

Town of Barnstable

Cape Cod Pathways Stewardship Guide

Winter 2019 Edition

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Cape Cod Pathways History

The Cape Cod Pathways project was originally planned in 1993 by the Barnstable County Commissioners, with the goal of creating a regional system of trails from one end of the Cape to the other. Today, walking trails traverse a mosaic of lands and cover over 21 miles, beginning in Sandwich and ending in Yarmouth. Final implementation of the plan will require the acquisition of critical links, and consistent trail monitoring and maintenance with the help of volunteers (you!) and other organizations.

Barnstable Land Trust (BLT) is a community-based nonprofit organization dedicated to preserving the open spaces, natural resources, and unique character of Barnstable for future generations. We are currently the steward of 1,100 acres of land in the town of Barnstable and 30+ miles of trails. For more than 2 decades, Barnstable Land Trust has been working to make Cape Cod Pathway's a reality. The Town of Barnstable's Land Acquisition and Preservation Committee (LAPC), devoted to the preservation of open space, has also worked to implement the Pathways project in collaboration with BLT.



Why Do We Monitor?

Consistent monitoring is important because **unreported problems are unresolved problems**. Problems that are left unresolved can develop into more serious issues. Trail monitors are the first line of defense in protecting and maintaining the Cape Cod Pathways system. Monitoring is the first step in identifying problems and providing information that the town and BLT staff may use to later perform actions. Volunteers are absolutely essential for the preservation of these trails, and we thank them greatly for all the hard work they accomplish.

Specific Monitoring Objectives

You should plan to monitor your trail **four times a year (or more, if you choose)**, and keep an eye out for changes over time. Report your visits and **fill out your included field sheet** as completely as possible, even if there is nothing new to report. It is still helpful to know that the trail is in good condition, and that it is being monitored.

- **Walk** your assigned trail section, and using the field sheet, assess the trail's overall condition, the condition of the parking area, and the presence and condition of any kiosks and signage (including blazes).
 - Using the field sheet, **take note** of any concerns, such as downed trees, significant erosion, human interference, trash, dumping, invasive species, and ticks and mosquitoes.
 - **Bring a phone or camera** with you to take pictures of the condition of the parking area, trailhead, and trail, and areas of concern.
 - **Report** your findings to the BLT Land Stewardship Coordinator.
 - If you discover a serious problem, such as an impassible downed tree **contact the BLT Land Stewardship Coordinator immediately (Office# 508-771-2585)**
-

Maintenance Objectives

There are **two things** you can do to help clean up your section of trail:

- Clear smaller branches that are blocking the trail. Do not move anything that is too heavy for you to lift safely, but please report it on your field sheet.
- Pick up trash you find along the trail, such as bottles, plastic bags, food wrappers, etc. Avoid picking up broken glass or anything that could injure you, but please report it.

We do not allow trail monitors to perform any further maintenance, such as trail cutting, due to the liability issues associated with town land.

Suggested Monitoring Materials

- Volunteer folder with map of your trail section, field sheet, and this guide
- Clipboard and pencil
- Camera, or phone with camera
- GPS device or app on phone to mark a location (described on p. 4)
- Trash bag
- Gloves
- Sunscreen
- Bug repellent
- Water and snacks
- First-aid kit (see suggested inventory on p. 10)
- Backpack to carry your materials



Monitoring Process

Fill out your field sheet as completely as possible, and report your findings and photographs to the BLT Land Stewardship Coordinator once you complete your monitoring. The general steps for monitoring are:

- **Bring your monitoring materials** (listed in the previous section), and park at the designated parking area on your field sheet.
- Fill out the **'Date and Season'** and **'Person(s) Doing Field Check'** section in the header of your field sheet.
- First **walk the perimeter** of the parking area, and fill out that section of your field sheet.
- Next, **assess the trailhead**, taking note of any kiosks and Cape Cod Pathways signage, describe their condition, and take photos.
- **Walk the section of trail** you are assigned, highlighted in yellow on the map in your volunteer folder. Some sections of your field sheet can be filled out as you go along, while some cannot be completed until you have walked the entire section.
- **Take photos** of any concerns, such as erosion, mountain bike evidence, dumping, downed trees, etc., and send your photographs to the BLT Land Stewardship Coordinator.
- On your map, **mark areas with concerns** so that BLT staff can easily locate them.
 - **If you have a smartphone**, use Google Maps to drop a pin with GPS coordinates, which can then be emailed to admin@blt.org
- **Collect any trash** you come across and **remove logs/brush** that are blocking the trail and can be safely lifted.
- When you are finished, **return your field sheet and map** to the BLT Land Stewardship Coordinator, and remember to send any photographs with their approximate location marked on your map. **There are three ways of returning your field sheet:**
 - Drop off your field sheet at the BLT office
 - Scan or take a photo of your field sheet, and email it to admin@blt.org
 - Mail in your field sheet to the BLT office

