

## Snow Angels Program Information for Volunteers and Clients



Agassiz-Harrison Community Services, the District of Kent, and the Village of Harrison Hot Springs have collaborated to establish the Snow Angels Program in our local neighbourhoods. The Snow Angels Program unites volunteers with seniors and others in our community that are either physically unable to, or otherwise cannot receive assistance, in clearing snow from their driveways and sidewalks.

This Program is all about neighbours helping neighbours, enhancing the sense of community, security and safety, supporting senior independence and creating opportunities for volunteerism.

“We all feel so much warmer inside when we can lend a helping hand. Or in this case, a shovel!”

### How does the program work?

Anyone 16 years or older can become a Snow Angel if they are physically capable of shoveling snow, are reliable, can bring their own shovel or other snow removal equipment, and have their own transportation. Clearing private driveways and private sidewalks of snow and ice for those in need helps to ensure that people can attend medical appointments, run important errands and receive critical care in their homes. Snow Angels unite communities and help to bring out the best in people.

People requiring a Snow Angel to help clear their private driveway and adjacent sidewalks can simply place the Snow Angels decal in a visible location in their window. The signs are laminated so they can withstand some outdoor conditions if you wish to place the sign outside of your home.

A Snow Angel volunteer in that neighbourhood will see the window decal and arrive with their snow removal equipment to clear the laneway and/or sidewalk. They do not need to interact with the homeowner for any reason. It is important that we provide a safe environment for everyone who is involved in the Snow Angels Program.

The Snow Angels Program cannot guarantee that the Snow Angel volunteer will be available to clear a homeowner's driveway or sidewalk as quickly as may be required. In that case, homeowners may wish to contact private contractors who have indicated that they are interested, for a regular fee, in clearing snow in our community.

## Where can you get a Snow Angels window decal?

You can pick up your Snow Angels decal at the following locations as of November 1 and throughout the winter season:

- Agassiz-Harrison Community Services, 7086 Cheam Avenue, Agassiz
- Reception, District of Kent municipal Hall, 7170 Cheam Avenue, Agassiz
- Reception, Village of Harrison Hot Springs Municipal Hall, 495 Hot Springs Road, Harrison Hot Springs

## The scoop on safe snow shovelling for Snow Angel Volunteers

Shovelling snow is a strenuous activity. We recommend the following tips to all our Snow Angels Volunteers:

Check with your doctor if you have a history of heart disease, high blood pressure, high cholesterol, are a smoker or are not routinely active and only proceed with this program with your doctor's approval.

Spread salt if available, if conditions are slippery after removing the snow.

Do not shovel snow immediately after eating (or smoking)

Take it slow! Shovelling can raise your heart rate and blood pressure significantly. Pace yourself.

Push the snow as you shovel, it is easier than lifting.

Use a small shovel so when you do lift snow, you are not lifting a large shovelful.

Lift from your knees, not your back. You may want to do some light warm up stretches before beginning.

Do not work to the point of exhaustion. Take breaks. If you feel tightness in your chest stop immediately.

Dress appropriately.

## Personal safety tips for Snow Angel Volunteers

Let someone know where you will be.

Do not take anything of value with you.

If driving, park close to where you will be working.

If you have a cell phone, take it with you.

Do not enter the house.

Bring fluids to stay hydrated.

## Safe interaction for Snow Angel Clients

We ask that you always ensure your own safety by remaining indoors when your snow is being removed. The Snow Angels will complete the work and there should be no reason for them to interact with you directly.

We are not recommending that you provide any tip or donation to the Snow Angel who clears your snow. However, if you would like to, we recommend that you provide this in an envelope while the individual remains outside of your home and that you do not invite them inside of your home.

While the snow may have been removed, there is still the potential for your driveway and sidewalks to be slippery, so please practice caution and sprinkle salt in those areas.

## Homeowners should be 'winter-prepared'

As the winter season approaches, Clients of the Snow Angels Program should speak with their pharmacist and arrange for delivery of necessary prescriptions when possible. The local grocery store, Super Valu, delivers groceries for a small charge and we recommend that you contact them in advance of the winter season to make delivery arrangements. If there are other services that you rely on, contact them to find out if there are alternate arrangements that can be made.

We should all be prepared and stock up on essentials for the winter months. This could include dried and canned goods, candles, extra blankets, warm clothing and socks. Now is the time to check batteries, heaters, furnaces and make sure you are ready for cooler weather.