



Serving Handicapped Visitors

Helping to provide safe and enjoyable experiences to handicapped persons at beaches is an important step in mainstreaming the disabled in our society. One method of providing these experiences is to train lifeguards in the supervision and rescue of handicapped swimmers.

Richard D. Baker, chief lifeguard at Assateague Island National Seashore (MD-VA) suggests establishing such a lifeguard training program and he refers us to the American Red Cross publication *Adapted Aquatics* as a training text.

Baker also recommends publicizing the lifeguard services and recreation program accessibility so that this information is available to all. He suggests publishing a brochure as part of Assateague Island's water safety recreation use program which highlights this information.

The brochure would state. . .

"All lifeguards receive training in first aid, CPR, lifesaving and beach supervision. They are also trained to supervise mainstreamed handicapped visitors and to handle them in emergencies.

"Groups with members who share characteristics that are special problems in aquatic recreation may want to use the protected beach and integrate their group with the general public. Group leaders should consult with a supervisory lifeguard concerning group characteristics such as non-swimmers, poor swimmers, or disabilities, before letting their group go into the water.

(continued on p. 19)

Safety



1957

1982

Twenty-Fifth Anniversary

Grist

A publication of the Park Practice Program

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

Russell E. Dickenson, Director
National Park Service

John H. Davis, Executive Director
National Recreation and Park Association

Editorial Staff

National Park Service
U.S. Department of the Interior
Branch of Professional Publications
Division of Cooperative Activities

Frank C. Goodell, Program Manager

James A. Burnett, Editor, *Design* and *Grist*

Kathleen A. Pleasant, Editor, *Trends* and Writer,
Grist and *Design*

NRPA Printing Staff

Albert H. Ziegenfuss, Manager

The Park Practice Program includes: *Trends*, a quarterly publication on topics of special interest in park and recreation management and programming; *Grist*, a bimonthly publication on practical solutions to everyday problems in park and recreation operations; and *Design*, a quarterly compendium of plans for park and recreation structures which demonstrates quality design and intelligent use of materials.

Membership in the Park Practice Program includes a subscription to all three publications and selected back issues in vinyl binders with indices and all publications for the calendar year.

The initial membership fee is \$80; annual renewal is \$20. A separate subscription to *Grist* is \$15 initially, and \$7.50 upon renewal. Subscription applications and fees, and membership inquiries should be sent only to: National Recreation and Park Association, 3101 Park Center Drive, Alexandria, VA 22302.

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 by the editors.

Articles, suggestions, ideas and comments are invited and should be sent to the Park Practice Program, Division of Cooperative Activities, National Park Service, Washington, D.C. 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 adopt for compliance with national, state and local safety codes.

Increasing Vehicle Visibility

Making vehicles more visible at night is an effective method of reducing accidents and injuries.

Park Ranger Dale Edward Silvis of Cuyahoga Valley National Recreation Area (OH) suggests using Scotchguard or other brand of reflectorized tape to improve and increase visibility of government-owned vehicles during night-time operation.

The tape can be applied to the exterior of all park vehicles and can also be applied to the inside of doors, the inside of the trunks of automobiles, and the underside of vehicle hoods. Silvis states that the reflectorized tape even enhances law enforcement vehicles which are already equipped with light bars and other safety equipment. The tape is of particular use when retrieving equipment from car trunks at night and when vehicle operators are in public contact on the side of the road.

Reflectorized tape can be purchased in many colors to match the color of the vehicles and can be applied in strips to achieve maximum effect and visibility.

Silvis was presented a \$200 National Park Service incentive award for his suggestion.



Stairway Safety

Doyal Glenn Jackson, maintenance work leader at the Ozark National Scenic Riverways (MO) came up with this idea to make the lumber stairway tread surface within the Maintenance Shop safer to walk upon.

Jackson suggests warming clean, sharp sand and applying it to freshly painted stairway, while the paint is still wet. After this is dry, apply a second coat of paint over the sand and allow to dry.

This sand and paint mixture prevents slipping where there are up-down tread surfaces and when the surface is wet (except during periods of ice and snow cover).

A \$100 National Park Service incentive award was presented to Jackson for his suggestion.

Shower Facilities

Maintenance employees are often exposed to unsanitary conditions, contaminants and substances such as gasoline, acids and chemicals which could cause serious problems if not washed off within a reasonable period of time.

Sharon Fletcher, supply clerk at Cumberland Gap National Historical Park (KY, VA, TN) recommended the installation of shower facilities at the maintenance department for emergency, hazardous type situations and as a preventive measure against disease.

Fletcher was presented a \$50 National Park Service incentive award for her suggestion.

