Southampton Conservation Commission

Volunteer Handbook



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Welcome

Dear Volunteer,

Thank you! We truly appreciate the time you are donating to help preserve Southampton's wild places. Our town has over 600 acres of conservation land that rely on volunteers caretakers like you. In this guide you will find an hours sheet to record your work, guidelines for working in a conservation area, descriptions of tasks, trail maps, invasive species identification information, potential hazards on the trails, and a "Hold Harmless" form to sign and return to us before any work starts.

Thank you again!



Hours

Please keep track of your time and work on this sheet

Date	Time In	Time Out	Sanctuary	Type of Work Done	Receiving Credit? (y/n)

Guidelines for Work in Conservation Areas

Please follow these guidelines to ensure your safety and the health of the area.

1. **Dress for working outdoors**
    a. Sturdy, closed-toe shoes
    b. Long pants that can be tucked into your socks
    c. Long sleeves
    d. Work gloves
    e. Hat
    f. Sun and/or bug screen
    g. Rain gear if raining
    h. Gloves and warm hat if cold
2. **Ask questions**
    Most people are not trail experts; if you're not sure what you are doing, ask! Cutting the wrong plant or clearing the wrong trail can have a big impact on resident wildlife.
3. **Work only in approved areas and on approved projects**
    The Conservation Commission has set priorities for trails and work to be done.
4. **Let someone know where you are working and always take a buddy**
    Bring a map and/or a smart phone with preloaded map to keep from getting lost.
5. **Clear only sticks and limbs from trails**
    Leaves, pine needles, and other organic matter build forest soil, absorb water, and prevent erosion.
6. **Be careful with sharp tools**
7. **Bring a first aid kit, a refillable water bottle, and a snack on the trail**
8. **Review the Potential Hazards section before beginning work**
    The best way to stay safe is to know what to watch out for.

Work Descriptions

1. Monitoring

This is an important task that helps the Conservation Commission keep trails safe for people and animals.

a) What to Look For

- Any unusual changes
- Presence of unusual wildlife (plants and animals)
- People committing illegal activities, or evidence of such, particularly underage drinking, fires, operation of motor vehicles, hunting or trapping out of season, shooting, and disposal of garbage
- Trees and brush blocking trails
- Digging of holes
- Any type of construction
- Overgrown trails or hazards
- Trails that are eroding
- Trails that are very wet or muddy outside of the spring wet season



Large limbs that hang over trails need to be reported.

b) Tools

- Notebook (paper or digital)
- Camera or phone
- Important phone numbers

c) Follow-up

- Submit your findings to a Conservation Commissioner- even if everything looks good. Pictures and gps coordinates will help address problems.

2. Clean-ups

Unfortunately, you can usually find litter in natural open spaces, so regular cleanup by individuals or organized workgroups is one of the most important stewardship activities.

a) What to look for

- Man-made litter both on and off the trail
- Bottles and cans
- Big things like mattresses and oil tanks

b) Tools

- Work gloves, as broken glass, sharp metal, unsanitary garbage, and thorns are possible
- Clothes that fully cover you to protect against thorns, poison ivy, and ticks (see potential hazards)
- Waterproof boots or old shoes if cleaning brooks, ponds, or other wetlands
- Plastic trash bags

c) Follow-up

- Follow directions on what should be done with full trash bags.
- Alert a Conservation Commissioner to any large or hazardous materials. Do not try to clean it up if you think it might hurt you- just take a picture and mark the spot on a map or get the gps coordinates.

3. Trimming Trails

The goal of trimming is a trail that is sufficiently wide and looks natural with few visible cuts. All cut branches and brush should be moved well off trail with the cut end pointing away from the trail.

a) Signs

- Signs and trail markings should be kept visible from their expected viewing angle.
- Branches should be kept far enough away from signs and kiosks to prevent damage caused by snow, ice, and wind.

b) Width and Height

If in doubt about whether a trail is singletrack or doubletrack or how wide it should be, trim it narrower. A wider trail can be quickly created if necessary from a narrower one, but the reverse takes years of growth.

