



Docent
Handbook
Bohemia
Ecological
Preserve



LAND ACKNOWLEDGMENT

Bohemia Ecological Preserve is located at the intersection of the ancestral homelands of the Kashaya Pomo, Southern Pomo, Coast Miwok people, past, present, and future. We recognize them as the first people and the first stewards of these lands. We are on occupied territory and acknowledge the ongoing devastation of colonization.

This land acknowledgment is the first step in LandPaths' journey to repair our relationship with the original people of this land, and to respect, make space for, and honor the deep connection of Indigenous people to the natural world.

Join us in this process by connecting with and uplifting Native-led organizations and resources, which is a way for us all to start on a course of reparative study and action.

To read the rest of the land acknowledgement, go to our website and click on [About -Mission, Values, Land Acknowledgment](#) or check out the QR code below.



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the staff of
LandPaths'
"yawping" into
the valley



WELCOME DOCENTS!

Thank you for your interest in participating as a docent at LandPaths' Bohemia Ecological Preserve! LandPaths full name is LAND PARTners THrough Stewardship and that means acting with you, and our land partners Will and Julie Parish, as stewards and fellow adventurers.

We are so grateful to you for giving your valuable time and energy to help us meet the needs of the people and the land in Sonoma County. You are part of a foundation that ensures LandPaths continues to be able to meet the moment, whatever the future holds.

The growing collection of people and partners, like you, are like trees that appear isolated. And yet, scientists have confirmed, they are deeply interconnected and communicating through subsurface root systems and mycelium, for the health and well-being of the whole.

Now, let's get started!

Lee Hackeling, Executive Director of Operations

Craig Anderson, Executive Director of External Affairs

ABOUT LANDPATHS



LandPaths was founded in 1996 with the mission to foster a love of the land in Sonoma County. We were young, founded by action-oriented women. With a we-can-do-this attitude, we shared our love of nature and a responsibility for local landscapes.

More than two decades later, thousands have experienced outdoor firsts, and invested time and muscle into caring for the land. We have staunchly (even stubbornly) pursued diversity and inclusivity. LandPaths has grown into a trailblazer in Sonoma County.

We are committed to equity and reducing barriers in order to increase access to nature for historically marginalized communities. We offer nature-based summer camps and school programs, free hikes and outings in English and Spanish, and opportunities to participate in land stewardship across the county.

Over the past two decades, we have evolved to meet the changing needs of the community. And we remain compelled by belonging and joy, courage, and responsibility, and by our belief in nature as a curative agent for ecological, mental, and physical health. Climate change and the imperative to establish equitable access to health and happiness depend on us going all in on care for the land and each other.

Thank you for joining us in that commitment to change.

Dig further into LandPaths' background and history on our website: [LandPaths](#)

Check out our Impact Report hot off the press!
[2023-2024 Impact Report](#)

VALUES

We practice these values, always, across the organization. They guide our work and weave through every program, outing, initiative, office interaction, and field experience.



LEAD WITH NATURE

Research proves that we are hardwired to respond positively to nature. Nature is enough. No bells and whistles needed.

FOSTER BELONGING

We create a welcoming and warm atmosphere that reflects our community. We ensure that the land and the people on it are treated with dignity and respect.

BUILD RECIPROCAL RELATIONSHIPS

We collaborate with volunteers, communities, organizations, agencies, and the land. We bring together the perspectives & ideas necessary to succeed. With integrity & honesty, we practice caring for the land & each other.

CULTIVATE COMMON PURPOSE

Through shared experiences, understanding, listening, stewardship, and place-based action, we expand what conservation looks like.

ACT WITH COURAGE

We respond with dynamic creativity to the changing needs of people and land. This means taking risks and bold action, and sometimes making the unpopular choice. We hope to always have the courage to fail.

NURTURE JOY

We are passionate about what we do, and we enjoy the camaraderie at the heart of our work. We celebrate personal and professional milestones and renew ourselves in nature with awe and humility.



THREE CORE INITIATIVES



Rooting Youth in Nature

We reduce the barriers and expand opportunities to get outside so that youth can experience wonder, joy, awe, belonging, and a sense of stewardship in nature.



Branching Out Conservation for Everyone

With a dedication to equity and inclusion, we reduce the barriers to increase access for people historically excluded from positive connection with nature and the outdoors.



Growing Community With Nature

Facing the challenges like catastrophic fire and drought dramatically increased by climate change, LandPaths more than ever believes in forging care and connection between people and the land. From stewardship days for all ages to conservation workforce training, we address community care with curiosity, determination, and creativity.

PROGRAM OVERVIEW

Why Docents Like You are Essential to the LandPaths' Ecosystem!

You play a vital role in fulfilling LandPaths' mission. For most participants, you'll facilitate their first introduction to public access and connection to nature and community at Bohemia. Which is to say, you are essential. Your participation as a docent allows us to grow our capacity to offer outings: This means more opportunities for people to experience this beautiful preserve.