The mailing address for the BLT office is **1540 Main Street, West Barnstable, MA, 02668**

Safety & First Aid

Attached are infographics about tick safety, poison ivy, sunscreen, and staying hydrated. It is suggested that you read them and keep them on you for reference while you monitor. Additionally there is a first aid checklist to help you make your personal kit.

Be sure that before you go out and monitor, you tell someone where you are going, how long you should be out, and have a charged phone in case you need to contact someone.

THE ULTIMATE HYDRATION GUIDE

Do you know **how much water your body needs every day?**

The amount of water required to stay hydrated is different for everyone.

THE FORMULA

$$\frac{\text{Your Weight (in ounces)}}{2} + \left(\frac{\text{Total Minutes Exercising}}{30} \right) \times 12 = \text{Number of Ounces of H}_2\text{O}$$

Note that if you are thirsty, your body is likely already dehydrated.

Here are some additional signs of dehydration:

- Infrequent urination or dark-colored urine
- Dry mouth and cracked lips
- Headaches or blurred vision
- Muscle cramping

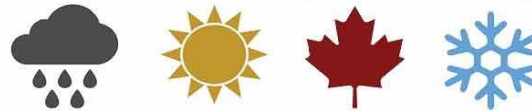
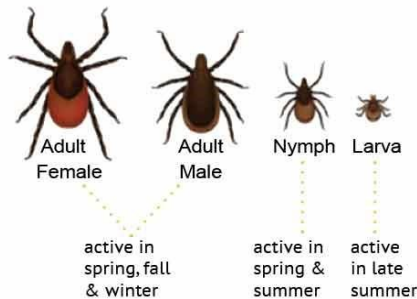
Finally based on the temperature you will sweat more and need to replace that fluid. **It is common to sweat anywhere from 100 milliliters to several liters per day.**

All about TICKS



With tick-borne diseases on the rise, protecting yourself and your family from ticks is important. By being aware and taking steps to prevent tick bites, you can enjoy the outdoors.

Deer ticks can be active **all year long**



Tick habitat is in shady, damp, brushy, wooded areas including shrubs and gardens.

Deer ticks can be active even in the winter when temps are above freezing and if there is a break in the snow cover.

Nymph stage ticks are found mostly at ground level. Adult stage ticks can be found up to a couple of feet off of the ground on vegetation.

Cape Cod ticks

Deer Tick
Also called blacklegged ticks, they can transmit the pathogens that cause Lyme disease, babesiosis, anaplasmosis and relapsing fever.

Adult Female Adult Male Nymph Larva

Lone Star Tick
They can transmit the pathogens that cause Ehrlichiosis, STARI and tularemia. In addition, the bite can cause an allergy to red meat consumption.

Adult Female Adult Male Nymph Larva

Dog Tick
These can transmit the pathogens that cause tularemia and Rocky Mountain Spotted Fever.

Adult Female Adult Male Nymph Larva

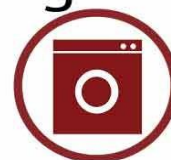
Don't get **bit!**



Use insect repellent.
Products containing DEET may be used on skin. Products containing Permethrin may be used on clothing. Follow instructions! Read the label!



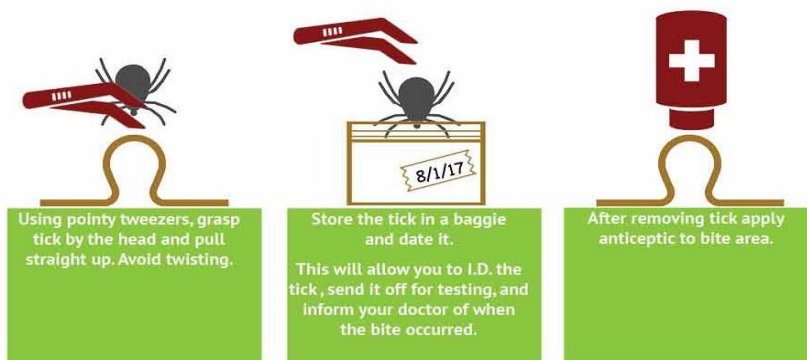
Wear long clothing.
When walking in wooded areas, tuck your pants into socks. Wear light colors to easily see ticks.