- Singletrack with normal trailside vegetation: 4 feet (both elbows outstretched).
- Singletrack if trailside vegetation is thorny, allergenic (poison ivy), or invasive: 6 feet (both arms outstretched).
- Doubletrack minimum: 8 feet
- Doubletrack for easy passage of any sized service vehicle: 11 feet.
- Pruning trailside growth on the inside of curves ensures good visibility can be maintained without overly widening trails.
- Intersection areas should be trimmed wider than adjoining trails to allow for gathering points so visitors can rest and navigate.
- To keep trails passable all winter, overhead clearance should be as high as can be reached standing on the ground (approximately 8 feet) to allow for deep snow cover and branches weighted down with snow and ice.

c) Safety

- Thorny cuttings should be removed from the trail to protect dogs, small children, and prevent flat tires.
- Saplings found growing in trails should be cut as close to the ground as possible to avoid creating trip and impale hazards.
- Limbs should be cut back to the main trunk or branch whenever possible so as not to leave hazardous branch ends projecting near the trail above ground.

d) Forest Duff

- Leaves, pine needles, and other mulch should not be removed from trails. They create forest duff, the topmost organic layer on the forest floor that breaks down over time and builds soil.

e) Tree Health

The pruning of limbs of woody plants must be done properly so that the cuts heal correctly. Improper cuts, especially where limbs meet the trunk of the plant can lead to disease and the eventual weakening and death of the plant. (see “proper cutting methods” for more information)

- When possible, small woody plants should be pulled out by the roots rather than cut.
- Living limbs should always be pruned in such a way as to prevent disease and infestation that can harm the plant.
- Pruning cuts should not be painted.
- When possible, pruning should be done in late Winter/early Spring or well into the growing season, after leaves are fully formed.

f) Blowdowns

- Blowdowns should be removed as soon as possible from trails where they present a hazard of falling on visitors and would encourage visitors to create new trails around them. Cut deadwood should be left to decompose off the trail, near where it fell.
- Blowdowns that are not hazardous and do not completely obstruct rugged trails can be left in place.

g) Tools

- Handsaw or bowsaw
- Small pruner, preferably one with increased leverage to cut thicker branches
- Heavy-duty loppers with long handles
- Garden rake to remove non-woody cut stems from the trail
- Pole pruner to cut overhead braches
- For most trimming, a chainsaw is not needed

h) Follow-up

- All cut branches and brush should be moved well off trail with the cut end pointing away from the trail.

4. Invasive Plant ID and Control

Invasive plants need to be controlled to maintain biodiversity of native plants and animals, reduce pest breeding grounds, and keep trails free of overgrowth. The most common invasive plants in Western Mass are Garlic Mustard, Japanese Knotweed, Oriental Bittersweet, Poison Ivy, Multiflora Rose, and Japanese Barberry. Each plant has specific management techniques so be sure to review your plant's information before you start on its control.

a) Garlic Mustard *(Alliaria petiolata)*

Garlic mustard is a biennial with first year plants growing as leaves close to the ground, noticeable later in the season or in winter when snow cover is light as the leaves stay green year-round. In the second year, plants grow flower stalks to set seed. Leaves are heart-shaped with toothed edges and smell like garlic when crushed.



Garlic Mustard by Tony Atkin

Control Method

- Garlic mustard is most easily removed by hand in the spring.
- Be sure to pull up the entire root.
- First year, low plants are easiest to pull.
- This plant should not be composted. Place plants in a garbage bag to be taken to the transfer station.
- Seeds remain viable for up to five years in the soil so the area should be revisited every year until all evidence of the plant is gone.

b) Japanese Knotweed *(Polygonum cuspidatum)*

Japanese knotweed has hollow stems with distinct raised nodes that give it the appearance of bamboo. The leaves are a broad spade shape, 7–14 cm (2.8–5.5 in) long and 5–12 cm (2.0–4.7 in) wide, with a smooth margin. The flowers are small, cream or white, produced late summer and early autumn.



Japanese Knotweed by Nigel Mykura

Control Method

- Japanese knotweed spreads via rhizomes (underground roots) so it is particularly difficult to eradicate.
- Digging or attempting to uproot the plant is not recommended as even small pieces of the rhizomes are capable of regeneration.
- The best method of control is to cut the plant flush to the ground as many times as practical in a season and covering the rhizomes with heavy gauge black plastic film and a heavy mulch on top of the film to deprive rhizomes of light.
- Cut stalks can be composted on site.
- The treated area should be revisited several times during the season and several subsequent seasons.

c) Oriental Bittersweet (*Celastrus orbiculatus),* American bittersweet (*Celastrus scandens*) is not invasive.

Oriental Bittersweet vines are thin, spindly, and have green or silver to reddish brown bark with visible lenticels. They are generally between 1 and 4 cm (0.4 and 1.6 in) in diameter but can be much thicker. If left unchecked, the vine can eventually bring down trees and blanket an area with vigorous growth that covers everything in its path.

