. This season, of course, the pandemic has affected hiking by groups over the size of 10, and that includes the 2020 XC Hike Series. But while you don't have to clear the trail for the XC Hike Series right now, it is planned for next year already, and of course you don't want to let vegetation and debris take over your section. Thank you for all the maintenance work that you do. Routine trail work is permitted now, conditional upon following guidelines repeated here (p. 2) and posted on the FLTC website, and now is a good time to be out in the woods, although you are likely to find the trail more crowded than usual. **Please check the FLTC website homepage and calendar to find out about FLTC event and program cancellations and the limitations imposed upon hiking, routine trail maintenance, and chain-sawing by certified sawyers.**

### Spring Chainsaw Classes are On! Certification Extended!

Unless advised further by a direct message from Marty Howser, the FLTC-sponsored chainsaw certification training courses set for May 23/24 and June 6/7 are a "go."

Class size has also been limited to 9 plus the instructor. The classes are filled. **Please Note: The chainsaw certifications of those sawyers due to recertify this spring have been extended at least until the end of the calendar year by the NYS DEC, so if you have registered with Marty but can't attend, please let Marty know ASAP.**

All participants must be current with their CPR, Basic First Aid, and Bloodborne Pathogens trainings, and bring face masks or bandanas to wear and hand sanitizer to use, along with their chainsaws and sawyer Personal Protective Equipment (PPE). We are unable to provide overnight housing at the Scout House in Hammondsport, so participants must commute or make other arrangements to stay locally while taking all precautions to protect themselves and those who will be around them.

A slide presentation on the topic of bloodborne pathogens may be found on the FLTC website. Just watching will satisfy the requirement. Go to <https://fingerlakestrail.org/> → Members → Volunteer Trail Workers → Reference Documents → Bloodborne Pathogens. You may satisfy your First Aid and CPR certification requirements by taking courses online from providers such as the International CPR Institute, at [www.icpri.com](http://www.icpri.com). (The FLTC does not offer these courses. Sorry.) Online first aid and CPR courses are usually affordable and have proven to be better than just adequate; however, if you have never taken either as a live course, we strongly recommend that you take them "live" just as soon as you can.

Calendar  
**FLTC Events Related to or Affecting  
 Trail Maintenance**

- **Spring Weekend** – CANCELLED. Originally scheduled for June 12-14 at Houghton College. This event is cancelled for 2020.
- **Annual Membership Meeting** – RESCHEDULED. The Membership Meeting was moved to Fall Weekend and will take place on Saturday, September 12. If Fall Weekend needs to be cancelled, the meeting will be held via ZOOM or similar platform.
- **Fall Weekend** – UNDER REVIEW. Currently scheduled for September 11-13 at Greek Peak Resort. The FLTC will make a determination in the coming months about whether this will be held as scheduled.
- **Cross-County Hike Series** – POSTPONED/RESCHEDULED. (See story on p. 1.)
- **Hiking 101** – MAY, JUNE & JULY HIKES POSTPONED & RESCHEDULED. The six hikes will occur the first and last Saturday of each month beginning July 25. See the complete schedule on the website and Facebook.
- **Alley Cat Kanakadea Lean-to Project** – POSTPONED to 2021
- **Alley Cat Hesse Lean-to Project** – RESCHEDULED. Originally June 19-22, rescheduled to August 7-9. Contact Proj. Mgr. Peter Wybron ([prwybron@rochester.rr.com](mailto:prwybron@rochester.rr.com)) For more info.
- **Alley Cat Trail & Bridge Work in Solon, NY.** Scheduled for October 5-9. Contact Peter Dady ([dady@toast.net](mailto:dady@toast.net)) or Mary Coffin ([marycoffin@gmail.com](mailto:marycoffin@gmail.com)) for info.

Please check the FLTC website Calendar for updates regularly.

**Please Clear Passport Hike Trails**



Passport Hikes will form the basis of the Hiking 101 program this year. Deb Nero, FLTC Exec. VP, is co-ordinating and leading the hikes. If your section includes a passport rubbing station, please be sure to clear the tread, corridor & rubbing station so the trail is inviting to new hikers. Contact Deb for info at [dn13@cornell.edu](mailto:dn13@cornell.edu)

