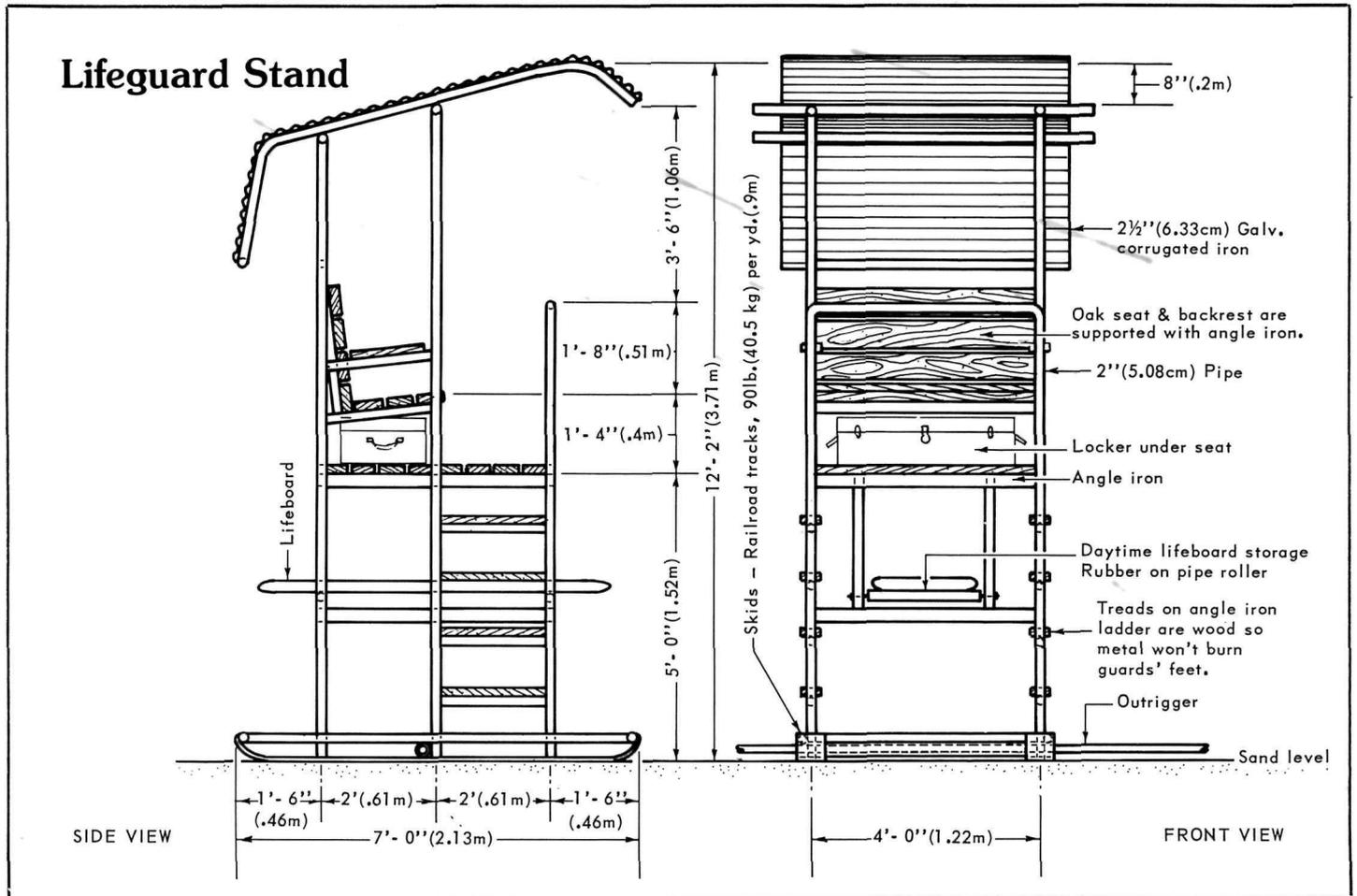


GRIST

July/August 1979

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Designed by Robert J. Butcher, facility manager, B&U, at Lake Mead National Recreation Area (AZ, NV), this attractive and durable lifeguard stand would enhance any beach area.

The pleasing design features simple lines and sloping, curved roof line which acts as an evening sun deflector. There are steps on both sides, so lifeguards can demount without losing sight of victims. Cushions can be attached to the wood seat and backrest, if desired, or portable cushions can be stored in the locker under the seat, along with radio, flippers, lunch, and extra clothing. Seat and backrest are angled for maximum comfort and the backrest

acts as a shield against the hot, late-afternoon sun. Wood-over-iron steps replace the old iron ladder rungs which often burned lifeguards' feet.

To comply with current OSHA regulations, the front rail is low enough so as not to obstruct vision and the rail riser acts as a handhold for individuals mounting the platform. The white roof reflects the sun's heat, while the international orange frame provides high visibility. In addition, beach rescue and patrol vehicles can skid the station easily during water-level fluctuations.