The leaves are round and glossy, 2–12 cm (0.8–4.7 in) long, have toothed margins and grow in alternate patterns along the vines. Small green flowers produce distinctive red seeds, which are encased in yellow pods that break open during autumn.



Oriental Bittersweet Vine



Oriental Bittersweet Berries
by Qwert1234

Control Method

- Young bittersweet vines should be uprooted by hand and dispersed to decompose.
- Older, woody plants that have climbed trees should be cut as high as practical leaving the remaining vines in place in the tree canopy, as pulling them down will likely damage the trees. The cut vines can also be dispersed to decompose.
- The root stock will often re-sprout in the same season if cut before late summer/early fall or in the following season if cut in the fall.
- Repeat visits are necessary to cut back the new growth, which will eventually stop the root stock from re-growing.

d) Poison Ivy *(Toxicodendron radicans)*

Poison Ivy is a poisonous flowering plant that causes itching, irritating, and sometimes painful rash in most people who touch it, caused by urushiol, a clear liquid compound in the plant's sap. Poison Ivy can be a low growing plant, a shrub or a vine covered in air roots. The leaflets grow in groups of three and can be green, yellow, red, shiny, or matte. The middle leaflet is usually slightly larger on a longer stem. Leaves are smooth with no or few teeth.



Leaflets three, let it be! by Broly0

Control Method

- Because of its potential to cause an itchy rash, poison ivy should never be handled without gloves. Wash all clothing worn during control in detergent to avoid contact with the oil.
- Never burn poison ivy!
- The best method for control is to wear protective clothing and pull plants up by the roots.
- The roots of the vines can be dug out and the vine can be cut as high as possible leaving the remaining plant in place in the tree canopy, as pulling them down will likely damage the trees.
- All discarded plant parts should be bagged for disposal at the transfer station.
- The treated area should be revisited several times during the season and several subsequent seasons.



Poison Ivy Vine

e) Multiflora Rose *(Rosa multiflora)*

A scrambling shrub that climbs over other plants to a height of 3–5 m, with green or red stems with curved prickles. The leaves are 5–10 cm long, compound, with 5–9 leaflets and feathered stipules. The flowers are produced in large groups, each small white or pink flower is 1.5–4 cm diameter and blooms in early summer. The hips are reddish to purple, 6–8 mm diameter.



Multiflora Rose thorns and hips by Quadell

Control Method

- Control requires full removal of the plant in addition to the roots.
- Wear protective clothing to avoid scratches from sharp thorns.
- Pruning and cutting back of the plant often leads to re-sprouting.
- Cuttings can be composted far off the trail.
- The treated area should be revisited several times during the season.



Multiflora Rose flowers by JoJan

f) Japanese Barberry *(Berberis thunbergii)*



Japanese Barberry (nps.gov)

A dense, deciduous, shrub which grows 0.6 to 2.5 m (2 to 8 ft) high. It has deeply grooved, brown, spiny branches. The leaves are green to blue-green (reddish or purple in some), very small, spatula to oval shaped, 12–24 mm long, produced in clusters of 2-6. The flowers are pale yellow, 5–8 mm diameter, produced in drooping 1-1.5 cm long umbrella-shaped clusters of 2–5, flowering is from mid spring to early summer. The fruit is a glossy bright red to orange-red, oval berry 7–10 mm long. They mature during late summer and fall and persist through the winter.

Control Method

- Removal can start in early spring.
- Shallow roots allow the plant to be pulled up by hand.
- Wear protective gloves against spines.
- Loosening the roots of bigger plants can help with removal.
- Cutting the plants down to the ground can be effective if the site is revisited several times before the seeds mature.
- Cuttings can be spread out to compost far off the trail.



Japanese Barberry flower by Sage Ross

en.wikipedia.org/wiki/Alliaria_petiolata, en.wikipedia.org/wiki/Fallopia_japonica, en.wikipedia.org/wiki/Celastrus_orbiculatus, en.wikipedia.org/wiki/Toxicodendron_radicans en.wikipedia.org/wiki/Rosa_multiflora, en.wikipedia.org/wiki/Berberis_thunbergii

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Notes:

Why Pruning Technique Matters

The pruning of limbs of woody plants must be done properly so that the cuts heal correctly. Improper cuts, especially where limbs meet the trunk of the plant can lead to disease and the eventual weakening and death of the plant.