Steps to becoming a docent

1. Sign up and attend 2 days of docent training.
2. Complete the Agreement Form / Liability Waiver
3. Create a Participant account to track your volunteer hours!
4. Become First aid/CPR certified and keep current. Can be completed after docent training; ask us if you need help finding a course. We are happy to help!
5. Apprentice on at least one outing led by staff or an experienced docent.
6. Commit to four enrichment activities throughout the year.



Your goals as a docent are to:

- Create opportunities for the community to get outside and explore Bohemia Preserve.
- Offer joyful and creative outings so that more people can access local nature.
- Guide participants towards discovering, for themselves, the meaning and impact of their experience, rather than just increasing their ecological knowledge.
- Help us build a community of neighbors and participants with the goal of creating a strong force for land stewardship in the form of People Powered Preserves.

Cost & Scholarships

- Participation in the orientation training is free of charge.
- The cost for subsequent enrichment activities varies. A typical LandPaths' offered enrichment activities will cost approximately \$20 for each course; the cost of opportunities offered by outside organizations will vary. Scholarships are available for enrichment activities.
- First Aid / CPR certification (\$40-\$100); scholarships are available.

Docents should meet the following criteria:

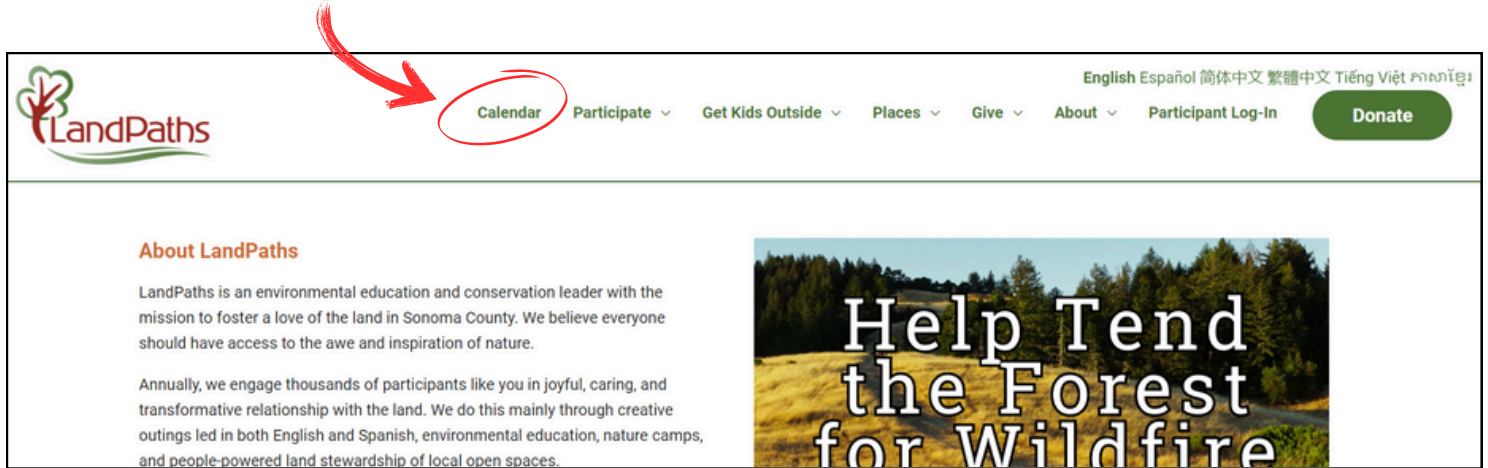
- Be 18 years or older.
- Comfortable presenting to small groups
- Be able to hike 3-5 mile and navigate uneven terrain.
- Be able to carry a backpack with first aid kit and extra water.

DOCENT BENEFITS

LandPaths is very grateful to the volunteers who share their time, knowledge, energy and commitment. In reciprocity, volunteers who are actively involved in the program may take their family members and friends with them hiking at the preserves stewarded by LandPaths in Sonoma County. Camping is available at Bohemia Ecological Preserve, Riddell Preserve and Rancho Mark West. There is a rustic cabin at the Riddell Preserve in Healdsburg that is also available:

- Camping for up to 6 people twice a year (3 days max. per trip)
- Stay for up to 4 family/friends at the Riddell cabin (3 days max.)

Before you decide to go, please check our **calendar** (www.landpaths.org) to make sure there is no programming already scheduled on that day or camps during the spring and summer and then check with staff. Thank you!



Calendar



DOCENT COMMITMENTS



-
- Make a one-year commitment
 - Choose four dates for guided outings
 - Participate in 4 enrichment activities throughout the year (see handout)
 - Be on time as it's not ideal to leave participants waiting for you to arrive
 - Develop outings description and theme for registration page on LandPaths' online registration platform
 - Arrive prepared for each outing (ex: on time, know your route, materials, first aid kit, sign-in waivers, pens, maps, etc.)
 - Monitor conditions leading up to the day of outing. In case of cancellation, follow LandPaths' guidelines
 - Be equipped to take charge in case of emergency
 - Be prepared to administer First aid/CPR in case of emergency
 - Act as a goodwill ambassador for LandPaths when on preserve
 - Provide receipt (book provided) for any donation received
 - Submit a written Field Report within a week of each guided outing
 - Record your volunteer hours monthly



DOCENT COMMITMENTS CONT.

