

BANSHEE REEKS NATURE PRESERVE

POLICIES AND REGULATIONS

General

VISITORS WILL TAKE ONLY PHOTOGRAPHS AND LEAVE ONLY FOOTPRINTS

Collecting or taking of any specimens, plant or animal, including but not limited to: bones, feathers, bird nests, wasp or hornet nests, or any item from a plant or animal or any item directly used by a plant or animal, is strictly prohibited by State and Federal law. Collecting also includes rocks, minerals, shells, and any historic artifact.

Trash must be either carried out or placed in the proper trash receptacles.

The discharge of firearms and the consumption of alcohol are prohibited on the property.

Smoking is prohibited in all buildings and structures on the property. Smoking is strongly discouraged anywhere on the property.

Any pets brought onto the property must remain on a leash and under the control of the owner at all times. Owners are also responsible for cleaning up after their animals.

Vehicles

Vehicles must remain on the paved road and in designated parking areas ONLY. Special permission may be granted from the preserve manager allowing vehicles to drive off paved roads.

Parking is prohibited along the driveway and at the entrance to Banshee Reeks Nature Preserve at all times.

Permits

All classes, tours, walks, day camps, overnight camps, and special events must be coordinated through the preserve manager. Permits are available from the manager of Banshee Reeks Nature Preserve. **There will be no exceptions.**

BANSHEE REEKS NATURE PRESERVE

Permits (cont.)

A permit is required for any and all activities taking place on the property. This permit must be secured NO LATER THAN 14 DAYS PRIOR to the event or activity.

Classes, Groups, Tours, & Walks

All group leaders, instructors, and camp leaders, must be a minimum of 18 years of age.

All group leaders are responsible for the conduct and the safety of the group that they are leading.

Trails

All groups and individuals must remain on established (built) trails. Bushwacking across the preserve will not be permitted. Following game trails is also prohibited. The manager of Banshee Reeks may be solicited for special "off trail" excursions.

Trails are for the use of pedestrians ONLY. Bicycles, motorized vehicles, and horses are not permitted for the preserve trails.

Do NOT touch flags, signs, or any other manmade objects on the preserve. These are used for directional purposes and research study sites.

Poison Ivy and ticks are abundant on the property. If you are unsure how to identify poison ivy there is information at the visitor center to help. The same goes for ticks. Tick checks should be performed after any and all outdoor activities.

Waterways

Fishing, where permitted, is catch and release only. All state fishing laws are in effect and must be adhered to. A current, valid, state fishing license is required and the use of barb-less fishing hooks is preferred.

There will be no swimming or wading in any waters on or bordering the property.

No boats are allowed on any of the ponds within the property. Canoes and inner tubes are permitted, only on Goose Creek bordering Banshee Reeks, **with permission from the preserve manager.**

SHIFT INSTRUCTIONS

First shift of the day

Start of Shift

1. Make sure all doors are unlocked.
2. Take down door sign.
3. Ensure rope is across the back stairs.
4. Set up visitor sign-in book. Start new page and mark with date.
5. Sign the volunteer sign-in book.
6. Check and refill display of maps and brochures inside and at the kiosk. Extras are in the closet.
7. Check that first aid kits are ready.
8. Review the white board for special events of the day.
9. Remind visitors to stop back in to discuss what they have seen for the white board, feedback for improvement, also gives you a good opportunity to talk about volunteering, FOBR membership, etc.

End of shift

1. Check and refill display of maps and brochures.
2. Give feedback to second shift.

Second shift of the day

Start of shift

1. Get feedback from first shift.
2. Sign the volunteer sign-in book.
3. Check and refill display of maps and brochures inside and at the kiosk.
4. Check that first aid kits are ready.
5. Review the white board for special events of the day.
6. Remind visitors to stop back in to discuss what they have seen for the white board, feedback for improvement, also gives you a good opportunity to talk about volunteering, FOBR membership, etc.

End of shift

1. Make sure all checked out items have been returned.
2. Make sure all visitors cars are gone from the parking lot. If any visitors' cars remain, alert the Preserve Manager.
1. Check and refill display of maps and brochures.
2. Make sure all first aid kits are on the shelf.
3. Put up down door sign.
4. Close and lock all doors and windows.

Note: If you are the second shift on Saturday, please leave a note (if required) providing feedback of the day for the Sunday morning shift of any important items such as unique sightings, lost and found, etc.

If you open the doors for any period of time please be sure to set the HVAC thermostat in the back room higher, lower or off appropriately.

SAFETY TIPS FOR BANSHEE REEKS

- Stay on mowed or marked trails.
- Watch wildlife from a safe distance.
- Wear protective clothing.
- Use insect repellent.

A few simple precautions will help make your outing at Banshee Reeks fun and safe. Banshee Reeks is a preserve for ALL nature native to the Virginia Piedmont. Living in Banshee Reeks are snakes, biting insects, and poison ivy.