Visitors Considered

Fee Booth Sign

Park Technician Gordon Wilson suggested posting additional information at the entrance station's fee booth at Castillo de San Marcos National Monument (FL) that would be most welcome to senior citizens.

U.S. Senior Citizens
FREE ADMISSION
Pass Available Here

An existing sign stated that children under 16 years of age were admitted free of charge. Wilson's suggestion furnished the additional information that U.S. residents who are 62 years or older are entitled to free admission if they possess a Golden Age Passport, and that passports are available at the entrance station.

A \$25 National Park Service incentive award was presented to Wilson for his suggestion.

Handicapped . . . (continued from p. 17)

"A ramp goes from the handicapped parking area at the north end of the main parking lot to the beach just north of the lifeguard-supervised beach. Disabled visitors may need assistance to move into the protected area."

Baker feels that public service will be improved through increasing program accessibility. Expanded lifeguard training will prevent accidents and result in more emergency service for all visitors. Also, the existence of the Red Cross text, *Adapted Aquatics*, makes it possible for any organization to immediately incorporate knowledge about handicapped swimming into its training program.

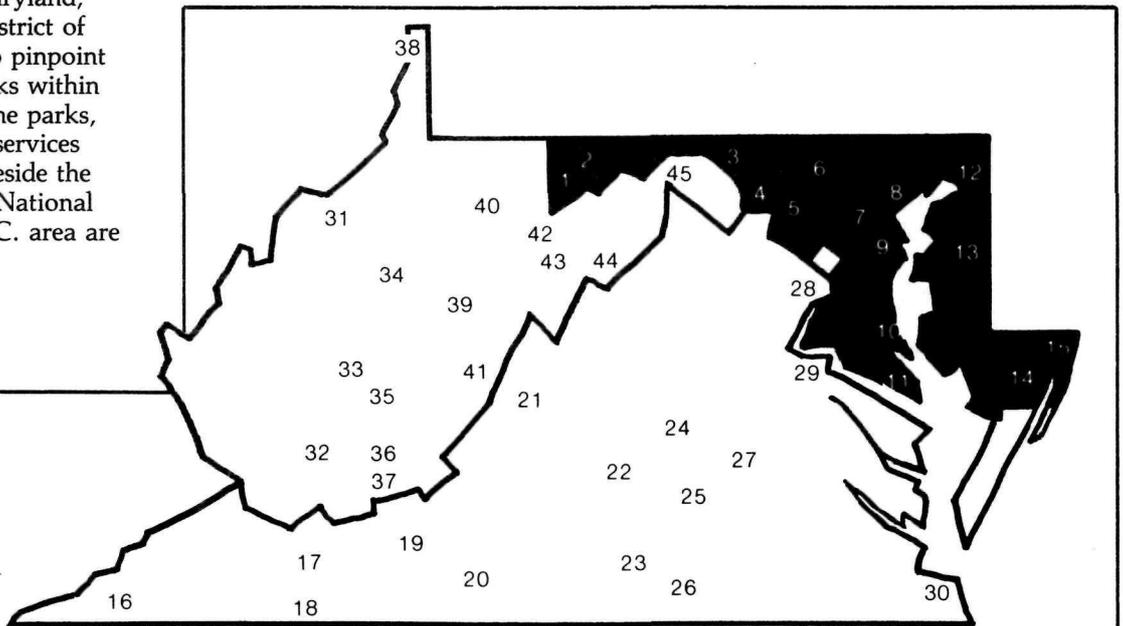
Baker was presented a \$50 National Park Service incentive award for his suggestion.

Parks in the C&P Area

Information about your local park area is close at hand. Jackie Clinton, secretary in the National Park Service's Division of Natural Science shares this page from a 1980 Northern Virginia Chesapeake & Potomac telephone directory (Washington, DC metropolitan area).

A map of Virginia, Maryland, West Virginia and the District of Columbia is numbered to pinpoint locations of the state parks within the area. The names of the parks, telephone numbers, and services available are described beside the corresponding numbers. National park areas within the D.C. area are also listed.

Parks in the C&P Area



District of Columbia

Dial-A-Park 202/426-6975. Information 202/426-6700.

Anacostia Park: swimming pool, sports facilities.

Kenilworth Aquatic Gardens: features waterlilies, lotuses. 202/426-6905.

U.S. National Arboretum: ornamental trees, shrubs, floral displays. Trails include Touch and See Nature Trail, designed for both blind and sighted persons. 202/339-5400.

East Potomac Park: swimming pool, picnicking, miniature golf, two golf courses, driving range, club house. 202/554-9813.

Fort Dupont Park: picnic, miniature golf, the summer

West Potomac Park: ballfields, fish, ice skate, swan boat, pedalboats, rowboats, canoes for hire.

