



AUGUSTANA MIQUELON LAKE RESEARCH STATION

WELCOME & ORIENTATION

WELCOME TO AMLRS!

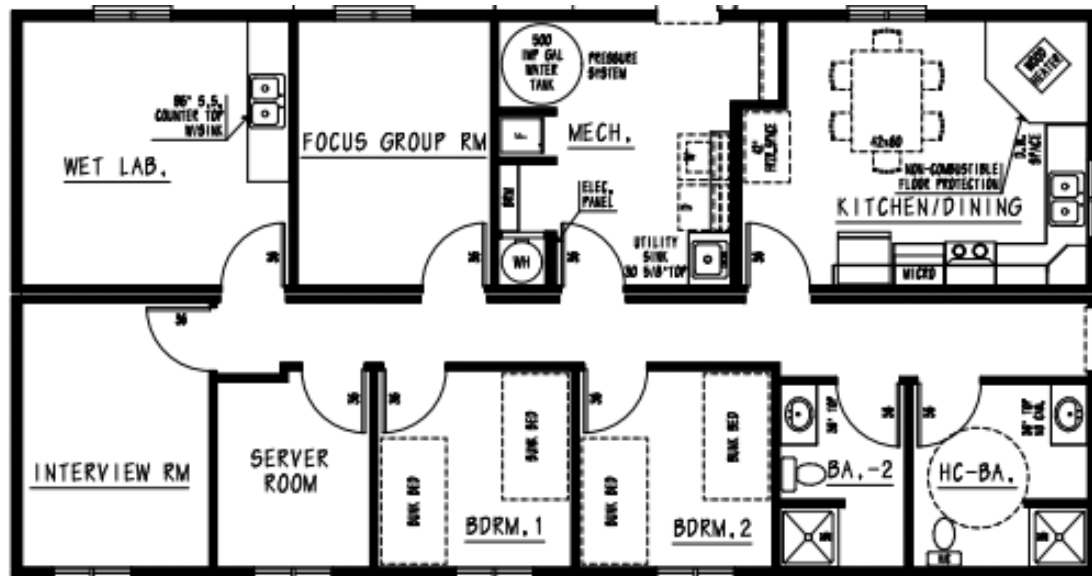
We hope you enjoy your stay at the Augustana Miquelon Lake Research Station (AMLRS). If you have any immediate questions or concerns around your experience here, contact the Station Manager.

Glynnis Hood

Phone: 780-679-1556

Email: augamlrs@ualberta.ca *or* ghood@ualberta.ca

INTRODUCTION TO THE STATION



INTERNET & PHONE

The Station is equipped with wired and wireless internet, as well as a landline phone.

AMLRS Phone: 780-679-1556

Wireless:

- **UofA Users** can access UWS with their CCID and password
- **Non UofA Users** can access Guest@UofA
- *HowToConnectToWireless* and *Edroam* are also available for wireless use

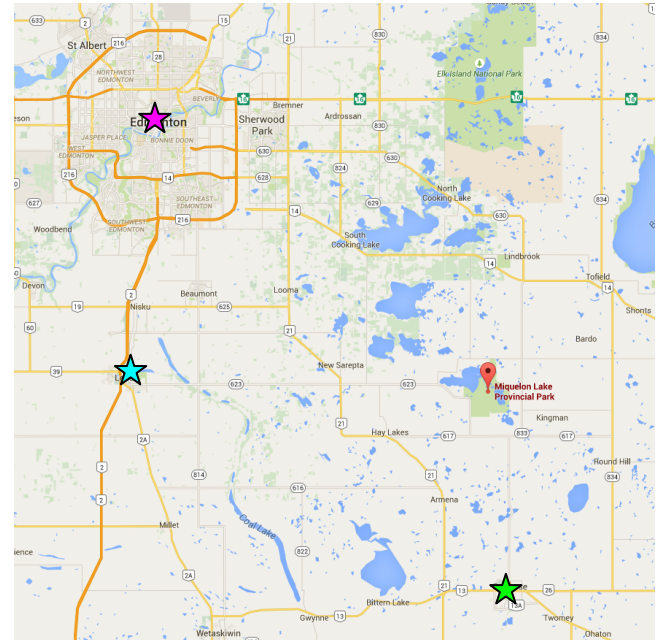
BEYOND THE STATION

The Station is close to a number of urban centres, where you can find groceries, fuel, and other services.