Editor/Lead Writer – Lynda Rummel ([ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com));  
 Conscripted Contributors/Trainers: Steve Catherman ([stevec@roadrunner.com](mailto:stevec@roadrunner.com)); Bill Coffin ([wmscoffin@twcny.rr.com](mailto:wmscoffin@twcny.rr.com)); Mary Coffin ([marycoffin@gmail.com](mailto:marycoffin@gmail.com)); Marty Howden ([howser51@yahoo.com](mailto:howser51@yahoo.com));  
 Dave Newman ([danewman@rochester.rr.com](mailto:danewman@rochester.rr.com)); Mike Schlicht ([pageazi@yahoo.com](mailto:pageazi@yahoo.com)); Irene Szabo ([treeweenie@aol.com](mailto:treeweenie@aol.com)); Quinn Wright ([qwright@fingerlakestrail.org](mailto:qwright@fingerlakestrail.org)), and Christy Post ([cpost@fingerlakestrail.org](mailto:cpost@fingerlakestrail.org))

**Guidelines for Doing Trail Work** *May 2020*

As of May 15, guidelines from the FLTC for doing trail work on the FLT System were as follows (subject to change – check the FLTC website for the latest **COVID-19 FAQ** sheet):

**“What about trail work? Can I perform routine maintenance? Can I work with others?”**

Yes, you can perform trail maintenance, following these guidelines:

- Work individually or in small groups ONLY. Please DO NOT carpool to trailheads and work sites. Maintain [physical distancing] within your work group.
- Avoid sharing tools and equipment. Carry your own personal pruning or bow saw, loppers and work gloves. Use hiking poles for safety and to flick sticks off the tread.
- Wear a mask [or bandana] if you’re likely to be passed by hikers or if you are working near others. Consider wearing sterile gloves underneath your work gloves for added protection.
- Carry hand sanitizer and an extra pair of exam gloves to use when you return to the manmade environment.
- In order to avoid *other* trail users, we do not recommend performing maintenance on highly trafficked areas of the trail at this time...and trail use has increased greatly!
- Please remember that chainsaw work is to be completed by certified sawyers ONLY. At this time, sawyers are unable to get to all areas due to travel restrictions and social distancing.” [And,]
- If you need the services of a certified sawyer, contact your Regional Trail Coordinator or club trails chair. Please continue to report trail conditions that you cannot handle to [trailreport@fingerlakestrail.org](mailto:trailreport@fingerlakestrail.org).
- The list of certified sawyers will be updated at the completion of this spring’s classes. If you want a copy of the list, email [ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com).
- Remember you do not have to do everything yourself. Be safe. Take rest breaks and drink fluids. Take time to enjoy the outdoors. In spite of all the other stuff going on, remember to watch out for ticks and poison ivy.

## Protection for FLT Volunteers Working on the Trail

The Finger Lakes Trail Conference has stepped in to fill a gap in the insurance protection provided to its trail workers. Until now, volunteer trail workers were eligible to apply for Workers' Comp only when the injury occurred where the North Country National Scenic Trail is hosted by the FLT or when the injury occurred on DEC-managed land. Now there's coverage all across the FLT System.

However, volunteers injured while working on the Finger Lakes Trail System are protected **only if they have completed the required paperwork**. And depending upon where you are working, certain **specific** paperwork is required.

**Here are the steps you will need to take before heading out to work on the trail:**

*If you are --*

- Volunteering to work anywhere on the FLT system, you **MUST** complete the FLTC Trail Maintainer Registration form, [available on the FLTC website](#). If you have not completed this form, you have no coverage of any kind.
- Volunteering on **an occasional basis** such as an Alley Cat project, or helping a section trail maintainer, you must complete the paperwork applicable to that section of trail. The Project Manager will provide the paperwork.
- **Working on the North Country Trail part of the FLT System**, then you must be registered with the FLTC. The FLTC submits the U.S. Department of Labor Workers' Compensation form for the organization, and that covers anyone who works as a volunteer on Maps M1 – M21, the Onondaga Branch and the Finger Lakes National Forest. If you have not completed the [FLTC Trail Maintainer Registration form](#), you are not covered. **The form has no expiration date**; however, if the form itself changes, then the FLTC must re-submit.
- Routinely working on a specific NYS Department of Environmental Conservation (DEC) property, you are covered by NYS Workers' Compensation if you have completed **the DEC Volunteer Service Agreement (VSA) Form** that applies to that area, in addition to the FLTC Trail Maintainer Registration form. **This DEC VSA form has no expiration unless your personal information changes.** The FLTC office will send a copy of the completed form to the specific regional office that oversees where the work occurs. [This form is available from the FLTC Office.](#)
- Routinely working on NYS Parks (OPRHP) property, you are covered by NYS Workers' Comp if you have completed **the**

*Continued at right*

**OPRHP Volunteer Service Agreement (VSA) Form** that applies to that area, in addition to the FLTC Trail Maintainer Registration form. Note: **The OPRHP VSA form is available on the FLTC website and must be completed annually.**

- Will you be driving on DEC or OPRHP property? You must supply a copy of your Driver's License. Your coverage even applies to your travel to and from the work area as long as you have notified the FLTC office of the day you intend to work and when you have completed the work, or are working on a project such as an Alley Cat that has a project manager.
- **And now**, if you are working anywhere on the Finger Lakes Trail system you are covered by **the Finger Lakes Trail Accident Insurance Policy**. However, this coverage applies only (as you might guess by now) if you have filled out the FLTC Trail Maintainer Registration Form and, very importantly, only if you have notified the FLTC office by phone (leaving a voicemail message counts) or email of the day you plan to work and the location (for example, map number and between what access points) of the work. When you have completed the work you also need to advise the office by phone or email.

