



Volunteers
for Outdoor
California

Project Fact Sheet

McLaren Park San Francisco Recreation and Parks

TRAIL OVERVIEW

V-O-Cal volunteers will work in McLaren Park to build and restore the trail network. Volunteers will be divided into crews of 8-12 volunteers and be assigned to one section of trail. There will be 2 new sections of trail being built, 2 reroutes of existing trail, and a gravel and baserock turpike installed on another section of trail. All volunteers will be assigned to a certified crew leader who will help with proper tool usage, trail design and monitor safe tool practices.

All tools and training are provided for volunteers. Please be sure to wear comfortable work clothing (that you don't mind getting dirty) and closed toed shoes.

Project Background

McLaren Park is one of the largest parks in San Francisco. Its 317 acres offer a diverse array of wildlife and animals, along with great views of the bay and San Francisco. The park borders several neighborhoods in the city, including Visitacion Valley, the Portola, the Excelsior, and Crocker-Amazon. The park has several miles of multi-use trails open to the public.

Center Camp

Volunteers will check-in, make breakfast and lunch, and camp at Center Camp off Shelley Drive. Camping is optional, but is a great way for volunteers to relax and socialize with other volunteers after the work day. Dinner will also be served at the campground on Saturday evening. Please be sure to bring your own utensils, plate, coffee and beer mug to minimize waste from the project. Hot showers are also available at this campground to clean up after the work day.

Volunteers for Outdoor California engages the community through large scale environmental stewardship projects on public lands. V-O-Cal Partners with public agencies and other non-profit organizations throughout northern California.

PROJECT LOGISTICS - DRIVING, PARKING, AND SCHEDULE

Parking and camping will take place in McLaren Park along John F Shelley Drive.

Parking

Parking for this project will be on the street. There is a short walk from the street to the camp area. No shuttles or gear drop is available.

SCHEDULE

Friday

5pm - Registration and camping opens at Lakeview Campground.

Saturday

7:30am - Registration, light breakfast, and lunch prep begin.

8am - Morning greeting, announcements, stretching and safety talk. Project begins.

12:30pm - Break for lunch on trail.

3:30pm - Head back to camp.

4pm - Drinks, appetizers and socializing. Showers available.

6:15pm - Dinner and entertainment.

Sunday

8am - Registration, hot breakfast, and lunch prep.

8:30am - Morning greeting, announcements, stretching and safety talk. Project begins.

11:30am - Break for lunch on trail.

1:30pm - Head back to camp to pack gear and truck.

2pm - Celebrate the work and say goodbyes.

DRIVING DIRECTIONS

(carpool: v_o_cal.erideshare.org
password: trails)

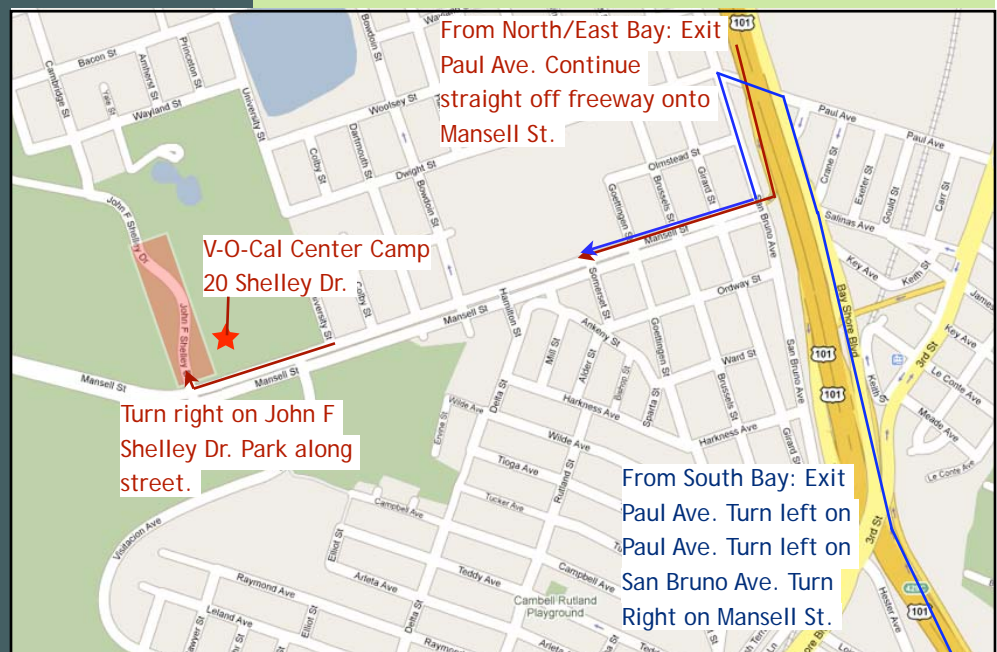
The approximate address for parking and Center Camp is 20 John F Shelley Drive.