Rail skids provide a heavy base for resistance to high winds—and a removable



(Continued on p. 32)

Letter from the Editor

GRIST

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The Park Practice Program is a cooperative effort of the National Park Service and the National Recreation and Park Association.

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The Park Practice Program includes: *Trends*, a quarterly publication on topics of general interest in park and recreation management and programming; *Grist*, a bimonthly publication on practical solutions to everyday problems in park and recreation operations including energy conservation, cost reduction, safety, maintenance, and designs for small structures; *Design*, a quarterly compendium of plans for park and recreation structures which demonstrate quality design and intelligent use of materials.

Membership in the Park Practice Program includes a subscription to all three publications and a library of back issues arranged in binders with indices and all publications for the remainder of the calendar year. The initial membership fee is \$80; annual renewal is \$20. A separate subscription to *Grist* is \$15 initially and \$7.50 on renewal. Subscription applications and fees, and membership inquiries should be sent only to: National Recreation and Park Association, 1601 North Kent Street, Arlington, VA 22209.

The information presented in any of the publications of the Park Practice Program does not reflect an endorsement by the agencies sponsoring the program or the editors.

Articles, suggestions, ideas, and comments are invited and should be sent to: Park Practice Program, Division of Federal and State Liaison, National Park Service, U.S. Department of the Interior, Washington, DC 20240.

FOR SAFETY'S SAKE

All ideas and suggestions shared in the pages of *GRIST* are presented as guidelines, not final working blueprints. Be sure to check any device or plan you want to adapt for compliance with national, state and local safety codes.



United States Department of the Interior

NATIONAL PARK SERVICE
WASHINGTON, D.C. 20240

An Invitation from the Managing Editor

Dear Reader:

The goal of *GRIST*, as you know, is to help make your job a little easier ... to provide you with useful, up-to-date technical assistance in the broad field of park operations.

But, to do this effectively, we need feedback. The work we do here, the issues of *GRIST* we plan, are only as good as our lines of communication. For all the ideas and suggestions in *GRIST* come from people like you ... practitioners in the field.

Ideally, I'd like to sit down with each and every one of you ... to learn more about you, identify your specific "parking" needs, and determine how *GRIST* can best help you meet those needs. If I had such a chance, I'd be interested in such information as where you're from ... the type of agency or park you're involved with (local, regional, state, national park, or other) ... and just what skills your job entails, both presently and for future career development.

As we talked, I would urge you to share with me your general reactions to *GRIST* ... whether it is helpful to you and your colleagues ... whether you feel it represents usable technical assistance and reference information ... whether or not you pass it along to others. I'd be interested to know how many of the tips you have tried in your park ... and whether you have ever submitted material to *GRIST*.

Then I would question you further about specifics ... things you particularly like or dislike about *GRIST* ... subject areas you feel might be strengthened ... items you found most interesting and/or helpful within the past year ... and those of little interest or value to you.

Obviously, such a personal chat is impossible. But I would like to strengthen our lines of communication. Your days, I know, are full and busy. But you truly would help us serve you better if you could take the time to write and share your opinions with us.

Please let us know how you feel about such matters as those mentioned in this letter. Tell us more about yourself and what we can do to help you solve your on-the-job problems ... and try to do it now, while this appeal is fresh in your mind.

I look forward to hearing from you.