Tracking Your Hours

Tracking your volunteer hours is vital to your volunteer position. We want to offer rewards and other perks to you, based on hours, months, years, and decades of participation! On the organization side, it's helpful for us to track volunteer hours for grants and program assessment. Count the following as part of your hours:

- All outing prep time and time leading or assisting on a LandPaths' outing.
- Training dates, CPR certification, apprentice outing, and attendance at enrichment workshops.
- Any special projects that further develop the docent program.
- Please enter your docent volunteer hours on a monthly basis. You might want to add a calendar reminder on your phone or in a paper notebook as a reminder!

Weather and Air Quality

Outings still take place in light rain, according to LandPaths' policy. We ask that you move forward with the outing, unless there is heavy rain in the forecast, or other unsafe weather conditions (ex: extreme heat, smoke, wind).

We have an existing system in place for notifying participants of weather-related cancellations. The outings registration page always includes instructions and a phone number to call in the case of questionable weather.

What Happens If You Run Across Someone Trespassing?

One of our goals is to invite people to participate in appropriate ways. If you encounter someone who is trespassing, explain that the property is not open for drop-in visits. Assume that they are unaware of the fact that they are trespassing and stay friendly. If you feel comfortable with it, you might even invite them to join us on a guided tour or other LandPaths activity; you are not expected to ask them to leave or escort them out. As a docent you are not meant to police the property. You are an ambassador to the public.

DNA OF AN OUTING

Outings act as an invitation to discover one's own connection with nature. We intend them to raise participant's awareness, curiosity, joy, and sense of stewardship in nature. As a docent, your role is to invite people to experience Bohemia Ecological Preserve and to increase LandPaths' ability to get more people on the land in a meaningful way.

Principles of an Outing

We embed our values into every outing. They drive our principles.

- As an organization, we strive to create outings that address barriers such as language, transportation, comfort with the terrain, and endurance levels, and we encourage to do think about this as you plan your outing.
- Give priority to positive and inspiring experiences with the land and each other that build relationships based in joy and common purpose.
- Tap into "community wealth" by sharing your knowledge and encouraging participants to share their own.
- Ensure that participants feel safe, welcome, and comfortable in order to fully participate in the experience you've worked so hard to create.
- Facilitate a direct connection between the participant and nature, based on an unflagging belief that nature always awes and inspires.
- At the beginning of the outing, establish a sincere atmosphere of belonging, comfort, inclusivity, friendliness, and warmth.

Be Prepared, Confident and Engaged – Best Practices

- Make eye contact, face the entire group, stay aware of the volume and pitch of your voice, and establish an aura of confidence. These actions will go a long way to starting an outing off with a positive, inclusive vibe!
- Cultivate an ability to read and react to non-verbal gestures from participants to keep people engaged.
- Provide opportunities for mind and body connections to the land and the theme for the day.
- Nature is enough. Allow space for each person to experience it as they feel called to in the present. Planning is important, but over-planning can lead to the death of spontaneity. Aim to strike a balance between the two by having participants share their own questions, concerns, and observations during or at the end of the outing.
- Look for opportunities, through planned activities or discussion prompts, to inspire feelings like awe, wonder, empathy, curiosity, and even grief.
- Be actively engaging. Thought-provoking questions can be just as interactive as having participants do a hands-on activity. You might even come to the outing prepared with 2 or 3 questions that can inspire engagement with the land and each other.

DNA OF AN OUTING

Phase 1: Planning

Pro-Tip: Plan your outing at least six weeks in advance to allow time for outreach, registration, and other tasks that will ensure a successful experience. More time is your friend!

- Choose a date and time for the outing. Make sure the date and time is available by confirming with your LandPaths' docent contact.
- Identify a theme and intended audience.
- Feel free and inspired to invent your own new themes based on your own interactions with Bohemia Ecological Preserve! We welcome creative interpretations as long as they place nature squarely at the center. Examples of past outings include art in nature, nature journaling, sunset hikes, seasonal birding, the importance of oaks or other ecological focuses, family friendly hikes, Spanish language or bilingual hikes, yoga outings, exercise and adventure hikes that travel longer distances,
- Choose a route: Please be sure to make at least one, and even better two, site visits if you have not walked this route before. Think carefully through coordination, safety, talking points, etc. Consider parking, route, safety, theme, talking points, and materials needed, etc.
- Select the max # of participants to attend. The default maximum for docent outings is 25, and docents may set lower / max number if desired.
- Plan for assistance. Coordinate with other docents and volunteers to serve as co-leaders or hike sweep if needed.

Phase 2: Planning Questionnaire, Scheduling, Registration Page

- Submit a Planning questionnaire to your LandPaths' docent contact at least 6 to 12 weeks before your desired outing date. The questionnaire will be used to create the outings registration description in the LandPaths' event registration portal.
- Once your date and theme are approved, your docent contact will create a registration page using your planning questionnaire. The link will go live where it will be shared by the Communications Lead on the website, in the general eblast, as a Facebook event, and on social media.
- Be sure to check-in with your docent contact 3 to 5 days before your outing. Together, you'll review details including:
 - Confirming that all participants have received a pre-outing prep email.
 - Review the participant list to get a sense of who is participating.
 - Think through any materials you will need in the field.