Camrose: 30km south ★

Leduc: 45km west ★

Edmonton: 65km northwest ★



IMPORTANT INFORMATION

Our **Master Binder** is located in the server room. The binder contains important information about the station and its operations, including:

- *Sustainability Plan*
- *Safety Manual*
- *Monitoring Plan*
- *Incident & Investigation Forms*
- *WCB Forms*
- *Laboratory Chemical Safety Manual*
- *Chemical Spill Response Guideline*
- *Laboratory Safety Checklist*
- etc.

SUSTAINABILITY

AMLRS is dedicated to operating in a sustainable manner. We ask that your actions at the station reflect an attitude of sustainability. You can do this in many ways:

- Conserve water
- Minimize waste through recycling
- Maintain digital files instead of paper
- Limit energy use
- Don't idle your vehicle



More information on sustainable initiatives at our station can be found in the *Sustainability Plan*.

MAINTENANCE

Augustana's Facilities & Operations will be visiting the station on a monthly basis to pick up the outdoor recycling bins, record water, gas, and electric usage, and to carry out regular maintenance.

Miquelon Lake Provincial Park will be picking up garbage from the outdoor bin on a regular basis.



USER EXPECTATIONS

This station is a **shared** accommodation and research space. Users are expected to behave in a respectful manner towards other users and to the station itself.

Information on user expectations is included in the *Code of Conduct Agreement* that you must have signed prior to using that station. Please refer to this document if you have questions on user expectations. A copy can be found on the bulletin board in the server room.



ACCOMMODATION

The dormitory rooms in this Station operate on a first-come, first-serve basis; you may share a room with someone you do not know, or someone of a different gender. If the other users are willing, you may reorganize where people sleep to optimize everyone's comfort level.



HOUSEHOLD RESPONSIBILITIES

Users of the station are responsible for the cleanliness and maintenance of the station while they are here. This includes:

- Cooking & washing dishes
- Sweeping & mopping the floor
- Cleaning bathrooms
- Putting garbage & recycling in outdoor bins
- etc.



HOUSEHOLD RESPONSIBILITIES

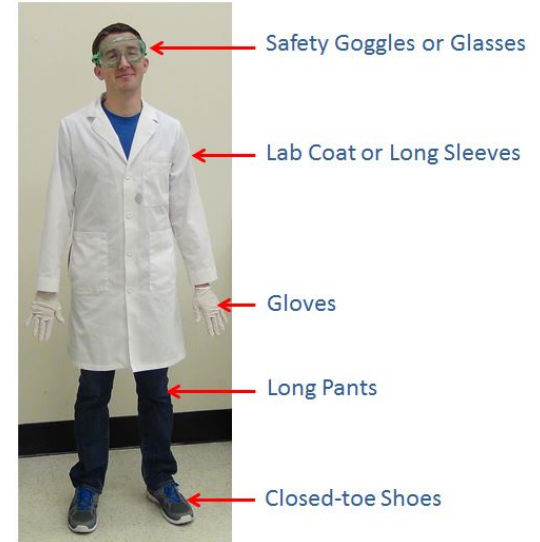
If you come across problems with the facility (eg. plumbing, electrical), alert the Station Manager, who will contact Facilities & Operations.



USE OF WET LAB

There must be a distinct separation of the wet lab from the rest of the facility, for the purposes of health and safety.

- **NO** unauthorized users may enter the lab
- Absolutely **NO** lab samples or chemicals may be stored in other areas of the station.
- Users of the wet lab **MUST** wear proper protective clothing (lab coat, close-toed shoes, safety glasses)
- **NO** food or drinks may be stored in the lab fridge or freezer



USE OF OBSERVATORY

The Hejse Observatory is in a separate building next to the main station.

- There is only stair access to the observatory, no elevator access.
- **NO** unauthorized users may touch the telescope or controls, and must be accompanied by an authorized user.
- To keep the facility clean, wet or dirty shoes **MUST** be removed when entering the observatory.
- The observatory is **NOT** heated, so make sure you have warm layers if you are there in the winter or at night.

EQUIPMENT STORAGE

Each individual staying in the station has access to a storage unit beneath their bed. Personal items may be stored here.

Each person staying at the station can access a lockable storage locker in the garage. You must supply your own lock.

Personal lab equipment may be stored in the lab, but should be well labelled to prevent other people using it.

Field equipment and large equipment may be stored in the garage.