Frank C. Goodell
Frank C. Goodell

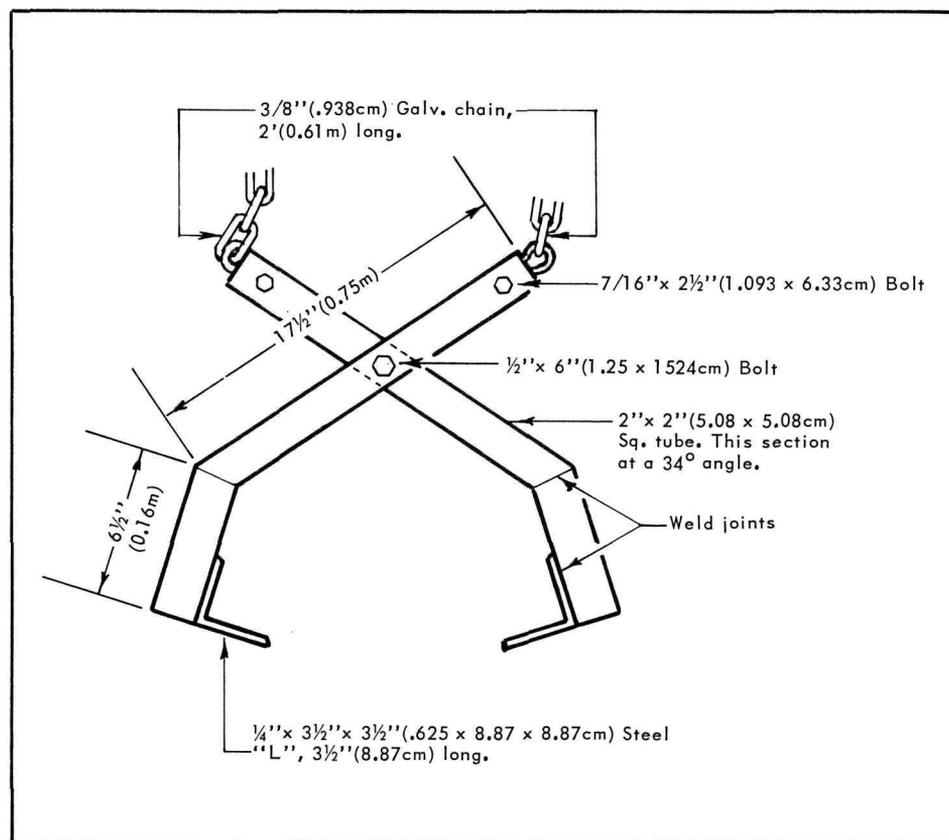
Ingenuity



Parking Block Movers

Moving parking blocks which weigh 300 lbs. (135 kg) each can be a dangerous and tiresome job. Bud Fatheree, assistant park superintendent at Weldon Springs State Park (IL), has designed and built convenient parking block movers to simplify that job.

The clamps are hung by a chain from two hooks in the front-end loader. As the loader is lowered, one man sets the clamps astraddle the block on each end. As the loader is raised, the clamps scissor tightly around the block. Once the block is set in place, the clamps can be removed easily and safely.



Masking Odors, Reducing Flies Near Trash Cans

J. Pete Gill, park supervisor of Spring Valley State Park (NV) shares a tip he got from a camping visitor.

Gill noticed the camper adding one capful of Pine-Sol disinfectant to his trash can after it had been emptied. Following his example, Gill began experimenting with this method in some of his park's problem areas, especially the trash cans at the fish cleaning station. He found it definitely worked. Not only did the Pine-Sol mask the odors, it also reduced the number of flies and other insects drawn by the smell, especially on warm summer days.

Gill suggests that a solution of the disinfectant might also be added to a spray-type plastic bottle for mist application to cans, dumpsters, and wastebaskets in restrooms.

Preprinted Information Slips

Sam Cox, district supervisor headquartered at Two Lights State Park (ME), has devised a way to handle visitor requests for information that is both fast and clear. He prints material up ahead of time.

From experience Sam knows that certain questions are going to be asked of his personnel. Visitors always want to know where campgrounds, the airport, points of interest, and shopping centers are. He writes out clear directions to these places and numbers them separately.

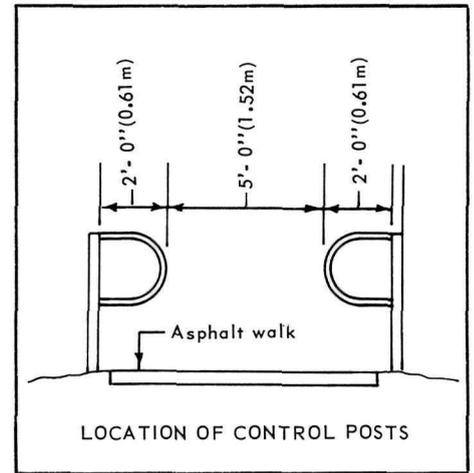
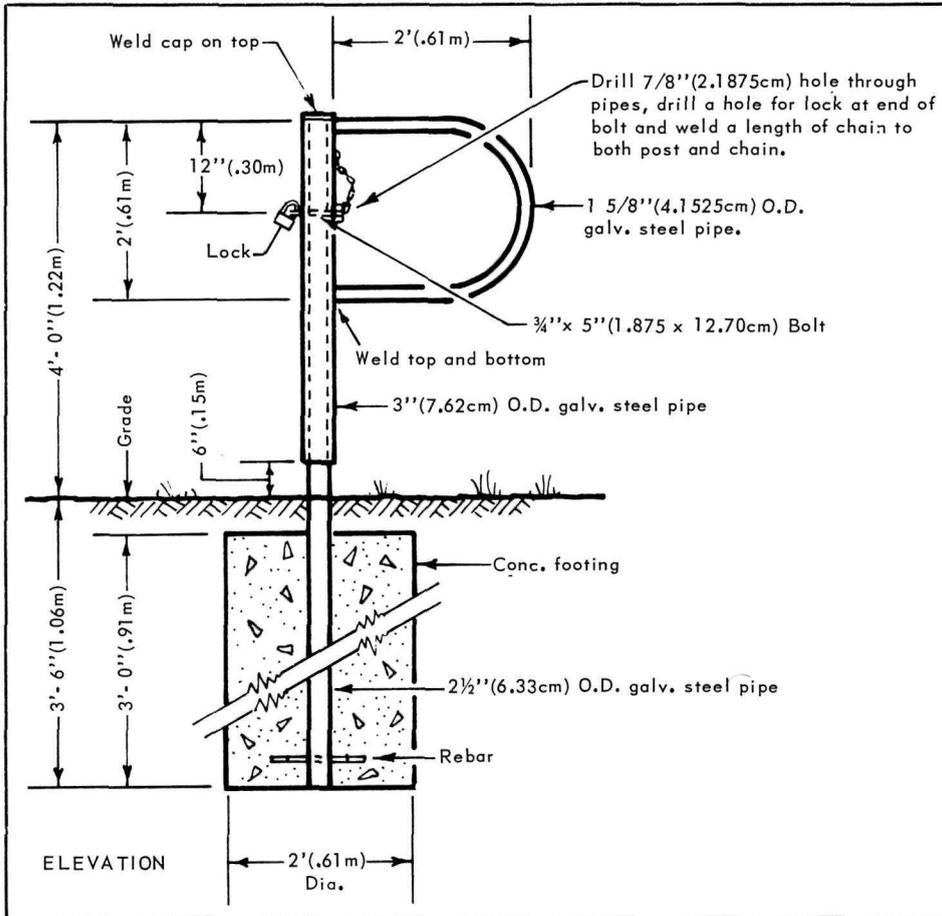
Then he makes a dummy for the printer