A healed branch cut by Mokkie

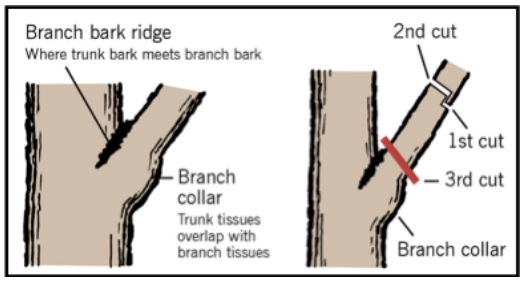
The area of the plant where the limb meets the trunk is called the branch collar. Trunk collar tissue develops later in the life of the branch, growing up and over the branch collar tissue. The branch collar is the zone where these two types of tissue overlap. The branch bark ridge is the raised bark, which develops in the area where the branch meets the trunk.

Proper pruning allows the trunk collar tissue to grow over the cut made, eventually walling off the living trunk tissue with a protective layer of bark. Cuts into either the branch collar tissue or the branch bark ridge tissue will not heal properly, leading to disease and premature death of the plant.

a) Proper Cuts

Cuts must be made outside of the branch bark ridge and branch collar area angling away from the trunk, but as close as possible to the collar. There is no set or standard angle for a proper collar cut. Whether a branch collar is obvious or not, the final cut should:

- Minimize the branch stub.
- Leave the branch bark ridge and branch collar intact.
- Minimize the overall size of the pruning wound.



www.ag.ndsu.edu/

Always stub cut the branch first. This technique uses a minimum of three cuts, the first two cutting off most of the branch but leaving a portion of 1-2' feet remaining for the final finish cut. This technique minimizes the chance of the bark tearing down the trunk, creating a wound that is difficult to heal.

1. The first cut undercuts the branch 1-2' out from the parent branch or trunk. A properly made undercut will eliminate the chance of the branch's peeling or tearing bark as it is removed.
2. The second cut is the Top Cut, which is usually made slightly further out on the branch than the under cut. This allows the branch to drop smoothly when the weight is released.
3. The third or finish cut is to remove the stub.

Each finish cut should be made carefully, outside of the branch bark ridge and branch collar areas, leaving a smooth surface with no jagged edges or torn bark.

b) Painting of Cuts

Painting of pruning cuts with wound dressing is no longer an accepted practice. Wound dressings will not prevent decay, and have been found to often promote wood decay.

c) Proper Timing

The ideal times to prune most woody plants are either late in the dormant season or well into the growing season, after leaves are fully formed and expanded. Cuts or wounds in certain species during the growing season may attract insects that carry diseases, or allow fungus invasion. Avoid pruning woody plants undergoing bud break and early leaf expansion.

Potential Hazards

Although helping with trail maintenance is a relatively safe activity, there are some potential risks. The best way to stay safe is to be aware of those risks and take precautions. The most common hazards of trail work and their precautions are listed here, this is not an all-inclusive list.

a) Tick-borne illnesses

Tick Situations & Solutions



Deer tick by Scott Bauer

Lyme disease is caused by a corkscrew-shaped bacterium (or spirochete) *Borrelia burgdorferi*. People contract Lyme disease when an infected tick of the genus *Ixodes* attaches itself to the skin and feeds. Research suggests that the tick must remain attached for a minimum of 24 hours. Lyme disease cannot be transmitted from human to human or dog to human. Lyme disease contracted during pregnancy can lead to infection of the placenta, but can be safely treated with antibiotics with no negative effect on the fetus.

Lyme Disease Symptoms

The earliest symptom of infection is a rash at the site of the bite (*erythema migrans*), which can occur from 3 to 30 days after exposure. In 10 percent of cases this rash does not appear at all. Because the bite and rash are painless, and because the bite may appear on a part of the body that is hidden from view (e.g. armpit, back), the patient may not be aware of the rash. This rash is typically circular with a clear center resulting in the classic “bull’s eye” appearance.

Three to five weeks after infection smaller, secondary rashes may occur in some individuals. Other early-onset symptoms can include eye infections, facial paralysis (Bell’s palsy), headache, fatigue, and muscle and joint pain. Late symptoms include swelling and pain in the knees, shoulders, and other joints. These later symptoms generally occur several months or even a year after the initial infection.