SAFETY TIPS

Please alert other users of the station if you have severe **allergies** or **dietary restrictions**. Proper communication will enhance health and safety for all users.



SAFETY TIPS

This station contains a **wood stove**. Be cautious of hot metal surfaces when working near or on the stove.

Be sure to empty the ashes as they build up inside the stove. Also be sure to use care when using the **axe** to split wood.

NOTE: Additional firewood must be sourced from outside of the Park, since it is illegal to gather wood from within the Park.



FIELD TRAINING

Researchers and their assistants may require additional training for working in the field, including:

- Operating equipment (eg. chainsaws, axe, etc.)
- Wild animal awareness and safety
- First Aid
- etc.



Training resources are available through the University of Alberta [Field Research Office](#). Contact them for more information.

WILDLIFE

Miquelon Lake Provincial Park is located in an area that is occasionally host to **bears** and **cougars**. You should be familiar with safety protocols for dealing with wildlife, and carry deterrents such as bear spray, bear bangers, a knife, etc. when out in the field.



The Field Research Office has a [bear spray sharing program](#) if you do not have your own.

WILDLIFE

All problem wildlife and wildlife incidents should be reported to the Station Manager within 24 hours. The Manager will then notify the park.



POTENTIALLY HARMFUL SPECIES

There are a few species of plants that you should avoid when out in the field.



Stinging Nettle



Canada Thistle

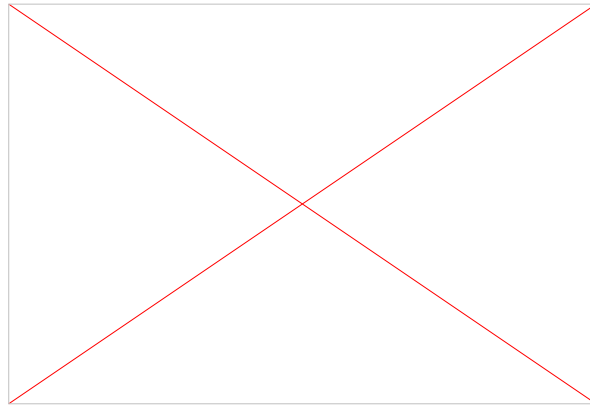
POTENTIALLY HARMFUL SPECIES

Some animals should also be avoided or treated with caution when in the field.



Porcupine

Moose



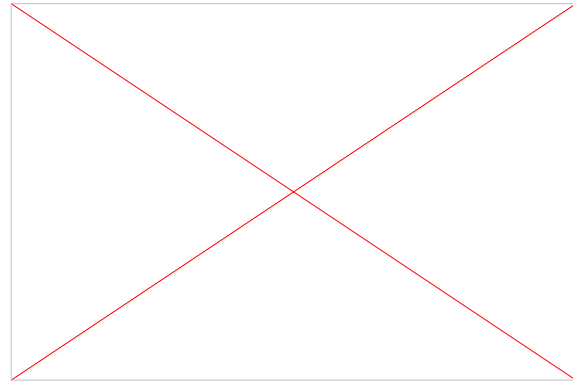
Skunk

POTENTIALLY HARMFUL SPECIES

There are some insects that can sting. The most common are wasps and bees.



Wasp



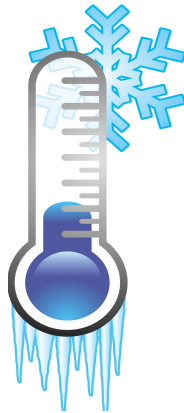
Bee

WORKING OUTDOORS

In order to prevent cold and heat stress from environmental conditions in the field, be prepared and bring appropriate supplies

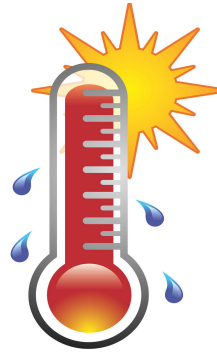
Cold Weather:

- extra layers
- warm boots & gloves
- thermos with hot beverage



Hot Weather:

- sunscreen
- hat
- extra water
- light, breathable clothing



WORKING ALONE

If you are conducting research on your own, have a communications plan in place with regular check-ins with team members to ensure your safety.

AMLRS has a Working Alone Policy template that should be filled out by any project that will include **solo field research**.



EMERGENCY CONTACTS

In case of emergency, a list of contacts are posted in the server room as well as near the phone in the kitchen. Please be familiar with this information and carry relevant contact information with you when you go out into the field.