**That is a lot of accident coverage!**

**How do you obtain coverage for your injury costs?**

- If you were injured while working anywhere on the Finger Lakes Trail where the North Country National Scenic Trail is hosted, you can file a claim for Workmen's Compensation with the U.S. Department of Labor (USDOL).
- If you were working anywhere on the Finger Lakes Trail system that is on NYS property, you can file a Workmen's Compensation claim with the NYS Department of Labor (NYSDEL).
- If you were working anywhere on the Finger Lakes Trail system and are not in an area that provides Workmen's Compensation through the USDOL or NYSDOL, then you file a claim through the FLTC Insurance accident policy.

*Originally a Trail Quality "Trail Topics" Column in the Summer, 2020, Finger Lakes Trail News, by Quinn Wright, with Lynda Rummel*

**Regional Trail Coordinators, West to East:**

Far West (M1-M4, CT 1-CT 12)  
Jeanne Moog (administrative tasks, temp)  
[jeamoog@aol.com](mailto:jeamoog@aol.com) (716) 652-6190 H  
(716) 445-3179 C  
And Don Bergman  
[donbergman@roadrunner.com](mailto:donbergman@roadrunner.com) (716) 625-8746

Genesee West (M5-M6)  
Marty Howden (Retiring, replacement needed)  
[howser51@yahoo.com](mailto:howser51@yahoo.com) (585) 567-8589 H  
(585) 330-1872 C

Genesee East (M7-M11)  
Peter Wybron  
[prwybron@rochester.rr.com](mailto:prwybron@rochester.rr.com) (585)243-5351

Watkins Glen-West (M12-M14, QCMT, MFHLT)  
Bill Meehan  
[bmeehan@frontiernet.net](mailto:bmeehan@frontiernet.net) (607) 481-9228

Watkins Glen-East (M15-M19, I1 FLNF)  
Dave Priester  
[david.priester@twcny.rr.com](mailto:david.priester@twcny.rr.com) (607) 280-5074

Chenango-West (M19 Tone Rd.- M21 Elwood/Potter Hill Cem. Rd.)  
(Southern Ortland Co.)  
Peter Dady  
[dady@toast.net](mailto:dady@toast.net) (315-729-4322)  
AND  
Chenango-West (M21 Elwood/Potter Hill Cemetery Rd. – M22 NY  
26) & Onondaga Trail (O1-O2)  
Anthony Rodriguez  
[boricua1037@verizon.net](mailto:boricua1037@verizon.net) (315) 446-3586

**RTC's, continued:**

Chenango-East (M22 NY26-M24 Bowman Lk. SP)  
Tom Bryden  
[snbdodger@yahoo.com](mailto:snbdodger@yahoo.com) (607) 859-2225  
AND  
Chenango-East (M24 Bowman Lk. SP-M26 Bainbridge)  
Larry Blumberg (interim)  
[lblumberg@stny.rr.com](mailto:lblumberg@stny.rr.com)  
[for Roy Dando, on leave,  
[rdando@frontier.com](mailto:rdando@frontier.com) (607) 785-3141]]

Catskill-West (M26 Bainbridge-M27)  
Donald Sutherland  
[dsutherlandny@aim.com](mailto:dsutherlandny@aim.com) (607) 754-9573

Catskill-Central (M28-M30 NY206)  
Rick Roberts  
[hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) (607) 746-9694

Catskill East (M30 NY206-M33)  
Rick Roberts  
[hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) (607) 746-9694

Letchworth Branch (L1 & L2)  
Irene Szabo  
[treeweenie@aol.com](mailto:treeweenie@aol.com) (585) 658-4321

Bristol Hills Branch (B1-B3)  
Donna Noteware  
[noteware@empacc.net](mailto:noteware@empacc.net) (607) 868-4614

Crystal Hills Branch (CH1-CH3)  
Pat Monahan  
[pmonahan@stny.rr.com](mailto:pmonahan@stny.rr.com) (607) 368-0847

**To:**

**COVID-19 Trail Worker Guidelines,  
RTC Contact Info & ...  
Info about Workers' Comp**

**Finger Lakes Trail Conference  
6111 Visitor Center Road  
Mt. Morris, NY 14510**