



## **Habitat Stewardship Volunteer Program Wednesday's 10:30-12:30**

**Who:** This volunteer program is for **Seniors 60+ years of age** and **those with underlying health conditions.**

Join us in habitat restoration activities such as weeding, mulching and native planting and work towards our mission of building community, connecting people with nature, and protecting and enhancing Mount Sutro, one of the city's wildest and most beautiful green spaces.

### **COVID-19 Precautions:**

- Since we are limiting our volunteer group size to **5 volunteers per event** we are asking all volunteers to register at <https://www.sutrostewards.org/volunteer> before coming out to volunteer.
- All activities will take place outdoors and be limited to only those activities where volunteers will be able to stay 6 feet apart throughout the event.
- We will be using a short questionnaire provide by San Francisco Department of Health to screen all volunteers and staff before each volunteer program to ensure that everyone volunteering is not suspected of having COVID-19 or having been in contact with someone that has COVID-19.
- All volunteers and staff will be required to wear a mask throughout the volunteer program.
- All tools provided by Sutro Stewards for volunteer use will be sanitized before and after each volunteer program.
- Hand sanitizer will be available for volunteer use throughout the program.

### **What to Bring and Wear:**

- We are highly encouraging volunteers to bring their own gardening gloves to use during volunteer program.
- Water bottle and any snacks you might like
- Wear clothes that can get dirty! Long pants to protect your legs while working and sturdy, closed-toe shoes.

### **Checking-In:**

- We will meet in the parking area above the Sutro Natie Plant Nursery at 476 Johnstone Dr. San Francisco, CA 94131.
- There will be a check-in table and spaces clearly marked with tape on the ground to help volunteers remain 6 feet apart should a line form.
- We will provide tools, orientation to the restoration site and instructions on the days activities.

**Parking:**

- On-site parking is free during the program, located above the nursery at 476 Johnstone Dr. in red spaces marked “Aldea Center Parking Only.” Additional street parking can be found nearby on Clarendon Ave and Christopher Drive.

**Contact:**

Reach out to Stewardship Coordinator, Kelly Dodge, at [kelly@sutrostewards.org](mailto:kelly@sutrostewards.org) with any questions.

We look forward to seeing you on the Mountain!



## Habitat

### Stewardship Glove Guide

#### Gloves That Will Work

Gardening or work gloves with rubber, leather or some other durable material on the palm side of the glove. These gloves can have some cloth as long as the palm side is made of a durable material.



#### Gloves That Won't Work

Gloves with palm sides made out of non-durable materials such as cloth, nitrile or winter gloves will not be able to provide adequate protection while volunteering.





We ask all our volunteers to use these guidelines as a point of reference to help us foster a safe and inclusive volunteer experience for all. **Volunteers are the heart of our stewardship work.** We strive to be a model of community-based stewardship. Our volunteers are passionate, knowledgeable, talented, and hard-working. We support volunteers to accomplish meaningful, fun, empowering work that helps them feel connected to nature and the community of people who steward Mount Sutro.

## **Community Guidelines**

### **Maintain Physical Safety at All Times**

- Perform only the tasks assigned.
- Observe all safety requirements and use care in the performance of those tasks.
- Only undertake tasks that feel at a comfortable level of ability for you.
- Ask for clarity from staff if you are unsure how to perform a task or handle a tool.
- Do not pick up or handle: sharp objects, glass, needles, toxics or any other potentially hazardous object.
- Do not leave the designated area without checking in with the on-site staff supervisor
- For any questions, please request assistance and report locations of unsafe objects/areas to the on-site staff supervisor.

### **Respect other Volunteers, Staff and the Public**

- At Sutro Stewards we strive to create a safe and welcoming space for all our volunteers. We ask that you be respectful and kind in words and actions towards fellow volunteers, staff and the greater public you interact with. This includes respecting others' right to privacy, physical and emotional safety. We welcome a diverse array of volunteers from different backgrounds, abilities and identities and ask that you be thoughtful in the types of conversation topics approached while volunteering to ensure that everyone feels included and safe. If you are made to feel uncomfortable by another volunteer, reach out to staff so that the issue can be appropriately addressed immediately.

### **Ask Questions and Stay Curious**

- Staff will provide instructions on tool safety, tasks for the day and the scope of where we'll be working. We encourage you to ask questions if you need clarity on instructions or if you're simply curious about the task at hand.

### **Injury/Incident Reporting**

- Report any injury, accident or incident that occurs while volunteering to the on-site staff supervisor immediately

### **Dismissal**

- The need to dismiss a volunteer is rare, but sometimes it is required for the safety and protection of other volunteers, staff and/or the public. Sutro Stewards reserves the right to dismiss any volunteer who does not comply with our Community Guidelines.

## ACKNOWLEDGEMENT AND RELEASE FORM

### Sutro Stewards

THIS IS TO ACKNOWLEDGE and affirm that we, the undersigned, understand the nature of and rules relating to Sutro Stewards (the "Program") sponsored by the San Francisco Parks Alliance ("SFPA").