Lyme Disease Prevention

The only way to avoid getting Lyme disease is to avoid being bitten by an infected tick. We recommend the following:

- **Know Where They Hide** Contrary to popular belief, ticks do not jump or fall from trees; in fact, they’re blind and find their hosts by crawling to the top of low-lying vegetation, such as grass and shrubs, where they wait for passersby to latch onto. And, since tick bites are usually painless, most people don’t even know when they’ve been bitten.
- **Pay Attention in Wooded Areas** Ticks hide in leaf litter piles, high grass, and in the bushy undergrowth.
- **Dress Right** Don light-colored socks, pants, and a long-sleeved shirt and tuck in everything (pants into socks, shirt into pants). While this look isn’t likely to win any fashion awards, it will allow you to spot ticks, which can be as small as a poppy seed.
- **Bring On the Bug Juice** To help repel ticks and other creepy crawlers, like chiggers, use a DEET-based product on areas of exposed skin. (Just remember to follow the label instructions when applying insect repellent!)
- **Perform “Tick Checks”** Upon heading indoors, perform a full-body “tick check,” taking special care to inspect the areas between your toes and the backs of your knees, as well as your groin, armpits, neck, hairline, and ears. Remember to check your children, pets, and gear, too!

How to Check for Ticks

The best way to reduce your chances of getting Lyme disease is to do a proper tick check after being outdoors. Here's how:

- **Step 1**: Scour your clothing. Ticks latch on to clothing from the top of low-lying vegetation, such as grass and shrubs, so pants are a good place to start. Once clothing is removed, throw it in the wash.
- **Step 2**: Scour your body (or your kid's body). Ticks like to hide in crevices. Be sure to look under the arms, behind and inside ears, around the hairline, through the scalp, behind knees, between toes, inside belly buttons, and around the waist.
- **Step 3**: Take a warm shower or bath. This may help dislodge any ticks that haven't yet attached. And also provides another opportunity to look for any stragglers.

Found a Tick?

If you discover an embedded tick, use fine-tipped tweezers to grasp the tick as close to your skin's surface as possible and pull straight out with steady, even pressure. If you wish to have it tested for Lyme, immediately place the tick in a sealable plastic bag.
Cleanse the bite area with rubbing alcohol and wash your hands with soap and water. Make a note of the date as well as the location on your body where the tick was discovered and call your doctor to determine next steps.
(http://www.massaudubon.org/learn/nature-wildlife/insects-arachnids/ticks/situations-solutions)

b) Scrapes, Scratches, Splinters, Bruises, etc

These are practically unavoidable when caretaking trails. Be sure to wear protective clothing including work gloves and safety glasses. Thoroughly wash scratches with soap and warm water. Bruises can be treated with ice packs. Please report more serious injuries to a Conservation Commissioner after you seek treatment.

c) Serious Cuts and Falls

To avoid serious injury, follow safety precautions and instructions with any hand or power tool. On steep trails, stay toward the middle of that trail and do not climb trees or fences to reach higher branches. Look down when hiking to avoid tripping on roots. Please report more serious injuries to a Conservation Commissioner after you seek treatment.

d) Sunburn

You can get a serious sunburn even in the winter and on cloudy days. Wear sunscreen on any exposed skin (hands too) and wear a hat with a brim. Re-apply according to the directions on your sunscreen.

e) Bug Bites

Wearing long sleeves and pants will protect you from many bug bites. If it is particularly buggy, use bug spray for added safety (there are lots of effective natural brands available).

f) Poisonous Plants

If you think you've touched poison ivy, wash with lots of soap and cold water. Wash your clothes in detergent to dissolve oils. Never eat wild plants unless you are certain of their identity and safety.

g) Wild Animals

The old adage is true: they are more afraid of you then you are of them! Give wildlife plenty of space and observe from a safe distance.

Trail Maps

TOWN OF SOUTHAMPTON
MASSACHUSETTS

RELEASE OF CLAIMS, INDEMNITY AND HOLD HAMRLESS AGREEMENT **

The **Town of Southampton**, **Massachusetts** ("**Town**") is pleased to offer you the opportunity to **Trail Maintenance @ _____ [Insert ConCom Property]** in the Town. However, you should be aware that participation in **Trail Maintenance** may expose you to harm or injury. The attached Release of Claims, Indemnity and Hold Harmless Agreement absolves the Town of Southampton and its officials, employees, and contractors from liability or responsibility for any harm or injuries you may suffer during or as a result of your participation in **Trail Maintenance** in the Town. It also provides that the Town will not be liable or responsible for harm to others resulting from your participation in **Trail Maintenance** in the Town.