to use. He divides a piece of typing paper down the middle lengthwise and across at inch and a half (3.75 cm) intervals. This gives him 14 divisions of space—an inch and a half (3.75 cm) high and four inches (10 cm) long—in which to print his numbered directions.

Next Sam numbers the dummy spaces with the number of the direction he wants for each space. He weighs these to get printed more of those directions that are highest in demand among visitors. Airport directions may get only one space while campground directions may get five or six spaces on the dummy.

When the printer sends back the printed pages, Sam cuts them up into slips and distributes the slips into boxes ready for use at conveniently placed locations.

Trail Structures



Vehicle Control Posts for Walks and Trails

Dale Williams, junior landscape architect in Flint, Michigan's Department of Parks and Recreation, shares this design for vehicle control posts. Intended for park walks or trails, the posts restrict vehicle traffic while allowing passage of pedestrians, bikers, and visitors confined to wheelchairs. To admit a service vehicle, simply unlock, remove the bolt, and swing the gate open.

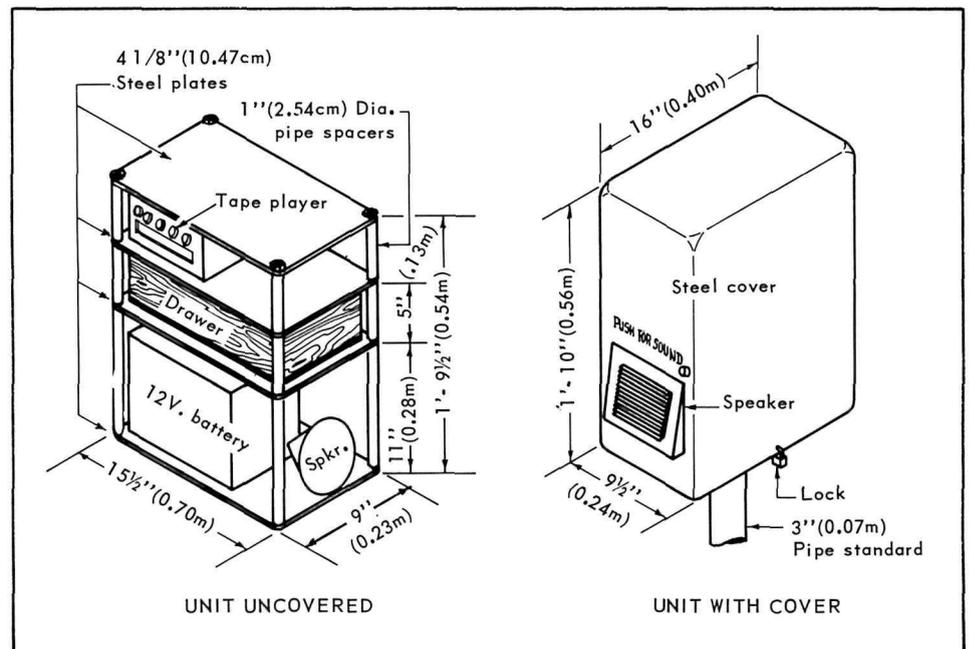
Weatherproof, Vandal-Resistant Steel Cabinet for Trailside Audio Program

From Gene C. Baldock, electrical foreman at Grand Teton National Park (WY), comes this design for a steel cabinet to house the audio program along a self-guiding trail.

The three-shelf cabinet has ample space for a 12-volt battery, a tape player, and control box, as well as storage room for additional tapes and other equipment. There is also a built-in "push" button for starting the program and a speaker.

Before the introduction of Baldock's steel cabinet, an unsightly wooden box, which resembled a coffin, was used. This box broke easily, resulting in frequent damage to equipment by both the weather and vandals.