Maryland

Park Service 301/269-3761 & 3771

Camping and Special Activities 301/768-0895

1. Herrington Manor State Park: cabins, hike, bike, picnic, fish, swim, winter sports, boat rental, ramp. 301/334-9180

2. Deep Creek Lake State Park: camp, picnic, hike, fish, swim and boat ramp. 301/387-5563.

3. Fort Frederick State Park, on C&O Canal; restored frontier fort, museum

8. Gunpowder Falls State Park: camp, picnic, fish, boat ramp, horseback riding, hike and bike. 301/592-2897

9. Sandy Point State Park: picnic, hike, fish, crab, swim, boat rental and ramp. 301/757-1841

10. Calvert Cliffs State Park: camp, picnic, hike and fish. 301/888-1622

11. Point Lookout State Park: monument to Confederate prisoners of war, camp, picnic, swim, fish, hike and boat launch. 301/872-5688.

12. Elk Neck State Park: campsites, cabins, picnic, hike, swim, fish and boat ramp. 301/287-5333

13. Martinak State Park: camp, picnic, fish and bo

18. Grayson Highlands State Park: camp, hike, picnic, visitor center. 703/579-7092

19. Claytor Lake State Park: cabins, campground, horseback riding, hike, picnic, swim, water ski, fish, boat rental and ramp, visitor center. 703/674-5492

20. Fairy Stone State Park, named for cross-shaped rocks in area: camp, cabins, horseback riding, hike, bike, picnic, swim, fish, boat rental and ramp, visitor center. 703/930-2424

21. Douthat State Park: cabins, lodge, campsites, visitor center, picnic, hike, fish, swim, boat rental and ramp on lake. 703/862-0612

22. Holliday Lake State Park: camping, hike, picnic, fishing

35. Babcock State Park: New River Canyon, operating gristmill, campsites, cabins, picnic, swimming pool, gamecourts, hike, fish and boat rental.

36. Bluestone State Park: cabins, campground, picnic, hike, swimming pool, gamecourts, fish, boat rentals and launch.

37. Pipestem State Park: aerial tramway to Bluestone River complex, cabins, lodge, campsites, golf course, swimming pool, gamecourts, horseback riding, hike, picnic, fishing.

