

Six Steps to Success

For Adopter Representatives of the Missouri Adopt-A-Highway Program

Welcome to the Missouri Adopt-A-Highway program! We're glad you made the commitment to help keep our state attractive and litter free.

As the Adopt-A-Highway leader for your group, you play a key role in its success. Your enthusiasm will inspire others to participate ... as you demonstrate how personal involvement can make a real difference in your community!

Follow these six key steps to ensure a successful Adopt-A-Highway program:

- 1** Make arrangements with your AAH coordinator to pick up your group's safety vests, caution flags, trash bags and safety brochure if you do not already have your supplies.
- 2** One of your most important responsibilities is to hold a safety meeting for all members involved in the program activity. To conduct the meeting, view the safety video and other safety-related information provided by MoDOT. You also will receive the quarterly Roadside Review newsletter, which includes safety information for working along roadsides.
- 3** Make sure you provide one adult supervisor for every eight participants between 13-17 years of age and one adult supervisor for every four participants between 10-12 years of age. Children 10 years and older may participate in the Adopt-A-Highway Program.
- 4** Be sure to organize a litter cleanup in your adopted area at least four times a year. You might consider scheduling one of your pickups during April, the No MOre Trash! Bash month. Set your activity date well in advance so your members can plan accordingly.
- 5** Please notify MoDOT when your filled bags need to be picked up as soon as possible after your litter pickup and submit your activity report within five working days. Report your group's name, representative's name, address and telephone number, activity date, total volunteers, hours spent and total number of trash bags collected. For example, if three people picked up litter for two hours, your group would get credit for six hours total. Complete and return the postage-paid, pre-addressed activity card provided for you. Or, you may call toll-free 1-888 ASK MODOT (275-6636) and ask for the AAH coordinator in your area, or file your report electronically at www.modot.org/services/adoptahighway.htm.
- 6** If there is a change in the adopter representative's name, address or phone number, or if you have any questions about any aspect of the Adopt-A-Highway program, please call your MoDOT Adopt-A-Highway coordinator, or e-mail us at aah@modot.org. We'll be glad to help in any way we can.

Safety Video:



Thank You!



Missouri Department
of Transportation
www.modot.org
1-888 ASK MODOT



Pick Up For Fitness - and fun!

Good exercise is a great benefit of the Adopt-A-Highway program! Adopters burn an average of 300 calories an hour picking up litter, mowing and beautifying Missouri roadsides. Why not get together early with your group to stretch those muscles before you hit the road? Then Pick Up For Fitness - and fun! The flier in your adopter's packet features 10 easy, calorie-burning exercises anyone can do while picking up trash. Exercises range from the Styrofoam Squat (squatting down to pick up litter) to the Can Crunch (a bicep curl with an aluminum can) to the Litter Lunge (lunging forward to pick up litter.)

After your activity, how about a picnic or meeting at your favorite gathering place. Socializing and relaxing after participating in a meaningful community project makes it a double treat for all your members!

What motivates your group? Let us know and we'll share your suggestions with other adopters in the Roadside Review.

Above all, keep safe and have fun ... while you make Missouri a better place to live and visit.