Throw your clothes in the dryer.
Do a tick check, then tumble-dry clothes for 20 minutes. This will kill ticks attached to your clothing.

You found a tick. Now what?

You want to remove the tick immediately and correctly. Grab some tweezers and antiseptic.



Contrary to popular belief ticks do not insert their entire head into you, just a long beak with barbs. If the beak breaks off it is no worse than a wood splinter...it will eventually dissolve.

How **NOT** to remove a tick

- X** Do not use blunt tweezers or your fingers...this may crush the tick. Ticks carry a LOT of bacteria and this may cause an infection.
- X** Do not use a match to burn the tick. Takes away any option of testing the tick.
- X** Do not apply materials like petroleum jelly, dish detergent, etc. This just leaves the tick attached for a longer period of time. Remember the longer a tick is attached the risk of transmitting a pathogen (bad bug!) increases.

Don't forget your **pets!**

Does your dog or cat spend time outdoors? Then you should be checking them for ticks.



Vaccines are not available for all of the tick-borne diseases that dogs can get, and vaccines don't keep the dogs from bringing ticks into your home.

Do not apply any repellents to your cats without first looking at product directions!

To reduce the chances that a tick will transmit disease to you or your pets:

- Check your pets for ticks daily.
- Tick control products such as topicals and collars are available. Note, some products should not be used on cats. Speak with a pet store manager or veterinarian.
- A Lyme vaccine is available for dogs.

*Source: Cape Cod Cooperative Extension, <https://www.capecodextension.org/ticks/>

Poison Ivy Facts & Fiction

Terms to Know

Urushiol: Rash-causing oil found in all parts of the poison ivy plant.

Contact Dermatitis: Inflammation of the skin caused by an allergic reaction to contact with certain substances such as animals, plants, or various chemicals.

Toxicodendron radicans: the scientific Genus & Species classification of poison ivy.

Should I break the Blisters?

No. This can lead to infection. Let them run their course!

NO!

How long will the rash last?

This can vary person to person. However, on average, a rash can last 2-4 weeks.



Should I cover my rash with bandages?

Only if necessary. Oxygen is helpful to healing the wound.



Do the blisters cause the rash to spread?

No. Not if urushiol has been removed from the skin. Blisters are a natural reaction to urushiol, and do not contain the rash-causing oil.

How can I relieve the itching?

Calagel® and Tecnu® Rash Relief™ Spray are effective ways to treat the itch of poison ivy.



Does bleach remove the urushiol oil or help heal the rash?

No. Bleach removes the top layer(s) of your skin. Using it can irritate your skin and in the process weaken it so that the rash may become worse.



What does poison ivy look like?



The plants grow as a shrub, groundcover, or as a climbing vine. Three almond-shaped leaflets can be light to dark green and turn bright red in the fall. The berries are a grayish-white color.



Information courtesy of:

OUTDOOR SOLUTIONS SINCE 1962™
tecnu

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

SPF 30 OR HIGHER

How well a sunscreen protects you from sunburn.

WATER RESISTANT OR VERY WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



SpotSkinCancer.org

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Source: American Academy of Dermatology (AAD)

Personal First-Aid Kit Checklist:

- 1 package moleskin or molefoam
- Aspirin or ibuprofen
- 1 triangle bandage and safety pins
- Assorted Band-Aids
- 1 Ace bandage
- 3, 4-inch by 4-inch gauze dressings
- 1 roll of tape or Kling bandage
- Gloves
- Pocket mask
- Antihistamine capsules
- Iodine antiseptic or iodine antiseptic wipes
- Shears or scissors
- Tweezers or “tick spoon”

Source: AMC’s Complete Guide to Trail Building and Maintenance 4th Edition

Contact Information

BLT Office Address: 1540 Main Street, West Barnstable, MA 02668

BLT Office Phone #: (508) 771-2585

BLT E-mail: admin@blt.org

For emergencies, call 911