38. Tomlinson Run State Park: fish, hike, picnic, swim, boat rental and ramp.

39. Holly River State Park: cabins, campground, gamecourts, swimming pool

Operation

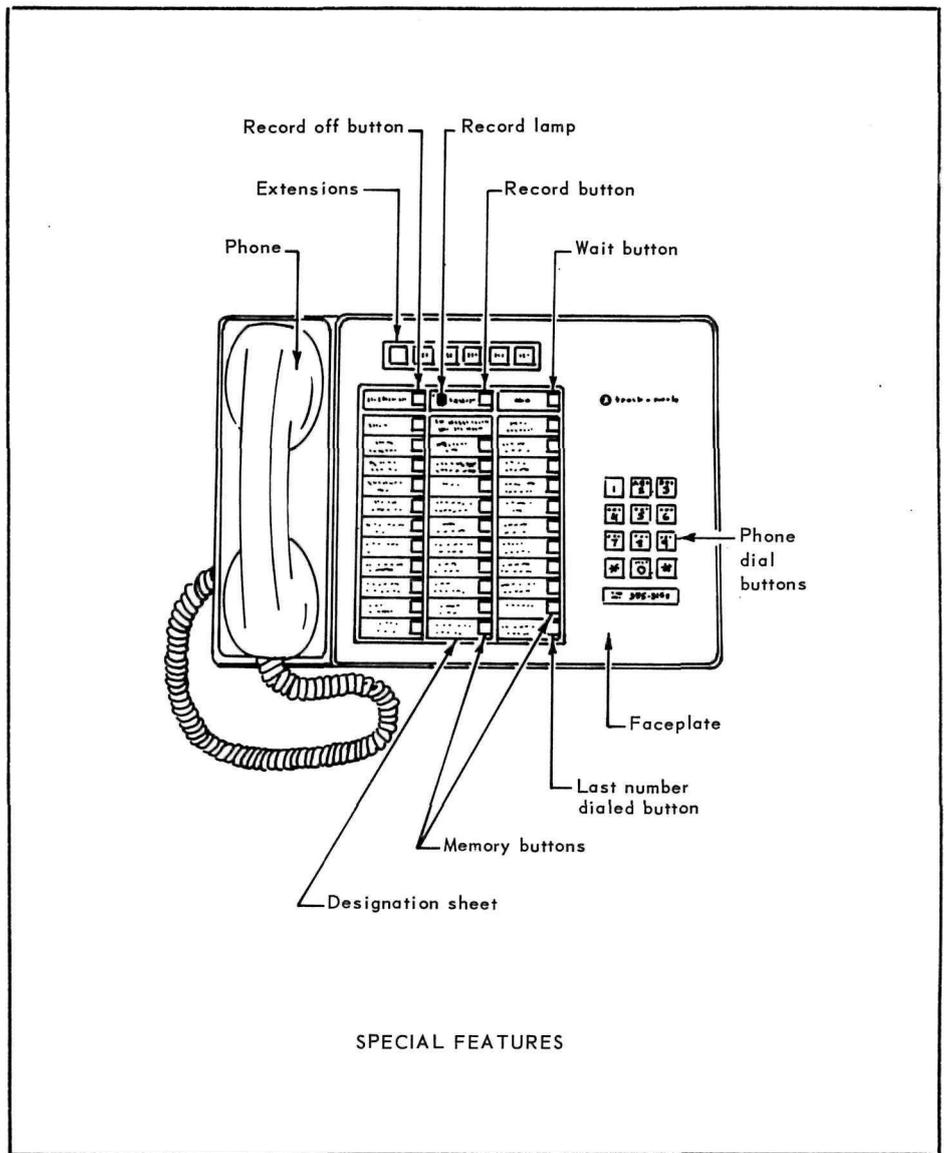
Library Resource

Have you ever read an interesting and pertinent article, only later to forget where you read it, or misplaced the magazine in which it appeared? Wayne L. Bell, clerk at the Blue Ridge Parkway (NC-VA), solved this problem by suggesting that articles of significance to the Parkway be indexed and entered into the Interpretive Library card catalogue.

All incoming magazines are reviewed by the Park Historian and Chief of Interpretation, and significant articles are marked on the contents page. The Interpretive Clerk indexes the designated articles, keeping both the index card and magazine in the Interpretive Office for two weeks. They are then forwarded to the South District Office for filing.

Bell also donated all newspaper clippings to the Pack-Memorial Library reference section. Clippings are usually filed and later destroyed when no longer needed or after a 3-year period. Providing the library with research material would greatly increase the library's existing shelf file of newspaper clippings and would provide additional material to the numerous historians, writers, students, etc., interested in North Carolina and local history. Both of these ideas also help free up storage space and make better use of library resources.

Bell received a \$50 National Park Service incentive award for each of these two suggestions.



Emergency Dispatching for Patrol Rangers

Patrol ranger requests for information and assistance require immediate response by the radio dispatchers in park headquarters. Dispatchers must have ready access to a myriad of telephone numbers. At Richmond National Battlefield Park and Maggie L. Walker National Historic Site (VA) which consist of 12 widely separated units in three Virginia counties and the City of Richmond, the dispatcher must deal with five separate local and state jurisdictions as well as the state motor vehicle computer which itself requires three different phone numbers and two access codes.

Chief Park Ranger Charles D. Raskind recommended installing a Western Electric Touch-a-matic 31 phone in the ranger/dispatching office at Richmond park headquarters. This phone allows

one button dialing, and up to 31 different police, fire, rescue, motor vehicle, park and service phone numbers are automatically programmed into the phone. Listings are made alphabetically by type of service, and emergency phone numbers are further identified by a red mark. Computer access codes are listed next to the appropriate phone listing.

This new telephone system has greatly increased response time and efficiency within the parks and insures almost 100% accuracy. The phone is fully compatible with multi-line systems including intercom and has rotary dial or push button operation. Additional cost is less than \$15.00 per month.

Raskind received a \$75 National Park Service incentive award for this suggestion.