We understand that participants and/or volunteers in the Program incur hazards and dangers necessarily associated with participating in the Program's scheduled and unscheduled programmatic events and activities, such as site clean-ups, gardening, tours, events, workshops, classes and general beautification, and in transportation and/or walking to and from the Program's sites. We also understand that, despite SFPA's care for the safety of participants in the Program, SFPA cannot and does not assure such participants freedom from such inherent hazards and dangers that may arise at any time during participation in the Program.

I assume all risks associated with participating in this Program's activity and/or event including, but not limited to falls, contact with other participants, acts of God, natural disasters, terrorism, pandemics or disease outbreaks or any escalation or worsening of any acts of God, natural disaster, terrorism, pandemics or disease outbreak (including the COVID-19 virus), the effects of weather, including high humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

IN CONSIDERATION of the undersigned participant being allowed to participate in the Program, we hereby agree, to the fullest extent permitted by law, to waive and release SFPA, its affiliates, officers, directors, employees, agents and contractors, and each of them, from any and all liability of whatever nature or kind arising from, or by reason of, any injury or damage which at any time while a participant in the Program may befall the undersigned participant, the undersigned participant's property, or the undersigned participant's family, estate, heirs, administrators, or assigns. We accept total responsibility for any and all medical expenses (including transportation to and from any medical facility) that the undersigned participant incurs while participating in the Program.

This waiver and release covers myself (including all heirs, executors, or administrators) and is given in consideration of acceptance of my registration/entry into the event. We agree to defend, indemnify, and hold harmless SFPA and its affiliates, officers, directors, employees, agents and contractors, and each of them, from and against any and all third-party claims, actions, costs, damages, demands, losses, penalties, attorney's fees and expenses arising out of, or by reason of, the undersigned participant's participation in the Program, including but not limited to injury to or death of any person and damage to property or business of any person, without limitation.

We expressly assume all risks associated with the undersigned participant's participation in the Program.

This Acknowledgement and Release shall apply whether or not SFPA or any of its officers, agents or employees is alleged to be negligent (whether active, passive, concurrent, or sole). This Acknowledgment and Release applies to any causes of action whether past, present, or future, whether foreseen or unforeseen, whether known or unknown. In connection therewith we waive any rights of a creditor under section 1542 of the California Civil Code, which provides:

"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."

We irrevocably grant unconditional permission to SFPA to use the undersigned participant's name, likeness, voice and biographical data. Any such materials may be used in whole or in part, in any and all media without limitation and without compensation, unless prohibited by law. We hereby release SFPA and its officers, agents, and employees from liability in connection therewith.

We acknowledge our responsibility for, and agree to satisfy, any indebtedness the undersigned may incur while a participant in the Program.

This Release and Acknowledgement is intended to be as broad and inclusive as permitted by the law of the State of California, and if any portion is held invalid, the balance shall continue in full legal force and effect.

We have voluntarily signed this Acknowledgement and Release. We have knowledge of and familiarity with the potential risks and dangers relating to the Program, and we have had an opportunity to review and ask questions concerning this Acknowledgement and Release

**Check here if the participant's parents maintain separate households but share joint legal custody of the participant. (Please note if you checked the box at left the signature of both parents are required below.)**

IN WITNESS WHEREOF, we have executed this Acknowledgement and Release at

\_\_\_\_\_ on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.  
(designate place of execution)

NOTE: If and only if the participant is aged eighteen (18) years or older, the following may be executed in lieu of endorsement by parent(s)/guardian(s). I am of lawful and legally competent to sign this Acknowledgement and Release. I understand the terms hereof, and I have signed this document as my own free act.

**I am 18 years or older:**

\_\_\_\_\_  
Signature of Participant Printed Name of Participant

\_\_\_\_\_  
Street Mailing Address City, State, Zip

\_\_\_\_\_  
Email Phone

**If under 18 years of age, sign here:**

\_\_\_\_\_  
Signature of Participant Printed Name of Participant

\_\_\_\_\_  
First Parent/Lawful Guardian of Participant Signature Printed Name

\_\_\_\_\_  
Second Parent/Lawful Guardian of Participant Signature Printed Name

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO  
Mount Sutro Open Space Reserve / Sutro Stewards  
Program January 1, 2020—December 31, 2020

**Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

**Waiver:** In consideration of being permitted to participate in any way in Activities that may include using hand tools to clean and thin undergrowth; remove and install new plants; construct and repair trails; remove dirt and rocks. Activities may also involve climbing over and under obstacles and working on steep slopes and rock outcrops. hereinafter called “The Activity”, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

**Assumption of Risks:** Participation in the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, the risks range from 1) minor injuries such as falling, dehydration, scratches, bruises, and sprains 2) exposure to plants that may cause allergic reactions (i.e. poison ivy,) 3) Exposure to poisonous animals.3) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 4) catastrophic injuries including paralysis and death.

**I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent** in the Activity. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney’s fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

**Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgement of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

\_\_\_\_\_  
Name of Participant (Print)      Age (if minor)      Name of Parent / Guardian of Minor (Print)

\_\_\_\_\_  
Signature of Participant      Date      Signature of Parent / Guardian of Minor      Date

\_\_\_\_\_  
Email Address (For Mount Sutro Mailing List)