DNA OF AN OUTING

Phase 3: Day of Outing

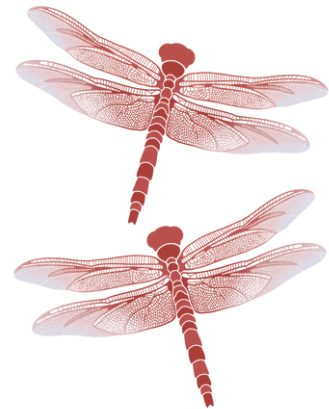
- Make sure you have all gear needed (ex: first aid kit, water, clipboards, sign-in sheets, maps)
- Arrive early – at least half an hour before the outing.
- Make sure you have any gate or door combinations needed to access Bohemia, if any.
- Be sure parking is clear and participants are greeted and sign-in.
- Be familiar with the way to begin an outing. (see Sample Outing and Facilitation below)
- Possibly ask for a volunteer to take photos of the day.
- Keep an ear open for any special or memorable quotes.
- If it's raining, be sure to remind the group that the trails are slippery along the way. Keep an eye on any participants who seem hesitant or need extra support.
- We do our best to prepare everyone for the difficulty of a hike. There will occasionally be someone who may be more challenged by the terrain than they expected.
- Be prepared to be flexible & adapt your plans, as necessary.
- Update guests about other LandPaths' programs and opportunities or relevant updates about the preserve you are sharing today.
- Thank guests and participants prior to departure

Before you leave Bohemia

- Put gear and materials away
- Lock gate/doors

Phase 4: After the Outing

- Submit the following to your LandPaths' docent contact:
 - Field report within one week of completing your outing
 - Liability waivers/Sign-in sheets
 - Best photos from the outing
 - All donations with receipts within one week of your outing



On a regular basis

- Stay in touch with the LandPaths docent team and ask for help if needed
- Provide feedback for program improvements, training ideas, etc.

PLANNING QUESTIONNAIRE

Use this document to guide the planning of your docent outings. You don't have to print this actual form, just use the information as your guide. You can send us the information directly in an email or as a word doc in an email. Please send this information to your LandPaths' docent contact at least 6 weeks before your outing. Have fun and let your creative juices flow! Bohemia is a special place so celebrate it in a way that feels right to you!

Proposed date & time:

Outing theme:

Outing Description: *ex. Join us for an evening exploration of the beautiful Bohemia Ecological Preserve! We will hike on trails through native coastal prairies and mixed conifer forests & enjoy a picnic dinner at sunset.*

Route and distance :*(If you are not sure of the distance just tell us your route):*

Approximate hike length and elevation gain*:

Group size:

Audience: Is this outing 'child focused,' 'family friendly,' 'geared toward adults but kids are welcome' or 'meant for adults?'

Safety considerations:

Weather considerations: *Will you continue in a light-medium rain? Heavy rain?*

Additional details: *What do the participants need to bring? Ex. flashlights, binoculars etc.*

*DISTANCES AND ELEVATIONS

- Quarry entrance to Hut Hill: .75 miles, Elevation gain/loss 442 ft
- Hut Hill to Top of the World: .63 miles, Elevation gain/loss 403 ft
- Entrance to Top of the World: 1.5 miles, Elevation gain/loss 845 ft
- Entrance to Margaret's Creek trailhead: .5 miles, Elevation gain/loss 286 ft
- Margaret Creek trailhead to begin Panhandle boundary: .5 miles, Elevation gain/loss 182 ft
- Margaret's Creek trailhead end of Panhandle boundary Meadow: 1.4 miles, Elevation gain/loss 636 ft

SAMPLE OUTING INTRO & FACILITATION



Pro Tip: Total introduction should take no more than 10 minutes.

Intro to LandPaths & Preserve

- Welcome the participants to the property. Mention anything interesting you have already seen upon arriving or something you are looking forward to seeing on the outing.
- Introduce yourself as a LandPaths Lafferty docent & introduce other Docents or guest experts. Share **pronouns** as part of our commitment to inclusivity and encourage others to share, if they are comfortable doing so.
- Invite participants to introduce themselves and answer the question of the day.
- Give the Land Acknowledgment (see page 1 of this manual).
- Ask - How many here have visited site before? How many people have participated with LandPaths before? Welcome any new folks.
- Ask participants to share any relevant medical or allergy information with you privately after the opening circle (EpiPen, diabetes, physical restriction, etc.).
- Ask if everyone has signed the waiver form. (Once you are sure everyone has signed, transition into an introduction to LandPaths and Bohemia).
- Give a short overview of LandPaths history and mission adapted from the About LP section on page 3.
- Welcome to Bohemia Ecological Preserve– (Share with the group what makes it special to you and share something about the preserve. See Bohemia Backstory on page 22).