Complete all information requested and acknowledge that you have read and accept the Release of Claims, Indemnity and Hold Harmless Agreement which follows.

PLEASE CONSULT WITH AN ATTORNEY IF YOU HAVE ANY QUESTIONS CONCERNING THESE DOCUMENTS.

****All persons under the age of 18 must submit a signed Parental Consent, Release from Liability and Indemnity Agreement (attached to this set of documents) in addition to the within agreements.**

TOWN OF SOUTHAMPTON
MASSACHUSETTS

GENERAL AGREEMENT

I hereby agree that if I am permitted to **Trail Maintenance @ [Insert ConCom Property]** for the Town of Southampton, Massachusetts ("Town") I agree to comply with all of the rules and regulations which may be established from time to time by the Town. I understand that failure to comply with the rules and regulations of the Town may result in my immediate expulsion from **@ [Insert ConCom Property]** .

I understand and agree that if permitted to [**insert activity**], all activities and services performed by me will be performed on a strictly voluntary basis, and that I will receive no remuneration, pay or compensation of any kind and that I will not be an employee of the Town.

Participant Information:

Name: _____

Address: _____ Telephone:_____

Date of Birth: _____ Health Insurance:_____

Emergency Contact:

Name: _____

Telephone: _____

I acknowledge that by **Trail Maintenance** in the Town in the capacity described above there exists a risk of injury including physical harm or death, and that all activities and services performed by me will be done at my own risk. I have read and understand, and agree to, the following Release of Claims, Indemnity and Hold Harmless Agreement.

Signed under the pains and penalties of perjury on this _____ day of _____

_____
Printed Name

_____
Signature

THIS FORM MAY NOT BE ALTERED

TOWN OF SOUTHAMPTON
MASSACHUSETTS

RELEASE OF CLAIMS, INDEMNITY AND HOLD HARMLESS AGREEMENT

I, _____, in consideration for the permission to **Trail Maintenance @ [Insert ConCom Property]** in the Town of Southampton, Massachusetts ("Town"), and for other good and valuable consideration hereby acknowledged, do hereby agree on behalf of myself, my heirs, and personal representatives, to forever RELEASE the Town and its successors, assigns, employees, agents, staff, representatives, officers, volunteers, or contractors (the "Releasees"), regardless of title, assisting in the operations and activities of the Town, from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries or property damage which I may have as the result of my activities in the Town.

I further acknowledge that such activity is voluntary and may expose me or my property to the risks resulting from the use of tools and equipment by myself and other workers and/or other activities. I therefore also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to myself or others or property damage resulting from my activities in the Town or in the administration of first aid.

I hereby further covenant for myself, my successors, assigns, heirs and personal representatives not to sue the said Releasees on account of any such claim, demand or liability.

I am fully aware that by signing this document I am releasing the above mentioned parties from liability that may arise as a result of intentional or negligent acts of these parties. Additionally, it is my intent to release the above mentioned parties from liability and defend and indemnify said parties for liability relating to any accident and resulting injuries and/or death that may occur as a result of my activities in the Town.

Signed under the pains and penalties of perjury on this _____ day of _____

_____
Printed Name

_____
Signature

_____
Witness Signature

THIS FORM MAY NOT BE ALTERED

TOWN OF SOUTHAMPTON
MASSACHUSETTS

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**

(this form must be completed for all persons under the age of eighteen)**

I/We, the undersigned father, mother or guardian (*circle or insert legal relationship to student, e.g., "parent," "guardian"*) of _____ (*insert name of minor*)("my/our child"), a minor, do hereby consent to my/our child's **Trail Maintenance** in the Town of Southampton (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and all its employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in programs of the Town or any of its departments ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's **Trail Maintenance** in the Town which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's **Trail Maintenance** in the Town or in the administration of first aid.

I/We further affirm that I/we have read this Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my/our child's **Trail Maintenance** in the Town is voluntary and that my/our child and I/we are free to choose not to participate in said operations and activities. By signing this Agreement, I/we affirm that I/we have decided to allow my/our child to participate **Trail Maintenance** in the Town with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my/our child or I/we may suffer as a result of my/our child's participation **Trail Maintenance** in the Town.

Signed under the pains and penalties of perjury on this _____ day of _____.

Parent(s) or Guardian(s) of:

_____
Name of Person Under Eighteen

_____ _____
Printed Name Signature

_____ _____
Printed Name Signature

THIS FORM MAY NOT BE ALTERED