The steel cabinet now provides a vandal-resistant, weatherproof, durable housing for the taped program, while its streamlined design pleases the eye.



Floating Structures

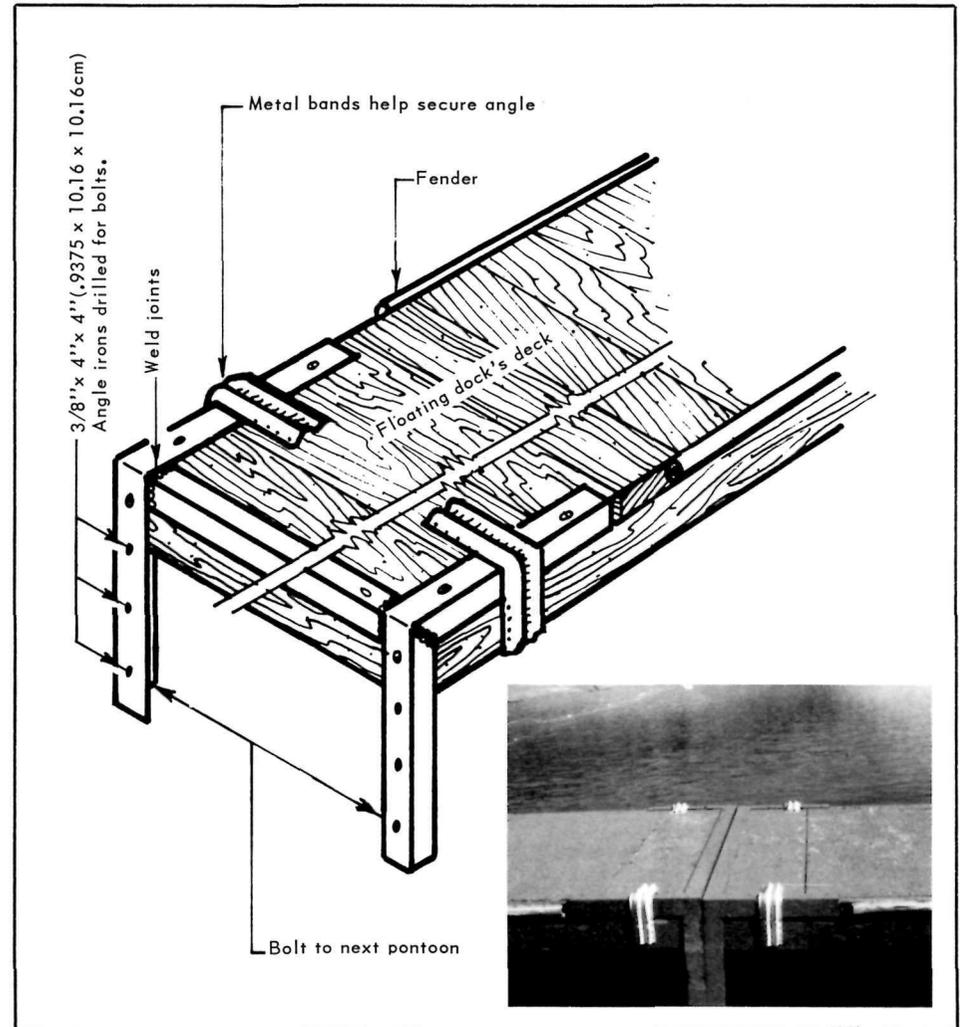
Stabilize pontoons with Angle Iron Braces

Adrian Kitchen, maintenance worker at Glen Canyon National Recreation Area (UT, AZ), also suggests a good way to stabilize the pontoon barges used to support courtesy docks in Glen Canyon and many other areas.

One-inch (2.5 cm) pipe with turnbuckles welded into the center traditionally had been used to anchor the barges at Glen Canyon. But these pipes were bolted to the pontoons rather than to the deck, creating unstable and unsafe conditions since the deck moved 2" (5 cm) up and down whenever there was any wake action.

Kitchen recommended making a solid dock out of several pontoons, permanently anchored together, and stabilizing the dock's front end, by using $\frac{3}{8}$ " x 4" (.9375 x 10 cm) angle iron. The angle iron prevents the pontoons from working up and down, and eliminates the hazard of people falling on uneven dock surfaces or injuring themselves on nails or other materials that become loosened due to the up and down action of the dock.

Kitchen's suggestion has a maintenance benefit too—since maintenance requirements are reduced from once a week to once a year, both manpower and materials are saved.



Second Boat Pumpout Unit

In many parks with water recreation facilities, there are frequent backups of boats waiting to pump out their holding tanks at pumping stations. Adrian Kitchen, a maintenance worker at Glen Canyon National Recreation Area (UT, AZ), found a way to reduce this backup. He built a second pumpout unit from surplus materials!