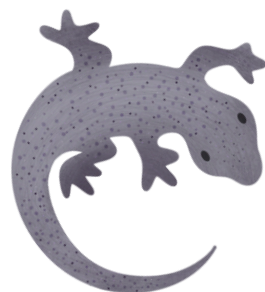
After introductions, briefly review outing logistics

- Flow and timing of outing
- Go over route on the map, breaks, & pace (we will stay together & leave together)
- Lunch/dinner timing if applicable
- Where the restrooms are, encourage folks to use our ample topographic diversity if needed (facilities)
- Safety- Do a head count before you leave on the outing and keep an eye out for potential hazards
- Establish sweep, make this clear to the group
- Anyone medically trained? Tell folks that docents are CPR certified & have first aid kit
- Stay as a group even if the participants know this property (Take frequent stops so your group does not get spread out, i.e., regroup breaks, checking in with sweep, leaving someone at trail junctions to direct people, etc.)
- State that the gate will remain unlocked in case of emergencies, but we will be leaving as a group

SAMPLE OUTINGS WRAP-UP



- Circle up with all participants at the end of your outing. Reflect on the day. Come prepared with a simple reflection question to ask the group (ex: What did you find most inspiring, surprising, or memorable today?) Thank everyone for coming.
- Share a quick bit of information about other ways to participate at LandPaths. A good way to prepare for this is to look up scheduled outings and stewardship days by going to the Calendar on the homepage at landpaths.org. Invite people out for stewardship and outings across preserves.
- Invite participants to subscribe to the LandPaths general eblast (digital newsletter) which goes out twice a month to their email inboxes. This always contains an upcoming calendar and the latest happenings across the organization. They can also find LandPaths on Facebook and @landpaths on Instagram.
- Stewardship Days – Volunteers attend a stewardship day with LandPaths staff to help care for the property & work on various projects. Anyone can sign up for these workdays at LandPaths.org on our online calendar, if there are any Bohemia stewardship days coming up. They can also sign up for stewardship at other preserves managed by LandPaths.
- People who are interested in being notified of the next training dates for current and upcoming docent programs can email LandPaths (outings@landpaths.org)
- Donations of time & \$ help us make these & future programs possible!



OUTINGS FIELD REPORT

Use the following template to create the content for the outings field report. You don't have to print this actual form, just use the information as your guide. Please send the information directly in an email or as a word doc in an email to your LandPaths' docent contact within 1 week of the outing.

Outing Name:

Date & Time:

Docent(s) name:

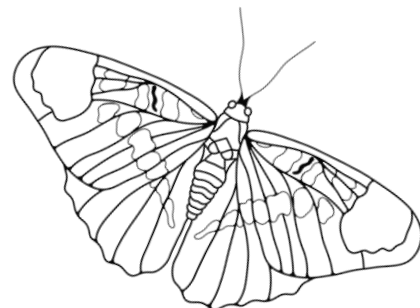
Weather Conditions:

Adult participants	
Youth Participants	
New to LP	
Number of Bilingual Participants	
Languages represented (other than English)	
Total Registered	

Activities/Flow of Visit:

Things That Worked Well:

Highlights, comments & quotes:



Recommendations/improvements:

Quick summary of Impact of this event:

CANCELLING AN OUTING



CANCELLING FOR ILLNESS - Best Practices

- If you are sick, call LandPaths staff as soon as you can. If you start to feel sick a few days before the outing's scheduled date, assume that you won't be able to lead participants and get in touch with your LandPaths docent contact as soon as possible.
- Notify anyone that you've invited to co-lead the outing with you.
- Important Note: On the actual day of the outing, we'll have no way of contacting participants. They'll be waiting for you at the preserve entrance at the start time. It's essential that participants are notified and reached prior to the outing, or that there is someone there to greet them in person to let them know that the outing has been cancelled. The best practice is notifying at least 48 hours in advance.

CANCELLING FOR INCLEMENT WEATHER - Best Practices

- Our policy is to move forward with outings in the case of a light rain, but to cancel in the case of a heavy rain, high heat and heavy smoke. See the weather guides in this manual for actual numbers. When making the decision on whether to cancel an outing, it's critical to use your best judgment and do thorough research using forecasts, heat, wind, smoke and rainfall guides, to make your decision. **Do not hesitate to contact us with any questions!**
- Please don't wait until the morning of the outing to make the call, preferably, make the decision the night before. If leading the outing with partners or volunteers, make sure that you stay in touch with them. Be able to contact them on the evening before the outing.
- Think about the heat, wind, smoke as well as rain when pondering cancelling outings. For the safety of everyone, we do not lead groups into forests during high wind events.
- Consider creeks and water crossings as potential danger spots during or after rain events.
- Think about the nature of the outing and the nature of the group:
 - Can people leave the outing on their own when they want if they get too hot or cold?
 - Can the theme of the outing successfully be achieved in the weather?
 - Are hiking conditions hazardous?
 - Are driving conditions hazardous?
 - Will there be children/families?
 - Will people be moving (helps to stay warm) or standing still?