From the East Bay: Take Hwy 80 West across the Bay Bridge. Follow signs to 101 south. Exit Paul Ave. Continue straight off of freeway onto Mansell St. Turn right onto John F Shelley Dr. Park along street. V-O-Cal center camp is just north of the tennis courts.

From the South Bay: Take Hwy 101 north. In San Francisco, exit Paul Ave. Merge onto Bayshore Blvd. Turn left onto Paul Ave. Turn left onto San Bruno Ave. Turn right onto Mansell St. Turn right onto John F Shelley Dr. Park along street. V-O-Cal Center Camp is just north of the tennis courts.

Please display parking pass in windshield.

Keep all valuables with you.



MEALS

V-O-Cal provides all meals for volunteers from breakfast Saturday through lunch Sunday. Vegetarian options are available for all meals.

- Please bring your own reusable plates, coffee mug, cups and utensils. To minimize waste from our projects, we ask that you bring your own dishes. Hot water and soap are provided.
- A continental breakfast is served Saturday morning.
- Lunch is prepared before hitting the trails. You break for lunch on the trail around 12:30.
- Please arrive at camp by 7:40am to register, eat breakfast and prepare your lunch.
- Appetizers and beverages will be available at 4pm after the work day on Saturday. Dinner will follow at 6:15pm.
- Hot breakfast is served Sunday.



HAZARDS

- **POISON OAK:** There is a risk of exposure to poison oak at the work site. Have your crew leader point some out to you if you don't know what it looks like. Clean with Tecnu after the workday and be cautious when handling your dirty clothes.
- **SNAKES:** Snakes are present on the property. Use caution on the trail and when picking items up off the ground.
- **TICKS:** Ticks are always a hazard so it is important to check during and after the project.
- **SHARP TOOLS:** Please listen to your crew leaders tool safety talk and observe proper tool use throughout the day.
- **HYDRATION/SUN EXPOSURE:** It may be HOT! Please drink plenty of water throughout the work day. Wear a sun hat and sunscreen. If you feel tired or weak, let your crew leader know and take a break.

WHAT TO BRING AND WEAR

For your safety and protection from hazards, please be prepared with the following items:

- Water, sun hat, and sunscreen. You will not be allowed on the trail without a water container.
- Plates, utensils, coffee mug and a cup.
- Work Gloves (if you do not have work gloves V-O-Cal can provide a pair to use).
- Sturdy shoes or boots with tread. **Working in sandals or open-toed shoes will not be permitted.**
- Day pack to carry water and lunch.
- Sunglasses.
- Insect repellent, allergy medicine, etc.
- A change of clothes for each work day and for lounging at camp to minimize the spread of poison oak.
- **IF CAMPING:** bring a tent, sleeping bag, folding chair, flashlight, and other camping gear. A coffee mug is also necessary. Also bring a change of clothes.

CAMPING

Camping will take place in McLaren park along Shelley Drive. The camping area is on the east side of the street, just north of the tennis courts. Please check-in when you arrive and you will be directed to the tent area. If camping, please be sure to bring all gear listed to the right.

If you are not camping, you are invited to join us for dinner after the work day Saturday. Please be sure to bring your own plate, utensil and beverage holder.

A special thanks to V-O-Cal's sponsors:

Agency Partner:

San Francisco Recreation and Parks Department

In-Kind Project Sponsors: Metro Mobile Communications
Adventure Medical Kits Equator Estates Coffee and Teas
ClifBar Tecnu
REI Intel

V-O-Cal
Staff

Cathy Moyer - Executive Director
Kevin Sullivan - Projects Manager
Chris Peck - Volunteer and Marketing Manager

REGISTRATION AND CHECK-IN

Please register online at www.v-o-cal.org. Check in at the registration table when you first arrive.

If you did not register online, please fill out this sheet and bring it with you.

First Name*

Last Name*

Email

Address

City

State/Zip Code

Home Phone

Cell Phone

Work Phone

I'm attending:

- Saturday
 Sunday

Year of birth:

(This helps us with crew assignments and project design)

If attending with a group, which group?

How did you hear about this opportunity?

