

McLAREN PARK



Background

McLaren Park facts

McLaren Park is San Francisco's 2nd biggest park. Located between the neighborhoods of Excelsior and Visitation Valley, the park offers more than 7 miles of walking trails that meander through 312 acres of scenic meadows, grasslands, wetland habitats in addition to McNab Lake, the newly renovated Coffman Pool and Jerry Garcia Amphitheater.

Base Camp

Base camp will be located just past Mansell St, off John F Shelley Dr. We will be setting up Friday afternoon - please come whenever you're available to set up your tent if you're camping. Base camp will have potable water, restroom facilities and hot showers available. See page 4 for a map.

Weather

Please come prepared for a variety of weather conditions (think layers!) It may be warm during the day and cold and foggy at night. Unless there is a serious storm event predicted, we work rain or shine.

The Paperwork!

If we don't already have your waiver from a previous project this year, please print and bring the signature page of the attached waiver.

Cell Phone Coverage

Cell phone coverage is spotty. Please make arrangements beforehand regarding rides or pick-ups from the site.



Trail Work Overview

We will be doing most of our trail work on Philosopher's Trail and Philosopher's Hill. We will be re-routing trails, decommissioning trails and building brand new trail. For the most part we will be installing 5 ft trails. The area is not especially sensitive however we will need to be mindful of Cape Ivy, as it is very invasive.

Volunteers will be divided into crews of 8-12 and be assigned to a certified crew leader who will provide tool usage and safety training and direct and supervise the trail work.

All tools are provided. Please bring comfortable work clothing and your own gloves if you have them. There will be a healthy hike to the work site so please wear sturdy, comfortable shoes.

In This Packet

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- Page 4:** Map to Base Camp/Parking
- Page 5-6:** Liability Waiver

PROJECT LOGISTICS – SCHEDULE, DRIVING AND PARKING

Daily Schedule

Friday

5 pm - Registration and camping opens

6:30 / 7 pm - Crew leader walk

Saturday

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

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

12 pm - Break for lunch on trail.

3:30 pm - Head back to camp.

4 pm - Drinks, appetizers and socializing. Hot showers available.

5:30 pm - Dinner and socializing.

Sunday

8:00 am - Registration, hot breakfast, and lunch prep.

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

11:30 am - Break for lunch on trail.

1:30 pm - Back to camp for snacks and goodbyes

2 pm - Celebrate the work and help load up the truck!! :)

Carpool, Parking and Driving information

Carpooling, Parking, Public transportation: We STRONGLY encourage participants to carpool as parking in SF is scarce and we do not have designated parking for this project. If you are driving, please park on Mansell St. If you need a ride or have space in your car please try to carpool - here is our Meetup Page for carpooling connections:

<https://www.meetup.com/V-O-Cal-Carpoolers/events/243448327/>

Driving Directions: This is the location of the project **<https://goo.gl/maps/ZDSEZuaZrdS2>**
Please park on Mansell Street near John F Shelley Drive. Base camp will be down the hill on John F Shelley Drive - the first pathway on the right. Look for the Registration table and signs.
Directions from East Bay: **<https://goo.gl/maps/55pwLMjAJpG2>**.
Directions from South Bay: **<https://goo.gl/maps/5cmAZkTmQF22>**.
Directions from North Bay: **<https://goo.gl/maps/bm8hbWKZYtQ2>**.

Page 4 of this fact sheet has a map of where to camp and Base Camp info

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 food Friday! :)

- **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. We provide lunch bags and lunch – you make your own. We break for lunch on the trail around 12:00 pm.
- **Please arrive at camp by 7:30 am to register, eat breakfast and prepare your lunch.**
- Appetizers and beverages will be available at 4 pm after the work day on Saturday. Dinner will follow at 5:30 pm.
- Hot breakfast is served Sunday morning.



TICKS: Ticks are always a hazard so it is important to check during and after the project.

SHARP TOOLS: Please listen to your crew leader's tool safety talk and observe proper tool use throughout the day.

HYDRATION / SUN EXPOSURE :

Please bring at least one large bottle or camelback (the more the better!) and drink plenty of water throughout the work day. Wear a sun hat and sunscreen. It may also be a little wet and chilly!

Please bring layers and rain gear and 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 w/out a water container
- Work gloves (if you do not have work gloves, V-O-Cal can provide a pair to use)
- Sturdy shoes or boots with tread. Ankle support is important on much of the trail.

CAMPING

We will camp in McLaren Park, off John F Shelley Dr. If you will be camping, please be sure to bring all gear listed to the bottom right.

If you are not camping, you are invited to join us for appetizers, beverages, and dinner after the work day Saturday (No dinner provided Friday night).

Please be sure to bring your own plate, utensil and beverage holder.

Sun showers and shower tents will be set up at Center Camp. Bring a towel!

Working in sandals or open-toed shoes will not be permitted

- Day pack to carry water and lunch
- Sunglasses
- **Insect repellent**, allergy medicine, etc
- **Plates, utensils, coffee mug and a cup**
- A change of clothes for each work day and for lounging at camp to minimize the spread of poison oak
- **Warm clothing for morning and evening**

HAZARDS

POISON OAK: There is a low risk of exposure to poison oak at the work site however we are at the end of our season and previous projects may have left residual oil on the tools. Please use gloves whenever handling the tools and clean with Tecnu (which we provide) after the work day. Be cautious when handling your dirty gloves and having an itchy face as well!

IF CAMPING: bring a tent, sleeping bag, folding chair, **flashlight**, and other camping gear. A coffee mug and beer mug is also recommended. Remember to bring a change of clothes!

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

Agency Partner:

San Francisco Rec and Park
Anthony Copioli

IN-KIND PROJECT SPONSORS:

- Adventure Medical Kits
- Sidley Austin
- ClifBar
- Tecnu
- REI
- Metro Mobile Communications

V-O-CAL STAFF

Cathy Moyer - Executive Director

All Volunteer Project Team

- Project Team Lead: Inome Callahan
- Crew Leader Manager:Francesca Verdier
- Technical Advisor:Elissa Goldner
- Kitchen: Melinda Greene
- Registration:Maureen Sullivan & Leslie Kupper
- Camp Operations: Jeff Webster
- Tool Town Mayor Duane & Aedon Sheets
- Truck Drivers.....Duane & Aedon Sheets
- Stretching ...Melinda Stockmann-Sullivan & Lauren Blanchard



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

Emergency Contact Information

Name: _____

Contact Phone: _____