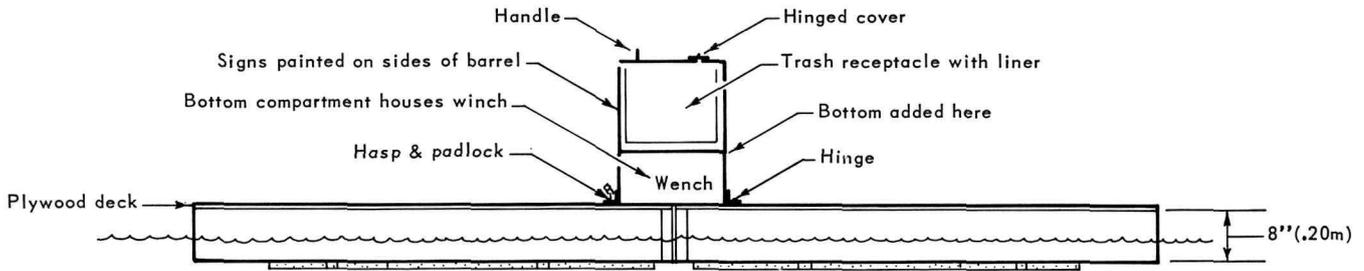
For the floatation platform, Kitchen removed the fiberglass pit toilets from an unsatisfactory floatation unit at Rainbow Bridge. He placed a diaphragm pump in the center of this platform for pumping sewage. Then he added an automatic sprinkler valve to the pump for priming.

The pump is operated by an "on-off"

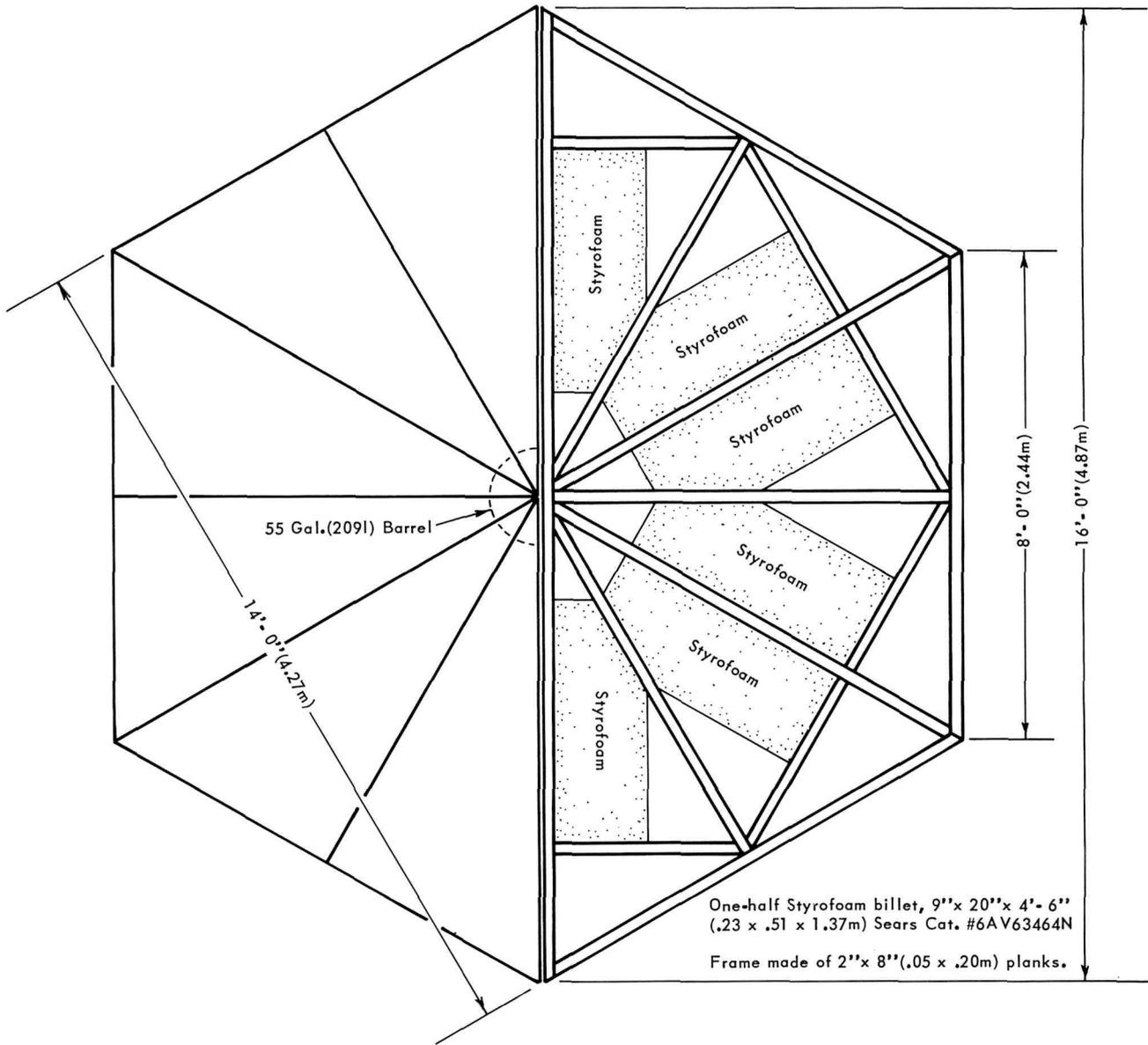
switch. The priming switch is a push button type that has to be held in by the operator. This ensures that a person does not go off and leave the priming water running.