DIRECTORY SHEET

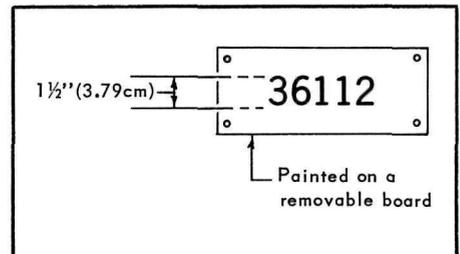
RECORD OFF <input type="checkbox"/>	 RECORD <input type="checkbox"/>	WAIT <input type="checkbox"/>
CHESTERFIELD Police COMMUNICATION <input type="checkbox"/>	For instructions lift face plate	Radio Comm. of Virginia <input type="checkbox"/>
CHESTERFIELD Fire/Rescue COMMUNICATION <input type="checkbox"/>	DMV - Nights, weekends, holidays <input type="checkbox"/>	CHESTERFIELD Police routing <input type="checkbox"/>
#1 HANOVER P/F/R COMMUNICATION <input type="checkbox"/>	Maggie Walker House <input type="checkbox"/>	HANOVER CO. Offices & Sheriff <input type="checkbox"/>
#2 HANOVER P/F/R COMMUNICATION <input type="checkbox"/>	Ft. Harrison V.C./Maint. <input type="checkbox"/>	HENRICO CO. Police <input type="checkbox"/>
HENRICO P/F/R EMERGENCY COMMUNICATION <input type="checkbox"/>	Cold Harbor VC Watt House Garage <input type="checkbox"/>	RICHMOND Police routine <input type="checkbox"/>
HENRICO P/F/R NON-emergency Ask for Comm. <input type="checkbox"/>	F B I <input type="checkbox"/>	STATE POLICE Admin. HQ's <input type="checkbox"/>
RICHMOND P/F/R EMERGENCY COMMUNICATION <input type="checkbox"/>	U.S. Attorney <input type="checkbox"/>	Maggie Walker Storage <input type="checkbox"/>
RICHMOND P/F/R NON-emergency COMMUNICATION <input type="checkbox"/>	U.S Magistrate <input type="checkbox"/>	<input type="checkbox"/>
STATE POLICE Division #1 <input type="checkbox"/>	Dictograph Alarm FALSE ALARMS TESTING <input type="checkbox"/>	<input type="checkbox"/>
DMV 10-27 <input type="checkbox"/>	Dictograph Alarm Co. SERVICE <input type="checkbox"/>	TIME/TEMPERATURE <input type="checkbox"/>
DMV 10-28 <input type="checkbox"/>	FTS OPERATOR Commercial # <input type="checkbox"/>	LAST NUMBER DIALED <input type="checkbox"/>

Building Inventory Numbers

The Parks Division of the Arkansas Department of Parks and Tourism developed this building inventory numbering system for its facilities.

The numbers are 1½" letters on a removable, rectangular board and are placed in areas not easily noticed by the public. The numbers are furnished by the Department's inventory control section, and placement is established by the park superintendent or the regional supervisor.

This building inventory numbering system is part of the *Arkansas State Park Design Standards*, issued by Richard W. Davies, Director of State Parks in Arkansas.

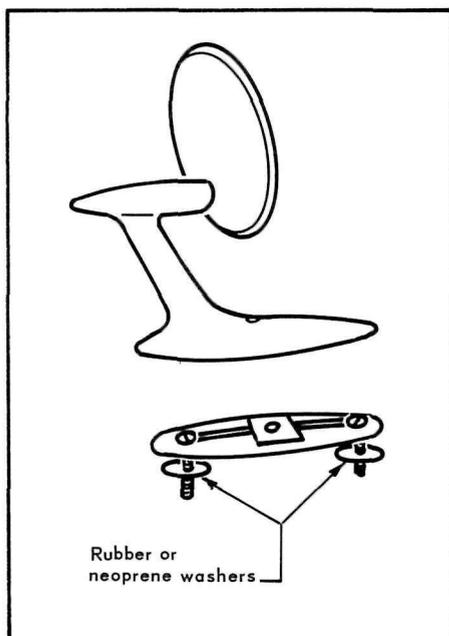


Emergency Repair to Water System

Bryan Rowder from Idaho's Farragut State Park shares his suggestion for emergency repair for a water system. When the diaphragm on a Cla-valve (check valve) breaks because of excessive pressure or wearing out, apply nylon reinforced tire tube patches on the break, the same way you would if patching a tire. The stronger the patch, the better. Rowder says that a "Hot Patch" kit will also work.

This emergency repair may prevent your park facilities from being closed for several days, while a replacement part is located, delivered and installed. This would mean a savings to the park staff in complaints, possible vandalism because of closed restrooms, and saves the park visitor the disappointment of finding the park or recreation area closed.

Rust Prevention



The Junior West Coast rear-view mirrors that come on pick-up trucks and vans are attached directly to the truck or van door, with no spacer or washer between the mirror frame and door. Water, salt air and vibration create electrolysis which causes the door to rust.

Rodney M. Stilwell, maintenance worker at Canaveral National Seashore (FL) suggests installing rubber or neoprene washers between the mirror frame and door so the two metals do not touch. This would prevent the door from rusting and would add to the preservation of the vehicle.

A \$25 National Park Service incentive award was presented to Stilwell for his suggestion.



Porcupine-resistant Sign

Having problems with porcupines? A porcupine-resistant sign is now available from Ojo Caliente Craftsmen, Inc., P.O. Box 67, Ojo Caliente, NM 87549.

The signpost is made of $\frac{3}{4}$ " seven-ply porcupine-resistant plywood, with a brown high density overlay (HDO).

The U.S. Forest Service's Missoula Equipment Development Center researched and developed porcupine-resistant signs in the early 1970s, and the signs were made available in 1975. The availability of these signs was announced in the U.S. Forest Service's December 1980, *Equip Tips*.