SNAKES

Several snake species are present; only one is poisonous: the Copperhead. (The Timber Rattler occasionally has been sighted in Loudoun County, particularly during severe drought, but it does not usually inhabit this area.) Any snake will bite if threatened or cornered so enjoy it from a safe distance of several yards. In most cases the snake will want to avoid YOU and will quickly depart! Snakes are an important link in the food chain so are valued inhabitants of Banshee Reeks.

Copperheads are sometimes confused with other species, such as Corn, Milk, and even immature Black Rat snakes. Some nonpoisonous snakes mimic features of poisonous snakes; for example, a Corn snake may coil like a rattler when cornered.

The Copperhead tends to live in wooded hills with rocky outcrops and along swamp edges; this snake can be hard to see in leaf litter. It is dull orange with rich brown hourglass-shaped bands that are wide on sides, narrow on the back. Head is large, triangular (the Copperhead is a pit viper), unmarked coppery red. It has no rattles on its tail.

TICKS

Two kinds of tick are present: Dog or Wood Tick and Deer Tick. The tiny Deer Tick may carry Lyme disease. The Dog or Wood Tick may carry Rocky Mountain Spotted Fever, even in the East, and Ehrlichiosis. Additional information about these diseases and symptoms can be found on the following websites:

- www.wdh.state.va.us/epi/tickpage.htm
- www.cdc.gov/ncidod/dvbid/Lymeinfo.htm

Ticks live in brushy fields, tall grasses, and open woods. They do not fly or jump or drop from overhead branches. Ticks have little foreclaws that grasp on to passing animals, including humans, as they walk by and brush against the tick. To feed, the tick buries its head under the host's skin and draws blood.

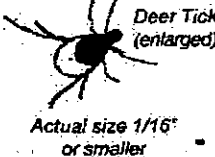
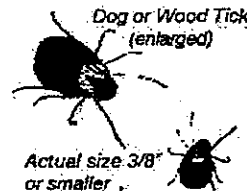
Take precautions to reduce the chances of tick bites: Wear light-colored clothing to make it easier to see ticks. Wear long pants and tuck them into socks or wear gaiters. Upon returning home, carefully check clothing and skin, especially hairy areas, for ticks.

If you find an unattached tick, use a tissue or cloth to pick up the tick — do not handle ticks with bare hands as infectious tick blood or feces can enter any break in the skin. Kill the tick by placing it in rubbing alcohol or flushing it down the toilet.

If you find an attached tick, remove as soon as possible. If removal occurs within 3 hours after attachment, the risk of tickborne infection is reduced. To remove it, grasp the tick with

tweezers as close as possible to the skin where it is attached, and pull upward and out with a firm and steady pressure. If tweezers are not available, use fingers shielded with a cloth, tissue, or rubber glove. Do not handle with bare hands. Be careful not to squeeze, crush or puncture the body of the tick which may contain infectious fluids. After removing the tick, thoroughly disinfect the bite site and wash your hands. See or call a physician if you are concerned that the tick was not completely removed.

The adult Eastern Wood Tick or American Dog Tick is about 3/8" in size. Like other arachnids (e.g., spiders), the tick has 8 legs instead of the 6 legs found on other insects. Body is oval. Females are reddish brown, with a silvery shield; males are gray with reddish brown spots. It is present year-round, usually in brush and tall grass.



The Deer Tick is tiny — only 1/16" as an adult, the size of a poppy seed as a nymph, and microscopic as larva. Both nymphs, active April through July, and adults, active on warm days from August through April, can be infectious. Its tiny body is oval and flattened. Nymphs are light brown; adults, reddish brown. Deer ticks live in brushy fields and open woods.

OTHER BITING INSECTS

Mosquitoes, flies, ants, bees, and wasps (including yellow jackets) are all present. Wear protective clothing, such as long-sleeved shirts and long pants, and use commercial and/or herbal (e.g., citronella) insect repellent. Information on how to use insect repellents safely can be found at www.wdh.state.va.us/hd/tenowisco/repell.htm.

POISON IVY

Poison ivy causes severe itchy skin inflammation within a day or two of contact and the plant's irritating oils can persist — and continue to cause skin reactions — for months on unwashed clothing and other objects. The plant may appear as a climbing vine or an erect or trailing shrub. Old stems are covered with fibrous roots. It is likely to be found along forest edges, thickets, and trailsides. Leaves are made up of 3 toothed or small-lobed leaflets, may be dull or shiny, and often are reddish. It blooms May-June and bears poisonous tiny white berry-like fruit. Avoid contact with any part of the plant, wear protective clothing, and wash skin, clothes, and any objects as soon as possible after contact. If a severe rash develops, see or call a physician.