Drinking and flushing water are supplied by two surplus water towers, formerly used at a trailer dump station. One is painted blue, the other red. Water, sewer, and power are all plumbed to the existing station and the anchors of the existing station, likewise, are used.

For his useful idea, Kitchen was granted a \$100 Employee Incentive Award from the National Park Service. His solution should prove adaptable to many other water recreation areas.



SIDE VIEW



HALF-PLAN OF PLYWOOD FLOOR

HALF-PLAN OF FRAMING & STYROFOAM PLANKS

Safety

← Floating Ski Dock

From the Colorado Division of Parks and Outdoor Recreation comes this hexagonal floating ski dock. Designed by Richard Elliott, region manager (West Region) and Richard Rees, park manager, Vega Reservoir State Recreation Area, the dock is anchored from the center and can accommodate water skiers on a reservoir with a fluctuating water level.

With the six-sided design, there are fewer obstructions to water skiers coming in for a landing. The barrel in the center has a false bottom to cover a winch and also can stow trash.

Nonskid Surface for Forklift and Workshop Floor

While using a forklift with a scaffold, it sometimes is necessary to climb up and over the forks to reach the scaffold. Small particles of sand or damp soles on shoes can cause treacherous slipping on the surface one must walk over while using this equipment.

Harold Scoble, building repairman at Lake Mead National Recreation Area (AZ, NV), has come up with a good solution to this problem. He suggests that all forklift surfaces that bear foot traffic be steam cleaned, painted, sprinkled with sand, then painted again. This makes a nonskid surface and provides surer footing. Steps leading up to the driver's seat can be given the same treatment.

On workshop floors, where sawdust is a frequent hazard, yet sweeping after each cut is impractical, the same procedure can be used. Just paint the floor, sprinkle sand over the still-damp first coat, then paint again for a safer, nonskid surface.



Identifying PCB

PCB (polychlorinated biphenyls) is a very toxic and very persistent liquid agent. It is used primarily in heat exchange and insulating fluids in closed systems such as transformers, high-voltage capacitors, hydraulic machinery using PCB hydraulic fluid, and other machines or motors containing PCB as a cooling agent.

All PCB containers and other PCB machinery should be properly labeled according to Environmental Protection Agency requirements (see regulations CFR 40, Part 761, issued by EPA on May 31, 1979, governing the prohibition and control).

In accordance with these regulations, PCB Caution Labels now are available from Almatek Industries, Inc., 1451E Rt. 46, Ledgewood, NJ 07852. Made in three sizes: 6" x 6" (15 x 15 cm), 3" x 3" (7.5 x 7.5 cm), and 7/8" x 7/8" (2.2 x 2.2 cm), the labels are made of yellow vinyl film, flat printed, embossed yellow aluminum, and reflective day-

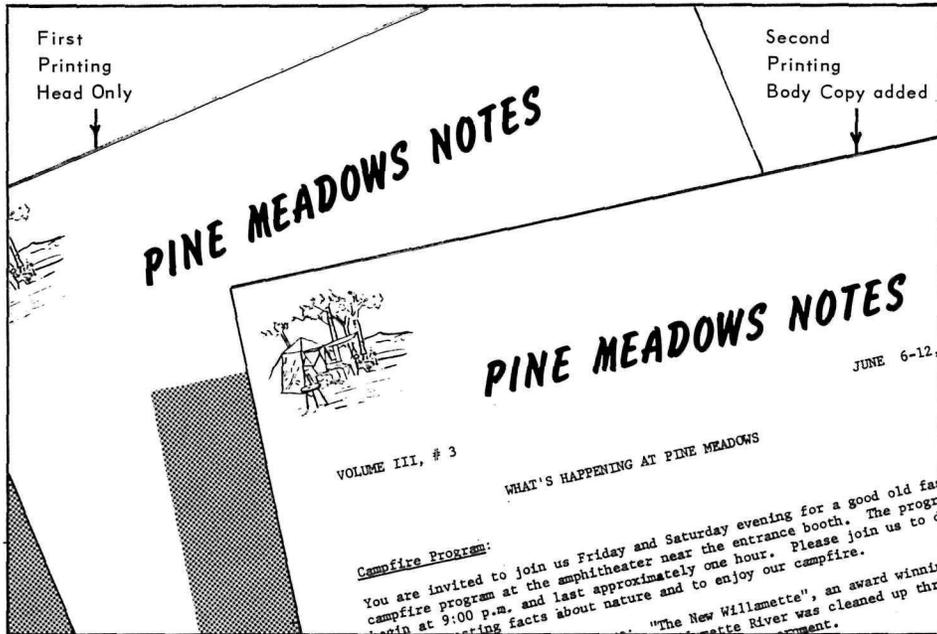
night finishes. Long life is assured through a special process that protects the image from weather and ultraviolet effects.

