

## INTRODUCTION

### Who's Who

The **Bay Circuit Trails Committee (BCTC)** advises and assists BCT maintainers. We share the common goal of a trail that is safe, easy to follow, and fun to explore.

The **Bay Circuit Alliance (BCA)** was formed in 1990 to protect and promote the Bay Circuit Trail and Greenway. The Alliance is a partnership of local, state and federal agencies, organizations and individuals, public and private, working to support the Bay Circuit Trail and Greenway.

The Bay Circuit Trail is a project of the **Appalachian Mountain Club (AMC)**. The AMC is one of Massachusetts' largest and oldest conservation organizations. AMC staff work with the BCTC and BCA towards the completion, enhancement, and long-term protection of the trail and greenway.



### What's in this Guide

This guide offers the essential information about how to provide basic care for a section of the BCT. Consult additional references for more comprehensive details on more complex trail maintenance and construction skills.

Using these guidelines will promote consistency in the quality and care of the trail across property/town boundaries.

All work should be performed in a manner to protect the environment, natural resources, and the recreational experience of users. Trail stewards should understand and comply with all standards, policies and regulations that apply on a particular section of the BCT, including town requirements for work near wetlands and bodies of water. Use the Steward Contact & Info Sheet to get to know your section (Appendix A). Adopters are expected to act in the spirit of partnership and as ambassadors to the public.

Basic maintenance does NOT require construction of structures to solve trail issues, like boardwalks and bridges. Please *note and report* major issues. If you want to participate in advance trail construction projects, work with the land manager, your BCTC rep, and inquire with AMC-Bay Circuit Trail Volunteer Program staff about current projects.

## WORK SAFE AND SMART

- Check the **weather** and bring appropriate water, clothing layers and rain gear.
- **Let someone know** where you're going and your intended route.
- **Wear Personal Protective Equipment:** Sturdy leather work gloves, sturdy boots, & long pants and sleeves help prevent injury. Safety glasses and a hard hat also increase protection.
- **Maintain tools** in good working condition; know the proper use and safety techniques of tools; be aware of other people using tools around you.  
*\*Note – This guide addresses hand tools only. Volunteers seeking to use power tools, like chainsaws or gas-powered brush cutters, should do so only with land manager approval, in accordance with local regulations and with proper safety gear and training.*
- Know your abilities and limits; and take breaks before you are too tired. Stay hydrated and well-fed. **Use common sense!**
- Employ strategies to **deter deer tick bites and poison ivy** rashes (see pages 10-12).
- Carry basic **first aid** supplies (see page 9). Consider taking a first aid certification course.
- Take advantage of **trainings and workshops** to learn, gain experience and connect with other Adopters.