RESOURCES FOR WEATHER MONITORING

Extreme Heat Policy

Heat Threat Level Classification*	Cancelation Policy	Activity Recommendation
Extreme Danger: 107°F or higher, Heat stroke highly likely	Outdoor Programs Canceled	No outdoor activity
Danger: 103°F - 106°F, Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity	LP Manager has discretion to cancel or allow outdoor program to continue. Must shift the day's activities to allow for more shade, water access and/or less physically intense activities.	No sustained activities allowed in direct sunlight. Proper PPE (wear clothing that blocks sunlight, hats, sunscreen, etc.), Cool down breaks of 10 minutes every two hours at minimum, access to shade and water, frequent communication to check for symptoms of heat illness, reminders to drink water, review signs of heat illness pre-shift.
Extreme Caution: 90°F - 102°F, Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity	LP Manager has discretion to cancel or allow outdoor program to continue. May shift the day's activities to allow for more shade, water access and/or less physically intense activities.	Proper PPE (wear clothing that blocks sunlight, hats, sunscreen, etc.), Cool down breaks of 10 minutes every two hours at minimum, access to shade and water, frequent communication to check for symptoms of heat illness, reminders to drink water, review signs of heat illness pre-shift.
Caution: 80°F - 89°F, Fatigue possible with prolonged exposure and/or physical activity	Outdoor activities can proceed with safety procedures in place.	Proper PPE (wear clothing that blocks sunlight, hats, sunscreen, etc.), access to shade and water, frequent communication to check for symptoms of heat illness, reminders to drink water, review signs of heat illness pre-shift

Heat Threat Level Classification based on NOAA's scale:

<https://www.weather.gov/ama/heatindex#:~:text=The%20heat%20index%2C%20also%20known,sweat%20to%20cool%20itself%20off.>

Heat Index Chart: https://www.noaa.gov/sites/default/files/2022-05/heatindex_chart_rh.pdf

RESOURCES FOR WEATHER MONITORING

Air Quality Policy

For LandPaths PUBLIC outings and volunteer stewardship:		
AQI (PM2.5) reading on purpleair.com	Cancelation Policy	Activity recommendations
By 5:00pm* day before scheduled outing, manager checks the air quality on purpleair.com. Look at AQI PM2.5 reading nearest to the outing site. Communicate results with staff, registered participants, and LandPaths' phone message as necessary. <i>*In cases where the air quality is far greater than limits outlined below, managers can make the cancelation farther ahead of time to give participants more notice.</i>		
AQI (PM2.5) >100	Outing/event will be canceled for the day.	No outdoor activity
AQI (PM2.5) 50-100	Outing can proceed.	Especially sensitive individuals may still need to limit vigorous activity.
AQI (PM2.5) <50	Outing can proceed with no restrictions.	

We recommend checking **PurpleAir** website and looking at the map, zip code 95472. There are sensors at Camp Meeker and one at Redwood Alliance, they should give us a fairly accurate measurement:

<https://www2.purpleair.com/>

Other online resources:

<https://www.airnow.gov/> (App available!)

<https://ww2.arb.ca.gov/>

RESOURCES FOR WEATHER MONITORING

Wind Speed Policy

<p>By 5:00pm* day before scheduled outing, LP Manager and program coordinator checks wind speed forecast at https://www.windfinder.com and https://wind.willyweather.com/ca/sonoma-county/petaluma.html or the NOAA website. Manager compares all readings/forecasts to make the final decision about work safety for the day. The site and activity for the day will also be taken into consideration (Ex: forest vs open grassland, forest post fire, redwoods, oaks, water activities – kayaking with wind waves, etc.)</p>		
Wind Threat Level and Speed in mph	Cancelation Policy	Activity Recommendation
Extreme to High: sustained speeds greater than 40mph with gusts greater than 50mph	Outing/event will be canceled for the day.	none
Moderate: sustained speeds of 26 to 39 mph, or frequent wind gusts of 35 to 57 mph	No boating. LP Manager has discretion to cancel or allow other outings to continue.	Avoid activities under potentially hazardous trees (burned, diseased, etc.). Don't set-up awnings/umbrellas as they could be dangerous if blown over. No boating.
Low : Sustained wind speeds of 21 to 25 mph, or frequent wind gusts of 30 to 35 mph.	Most outings can proceed. No boating in bays or on open water.	Avoid activities under potentially hazardous trees (burned, diseased, etc.). Don't set-up awnings/umbrellas without securing them as they could be dangerous if blown over.

[NOAA.gov](https://www.noaa.gov) is your best resource for checking the weather.

Rainfall Guide

Rainfall rate is described as light, moderate or heavy. Light rainfall is considered less than 0.10 inches of rain per hour. Moderate rainfall measures 0.10 to 0.30 inches of rain per hour. Heavy rainfall is more than 0.30 inches of rain per hour. Rainfall is described as the depth of water reaching the ground, typically in inches or millimeters (25 mm equals one inch). An inch of rain is exactly that, water that is one inch deep. One inch of rainfall equals 4.7 gallons of water per square yard or 22,650 gallons of water per acre!