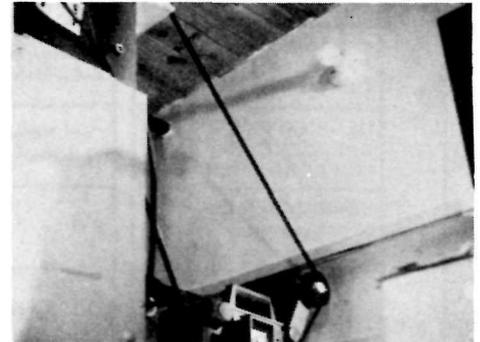


Protecting Interpretive Equipment

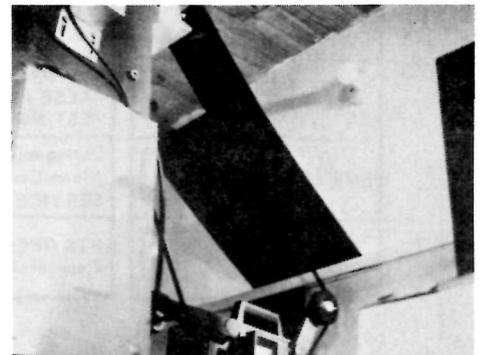
Many park personnel use 16mm movies in their interpretation programs. As much as 6 feet of film is exposed to airborne dust particles which can damage both the film and projector.

Gerald W. Sanders, park technician at Lincoln Boyhood National Memorial (IN) made a dust cover to place over the projector and exposed film. The dust cover is an 18"x30" piece of colored plastic-glass and was made from scrap material. The dust cover has kept the film and projector relatively dust-free and has reduced the amount of time spent in cleaning the film and projector from a daily to a weekly basis.

An \$81 National Park Service incentive award was presented to Sanders for his idea.



Before



After

Sawbuck for Chain Saw Wood-Cutting

When a wood burning stove was purchased for the maintenance shop at Agate Fossil Beds National Monument (NE), a device was needed to hold lumber while cutting it with a chain saw. This device would have to make certain the lumber was held secure and would allow only one person to do the entire operation.

Maintenance worker James D. Hanson constructed this sawbuck that has four cross supports instead of the standard two or three. The two middle crosses are approximately 10" apart and the diagonal cross braces are on both sides to eliminate movement lengthways.

Two pieces of plywood are nailed on the inside of all the crosses where the lumber will lay. Both

pieces of plywood have a slot of about 2" wide cut in between the two middle crosses. This allows both long pieces of wood to be cut and also the short pieces which are normally hard to hold and saw by one person. Using this type of sawbuck, the short piece can be laid across the 2" slot and the chain can be run down through the slot while both ends of the wood are supported.

The sawbuck can be constructed from old wood and posts. It allows one person to cut wood with a chain saw, instead of two, and provides a safer means for the chain saw operator.

Hanson received a \$250 National Park Service incentive award for developing this idea.

Recycling

Recycled "Honey Wagon"

Park Technician Stephen M. Young came up with an idea to make good use of a surplus tank and trailer at Big Bend National Park (TX). He suggested converting the vehicle, once used to haul hot oil, into a "honey wagon" for pumping toilets.

Adding an additional "honey wagon" to the park meant that the pit toilets at Rio Grande Village and Castolon could be pumped on a regular basis and would prevent pit toilets from being closed because they were full. It would also save time and expense for costly fuel traveling between the two areas.

The conversion would require only minor alterations and a change of the hitch from a military to a ball type.

Young received a \$45 National Park Service incentive award for his suggestion.

Lumber Rack

Storing unused lumber from new building construction at Fort Scott National Historic Site (KS) was a problem until maintenance worker Harley T. Goff built this lumber rack.

He used eight 8"x10" timbers for the rack legs and spaced the legs 5' apart for an overall length of 15'. Holes were cut to insert 4"x4"x8' beams to form three 2' wide rack sections. The legs were notched at the bottom shelf level for 2"x4"x60" braces which will support one or more solid shelves for short lengths of lumber.

Goff used timber and lumber left over from the restoration of historic structures at the site. He estimates labor costs at \$103. A comparable lumber rack, if purchased, would run approximately \$747.

Recycling Aluminum Cans

Steven W. Chapin, park planner at Blue Ridge Parkway (NC-VA), recommended placing a plastic garbage container in the canteen area to collect empty soft drink cans. The cans are rinsed out before placing in the bag to prevent bugs from gathering. Twice a month the cans are taken to the local recycling center. Money received from the recycled cans is donated to the Employee Benevolent Fund.