The labels and plates may be mounted directly to equipment by pressure-sensitive adhesives or at ground level by nails. These labels meet or exceed current requirements to identify transformers and capacitors containing PCB chemicals. Labels are also available from other suppliers. For more information, contact EPA's Office of Industry Assistance (see below).

In addition to complying with labeling and disposal requirements, the National Park Service advises that other protective control measures be considered for people handling or working with PCB since exposure to it can result in liver damage and skin lesions.

For further information about PCB and regulations governing its use, contact John Ritch, Jr., Director, Office of Industry Assistance, Office of Toxic Substances (TS-799), Environmental Protection Agency, 401 M Street, S.W., Washington, D.C. 20460. Call the toll-free number (800) 424-9065 or in Washington, D.C., call 554-1404.

Campground Ideas



Campground Newsletter

From Richard Lamster, park manager of the U.S. Army's Portland District, Corps of Engineers, Upper Willamette Valley Project (OR), comes this format for a simple, effective campground newsletter.

For his 2-page communique, Lamster uses both sides of an 8½" × 14" (21.25 × 33 cm) sheet of paper. One side, headed "Welcome to Pine Meadows Campground," is printed before the busy summer season. It contains a brief welcome statement, a list of the most often asked and/or violated rules, and a comment or suggestion space. Each Spring, 3,000 copies are printed.

The information on the other side changes each week. Only the heading "Pine Meadow Notes" and a simple campground illustration are preprinted. Copy for each weekly edition is typed to fit onto this side. Staff members then take the typed page and 200 copies of the preprinted newsletter to a commercial printer who uses the offset printing method to make 200 copies of that week's edition. Weekly printing costs vary from \$5 to \$7 depending on the printer.

Each newsletter covers the period of Monday through Sunday. It has such pertinent information as announcements for campfire programs, self-guided nature trails, and guided interpretive walks; in-

formation on a native animal, plant, or natural feature; simple camping recipes; information on special campground problems or situations; local news or events of camper interest; and a conservation message on ecology, energy, or pollution.

The newsletter is distributed to all campers as they check into the campground, one per vehicle. Copies also are placed on the campground bulletin boards, and on the inside door to each restroom stall.

There have been no problems with the newsletters re-appearing in the campground as litter. Lamster speculates that several factors contribute to this fact:

- A. The large size is very obvious when dropped onto the ground. Because the park is highly maintained and litter is seldom evident, throwing the newsletter away as litter might be too obvious a gesture.
- B. Only one copy per vehicle is distributed; additional copies are available only upon request.
- C. Campers may desire to keep a portion of the newsletter such as the recipe, conservation message, or the comment sheet, so they keep the entire newsletter.
- D. Campfires are popular in the park and if a newsletter is no longer wanted, it is good to use as a campfire starter or as added fuel.

For further information about the newsletter, contact Richard Lamster at 503/937-2131.

Camp Site Roll Call

District Supervisor Wentworth Burnham reports that a roll call system has been in effect for some time at Maine's Lake Sebago State Park. The roll call eases the problem of getting camp sites for visitors and provides added convenience for visitors and park personnel alike.

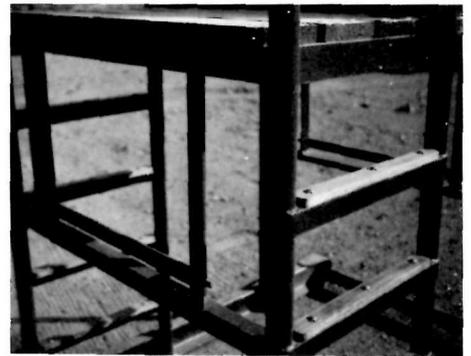
If the park's 287 sites are filled when a visitor calls at the gate, he is told he may sign the roll of those waiting for sites and then is directed to a nearby private campground. The next day at one o'clock p.m., all those who have signed the roll return to hear names read off over the public address system. It is always quiet enough to hear a pin drop because if a name is not answered, it is scratched.

Vacant sites are filled in the order that the names are signed on the roll. If you are number 38 at a roll call that permits 20 new sites to be filled, you will be number 18 at the next day's roll call.

This system allows a fair allotment of camp sites with a minimum of difficulty.

Lifeguard Stand

(Continued from p. 25)



pipe outrigger can be used in exceptionally high winds. Should the structure ever blow over, the roof framework protrudes to protect the corrugated roofing.

The all-iron framework reduces long-term maintenance and resists twisting or breaking when skidding or moving for winter storage. All ground welds create a smoother surface for handholds and fewer angles where moisture may collect. This helps retard corrosion, while holes at the bottom of the vertical framework allow any condensation that does form to escape.