DRIVING AND PARKING GUIDELINES



General Guidelines

These guidelines are intended to protect our roads, parking areas, and watershed resources.

- Please, park your vehicles at the Quarry Road kiosk parking area, Hut hill should be accessed on foot if at all possible. Visitors with disabled/physically challenged guests may be able to drive to Hut Hill.
- Please plan to start all docent-led hikes from the Quarry entrance. The walk-up Quarry Road is incredibly pleasant during cooler temperatures and at a slow pace. For very hot days, and to keep everyone safe, you may drive up to Hut Hill. Please, carpool to reduce the number of cars on the road. If you want to have more than 25 people on your hike, meet at the Occidental Community Center and carpool from there to the preserve and park at Quarry Entrance.

Groups that may be allowed to drive up to Hut Hill:

- If you lead a hike designed for disabled, elder, or otherwise impaired visitors
- If you lead a workshop with lots of educational materials
- If you are hosting an event with food
- If you are camping
- If you are conducting stewardship work

Winter/Rain Driving Guidelines

These guidelines are in effect from after first rainfall, during a sustained rain, and within 24-48 hours of a major/extreme rainfall event (over 2 inches in 24 hours).

In addition to these guidelines, please use common sense. **In general, if water is flooding down road, standing on road, or there are very high winds, please do not drive up the road.**

When driving to Hut Hill, please follow these guidelines:

- Always drive as few as cars as possible. If possible, use vehicles with 4WD or AWD.
- During a sustained rain (raining steadily) only 4WD/AWD vehicles allowed.
- Within 24 hours of a sustained rain 1-2 inches/24 hours, only 4WD/AWD allowed.
- Within 48 hours of a sustained rain greater than 2inches/24 hours, only 4WD/AWD vehicles allowed.
- In the event of an extreme rain event (greater than 4 inches in 24 hours), and within 48 hours of one **NO DRIVING ALLOWED.**
- Whenever tracks deeper than 1/2 inch are being created by vehicle, **DO NOT DRIVE UP THE ROAD.**
- If cars are spinning tires, **DO NOT DRIVE UP THE ROAD.**

BOHEMIA BACKSTORY



Brief History of Recent Land Uses

Bohemia Ecological Preserve is 1000 beautiful acres jointly managed by LandPaths and Will and Julie Parish. LandPaths owns 554 acres of the property donated by Ted and Phyllis Swindells in Feb 2012. There is a conservation easement on the property through Sonoma Land Trust with funding from the Gordon and Betty Moore Foundation.

The Preserve has a long history of public use and trespass, including use of the waterfall, creeks, hiking to the “Top of the World”, shooting, 4-wheeling, etc. In addition to these uses by the community, there have also been multiple efforts by Sonoma County Regional Parks and Sonoma County Agricultural Preservation & Open Space District over the last 13 years to purchase the property and turn it into a publically accessible park. There continues to be considerable interest to access the preserve from members of the public. In order to meet this demand LandPaths has made a commitment to provide public access, as this is an important component to fulfilling our mission. In order to provide public access and education at the preserve, the Docent program was formed

Property Physical Overview (*Bohemia Ecological Preserve Baseline Summary1*)

As the 1000 acre Bohemia Ecological Preserve runs from north to south, it contains portions of the Grubb Creek, Duvoul Creek and Margaret’s Creek drainages (all of which run east to west, feeding into Dutch Bill Creek). Elevations on the property range from approximately 120 feet along the Bohemian Highway adjacent to the Dutch Bill Creek on the western property boundary, to about 1040 feet above mean sea level on the northern boundary.

Most of the property consists of moderate to steep sloping ridges and canyons covered with forest, chaparral or grassy meadows. A large portion of the site (primarily on the western portion of the preserve) is underlain by Serpentine soils, where Sargent cypress, manzanitas, and associated chaparral and/or drier grasslands exist, and where several rare and endangered plant species are found. The eastern 250 acres of the Property is predominantly forested.

INCIDENT REPORT FORM

Please fill out an incident report which contains the information on this page if the following occurs during your docent outing:

- A participant, staff or volunteer is injured during your outing and requires assistance.
- A participant, staff or volunteer becomes angry or upset to the point that causes others to feel unsafe during your outing.

Please send the report to your LandPaths contact within 24 hours of the outing where the incident occurred.

Location of Incident:

Date and time of incident:

Name of injured person:

Status of injured:

- Under Observation/In Treatment (The person is being monitored by medical professionals)
- Stable (The person's condition is not worsening)
- Unstable (The person's condition is fluctuating or deteriorating)
- Critical (The person's condition is life-threatening)

What activity were you engaged in at the time of the incident? (Please describe with as much detail as possible)

Give account of incident: (A clear narrative of what happened, including actions leading up to the injury)

Injury information:

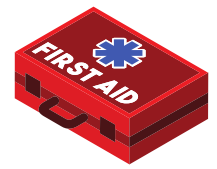
- Type of injury (e.g., fracture, sprain, cut, burn, dehydration)
- Body part affected
- Severity of injury (e.g., mild, moderate, severe)
- Pain level (Rate the pain intensity on a scale of 1-10)
- Symptoms

Action Taken:

- Treatment given (Describe any procedures, medications, or therapies administered)
- Medical Facilities Visited (Name of the hospital, clinic, or doctor's office)

Witnesses: Details of any witnesses to the incident.