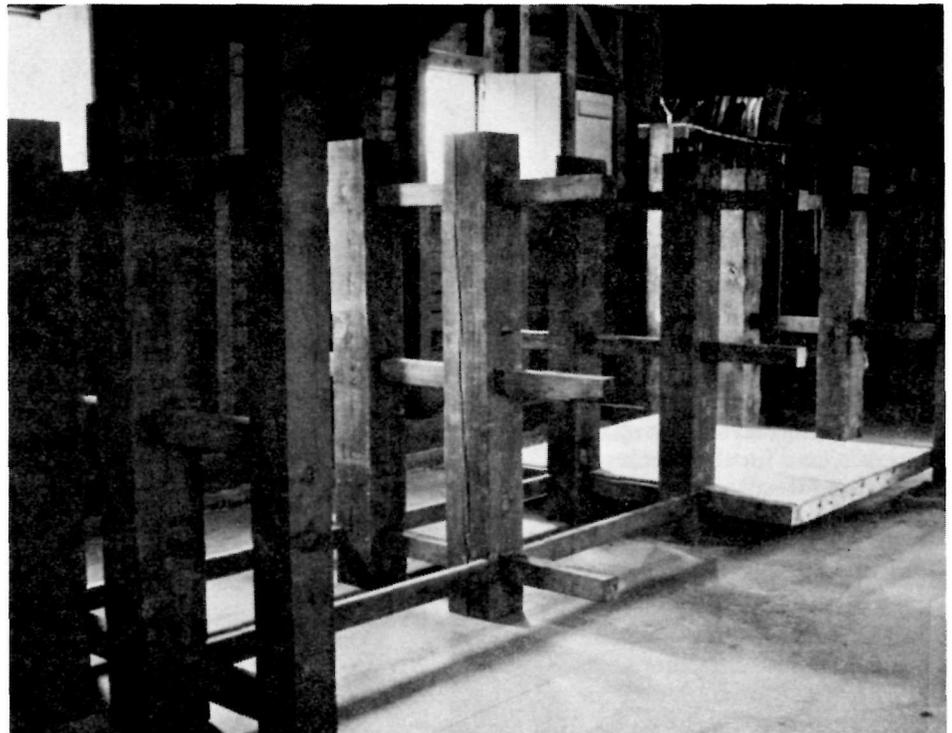
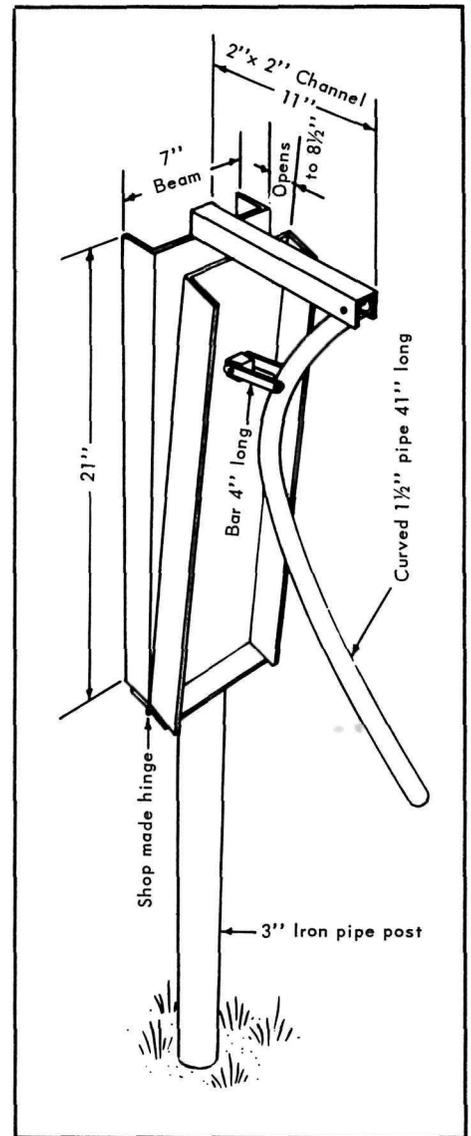
Chapin's suggestion encourages the participation in recycling programs to conserve valuable natural resources, eliminates a potential litter problem, and supports a worthy cause.

A \$25 National Park Service incentive award was presented to Chapin for his suggestion.

Can Smasher

This can smasher article was recycled from an earlier *Grist* issue. First appearing in the Nov/Dec 1962, Vol. 6, No. 6 issue of *Grist*, it may be more useful today than ever!

Designed by Milford M. Cook, a painter with Sequoia-Kings Canyon National Parks in 1962, the can smasher will crush practically any can, from the smallest on up to the gallon size.