Comments/Questions:

PLEASE DETACH AND DISPLAY ON DASH

**Volunteers for Outdoor California
 McLaren Park - San Francisco**

**Volunteer Pass**

Friday 8/7

Saturday 8/8

Sunday 8/9

*****Please detach and display on dash.*****

WAIVER AND RELEASE
VOLUNTEERS FOR OUTDOOR CALIFORNIA

EXCULPATORY AGREEMENT, RELEASE, ASSUMPTION OF RISK, AND INDEMNIFICATION

READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. THIS DOCUMENT IS A BINDING PART OF YOUR PARTICIPATION AGREEMENT AND MAY HAVE SIGNIFICANT CONSEQUENCES.

In consideration of my being allowed to participate in the Volunteers for Outdoor California Project (the "Project") and on behalf of myself, my heirs, executors, administrators, legal representatives, assigns and successors in interest (hereinafter collectively designated as "successors"), I do hereby release and waive all rights or claims for damages, for death, bodily injury or loss of or damage to property from any cause whatsoever I may have or which may accrue to me or my successors as a result of my participation in the Project. I discharge and release Volunteers for Outdoor California, and its respective directors, employees, interns, volunteers, representatives, agents, parents, subsidiaries, and affiliates from any and all liability arising out of or connected in any way with my participation in the Project, whether or not caused by the negligence of any of the above persons or entities.

My participation in the Project is voluntary and done at my own risk. I therefore voluntarily assume all risks of loss, damage, injury or death that may be sustained while participating in the Project. In addition, I agree to hold harmless from any and all claims, damages, losses, liabilities and costs (including without limitation reasonable attorneys' fees, expert witness expenses, litigation costs, and disbursements) all the entities and persons mentioned above who otherwise might be liable to me or my successors for damages.

Notwithstanding anything stated in the foregoing paragraphs, nothing in this document shall apply to exempt any person or entity from responsibility for his, her, or its own fraud, or willful injury to the person or property of another, or violation of law whether willful or negligent.

In further consideration of my being allowed to participate in the Project, I hereby agree to indemnify, defend, and hold harmless Volunteers for Outdoor California and its respective directors, employees, interns, volunteers, representatives, agents, parents, subsidiaries, and affiliates (collectively, the Indemnified Parties) from and against any and all claims, damages, losses, liabilities and costs (including without limitation reasonable attorneys' fees, expert witness expenses, litigation costs, and disbursements) relating in any manner, directly or indirectly, in whole or in part, to: (a) any act or omission of myself; or (b) any accident involving any injury to any person or damage to property resulting from my participation in the Project, due to any cause whatsoever.

I further agree to promptly assume my defense and indemnification obligations upon written notice from any of the Indemnified Parties who may participate in the defense of any claim at their own expense. I agree not to settle any claim without the consent of Volunteers for Outdoor California or any other entity that would incur any liability for such claim under or following such settlement, which consent shall not be unreasonably withheld.

I further understand that I may be photographed while participating in a Volunteers for Outdoor California project and I hereby consent to the use and distribution of photographs and other likenesses of me on VOCal's website, or in marketing and other materials relating to Volunteers for Outdoor California's mission.

I further understand and agree that this waiver, release, and assumption of risk is binding on my successors.

I further represent and warrant that I am advised of the existence of California Civil Code section 1542, which provides as follows: A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor.

Notwithstanding this provision, this will constitute a full release in accordance with its terms. I knowingly and voluntarily waive the provisions of Section 1542, as well as any other statute, law or rule of similar effect, and acknowledge and agree that this waiver is an essential and material term of this release.

I HAVE CAREFULLY READ THE FOREGOING DOCUMENT AND UNDERSTAND THAT I AM WAIVING IMPORTANT LEGAL RIGHTS, ASSUMING THE RISK OF FINANCIAL LOSS, BODILY HARM OR DEATH, AND THAT I AM AGREEING TO PROTECT AND DEFEND THE INDEMNIFIED PARTIES AT MY OWN COST. I UNDERSTAND THAT THIS IS A LEGALLY BINDING CONTRACT BETWEEN MYSELF AND OTHERS. I HEREBY WARRANT THAT I HAVE THE RIGHT TO CONTRACT IN MY OWN NAME, OR IF ACTING ON BEHALF OF A MINOR, HAVE EVERY RIGHT TO CONTRACT FOR THE MINOR IN THE ABOVE REGARD.

Signature of Participant

Date

Print Name

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

If Participant is under 18 years of age, a parent or legal guardian must sign below:

Signature of Parent/Guardian

Date

Print Name