IN CASE OF EMERGENCY



In case of emergencies including fire, property damage, criminal activity, illness or injury to yourself or others in your program, immediately notify law enforcement.

Sonoma County Sheriff dispatch 707-565-2121

Protocols for Injury/Illness

- Determine if 911 is needed or if injury is superficial. Try Sheriff Dispatch prior to 911 for faster service:
- If 911 is needed: Do not leave an injured person alone.
- IF you are certified to administer First Aid, THEN:
 - Assign one or two reliable adults to handle crowd control.
 - Assign someone to call sheriff dispatch – **707-565-2121** or 911.
 - If an ambulance ride is necessary and the participant is a child, then a parent or guardian should accompany the child.
 - If a helicopter is necessary, direct someone to signal MediVac to a safe landing space (per your detailed training, by program).
- After the injury is dealt with, contact LandPaths' **Executive Director Craig Anderson - cell: 707-480-3760**, to alert to the situation, and review further action. If the emergency is during the week, you may also call LandPaths main office number: **707-544-7284**.
- Fill out an Incident report.
- Please do not make statements to the media about the incident. If you are approached for a quote or statement, direct the media to call Executive Director Craig Anderson or other executive staff.

Hospital Emergency Room Contact Information:

Closest Emergency Rooms in Order:

Sutter Santa Rosa Regional Hospital Emergency Department, 30 Mark West Springs Rd, Santa Rosa, CA 95403 - **707-576-4040**

Providence Santa Rosa Memorial Hospital, 1165 Montgomery Dr, Santa Rosa, CA 95405
707-525-5300

Kaiser Permanente Santa Rosa Emergency Room: (32 minutes via Occidental Rd)
401 Bicentennial Way, Santa Rosa, CA 95403 - **707-393-4800**

Closest Urgent Care (non-life-threatening injuries):

Progressive Urgent Care (28 minutes via Occidental Road, right on Grandview, and left on Bodega Highway) via Occidental Road, right on Grandview, and left on Bodega Highway)

501 Petaluma Avenue, Sebastopol, CA, 95472

Open 9:00 am to 9:00 pm daily **707-829-4370**

If driving injured person to hospital, please call the hospital to let them know you are on the way.

WHAT YOU CAN EXPECT FROM US



Confidentiality: LandPaths respects confidentiality. The information you provide on forms including the application, liability coverage and other documents is secured onsite. Personal information you share with staff will be kept confidential if asked, unless there is a concern about your safety or the safety of others. LandPaths is not responsible for the actions of others when you disclose personal information to your peers while participating.

Equal Opportunity: LandPaths serves all of Sonoma County, and does not discriminate based on race, color, religion, gender, national origin, disability, sexual orientation, age, marital status, social/economic status, or any other protected criteria. We will attempt to accommodate participant needs but there may be cases where our capacity cannot fully meet those needs. If this is the case, we will investigate other opportunities that would be a better fit for you in the community.

Expectations for LandPaths' Staff: Staff are expected to be respectful to all participants and acknowledge your vital contribution to the organization. If a staff person does not treat you fairly, we ask that you notify the Volunteer and Community Hub Lead unless that is the person in question. Please review "Communication Systems" to find the appropriate person to contact if that is the case.

Organization Support and Responsibilities: LandPaths will support you by providing clear expectations, direct supervision, and attention to your experience. Your LandPaths' docent contact will check in with you to receive updates, feedback, and questions. We appreciate and encourage open communication. LandPaths is responsible for providing training, supervision, and liability coverage for you when acting on behalf of the agency.

Recognition and Appreciation: We love to recognize and honor volunteer docents like you! To learn more or share how you prefer to be recognized for your service, please let your LandPaths docent contact know!

IMPORTANT CONTACT INFORMATION



Title	Name	Contact Information	Questions/Concerns
Volunteer and Community Hub Lead	Laura Revilla	Email: laura@landpaths.org Phone: (707) 544-7284 Cell: 408-656-9339	Questions or concerns about your specific docent outing logistics (ex: planning, dates, time, supplies, etc.) Office hours M-F, 9am-5pm
New Audiences Manager	Danny Chaparro	Email: danny@landpaths.org Phone: Cell: 707-548-9785	On weekends and after hours and if your concerns above are not resolved by the staff above, please contact Danny.
Executive Director of Operations	Lee Hackling	Email: lee@landpaths.org Phone: (707) 544-7284, ext. 102	If your concerns above are not resolved by the staff above, please contact Lee.
Executive Director of External Affairs	Craig Anderson	Email: craig@landpaths.org Cell: 707-480-3760	If your concerns above are not resolved by the staff above or in case of an emergency , please contact Craig
LandPaths' Main Office		(707) 544-7284 618 4th Street, #217 Santa Rosa, CA. 95404	