Woodworking Bench

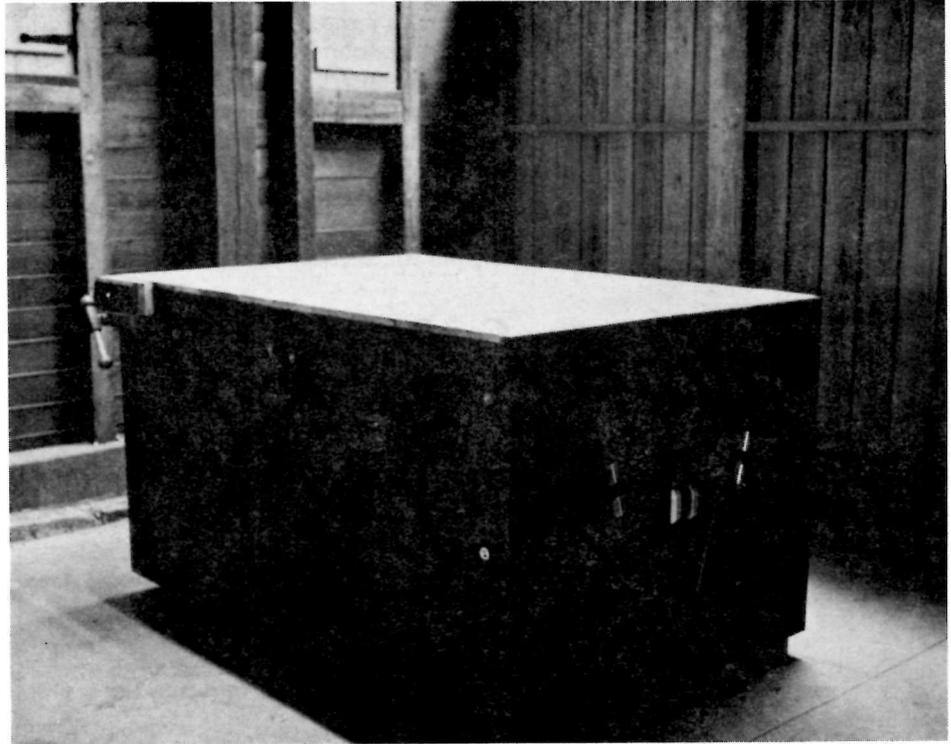
Michael B. Younggren, maintenance laborer at Fort Scott National Historic Site (KS) shares this woodworking bench with *Grist* readers. Using two old display cases, Younggren suggests removing the glass, wiring and sloping top shelf, and sliding two cases together facing one another. Fasten the bottom of the cases together with two 2"x4"s on the existing stand. Fasten the tops together with two 1"x4"x4' oak boards which will also support both ends of the top. Use 1"x3"s inside at both ends of the bench as cleats for the second shelf, and run a 1"x1" along the existing sloped shelf 1/2" down.

Connect the two sloped shelves together with a 2'x6' piece of 1/2" plywood. Then nail 3/4" oak flooring on top. Add sliding doors on each side that can be locked. This gives an 8"x6'x4' shelf with an entrance from both sides.

Place a wood vise on one corner of the bench. Then put a tapered door on the end to gain access to storage area between the two cases. Shelves on one side have storage spaces of 12"x12"x6', 6"x18"x6', and 7"x22"x6' and the other side 8"x12"x31" and 18"x22"x36". Open area in between cases is 27"x22"x36". This bench provides the Maintenance Shop with 24 square feet of working area, a functional wood vise, and 72 square feet of locked storage space.

Materials used for the bench were left over from the construction of buildings on the site. Younggren estimates a \$780 savings to the National Park Service.

A \$78 National Park Service incentive award was presented to Younggren for his suggestion.



Saving Fuel in Maintenance Building

Gene Baldock, B&U maintenance and operations foreman at Grand Teton National Park has suggested a method for saving costly fuel oil.

The shop floors are heated with an underfloor hot water system that must be turned on at the first sign of freezing in the Fall. It takes approximately 8 hours for the concrete to heat or cool and the temperature can reach as high as 90°F. Since the temperature is controlled by an outside thermostat, this method was impractical. Also, some of the pipes are near the door aprons and they easily freeze. This condition exists for some 6 weeks in the Fall and approximately 6 weeks in the Spring.

Baldock suggested draining the

entire system, installing a 50-gallon container with an injector pump and installing ethylene-glycol in the pipes. As evaporation takes place, additional amounts of fluid can be injected as needed. This would allow the system to lay dormant for approximately 3 months a year without danger of freezing.

While the system is dormant, the overhead heating system can be used which is more receptive to the necessary temperatures. When outside temperatures do reach extremely low levels, the underfloor systems can be turned on. He estimates that a 20% reduction in the fuel bill can be realized.

A \$130 National Park Service incentive award was presented to Baldock for his suggestion.