

Summer Details-Tilden Park 1

We've been hosting camps in Tilden park since 1998. With 1200 acres of diverse flora and fauna, it's the oldest park in the East Bay Regional Park District System! What a gift. MBC has had a great relationship with Tilden, thanks to all the MBC staff efforts.

MBC staff take care of the sites and are friendly and appreciate the rangers. It has really made a difference in terms of their willingness to rent space to us for all these years.

MBC staff follows the Tilden regulations by

- Conserving water - not playing in water fountains or bathrooms
- Protecting trees - not spending regular time around bases of trees to help protect the roots, not tearing bark or branches off trees, no "tree forts," not climbing on downed branches piled up
- Leaving the park in the park - no collecting items (sticks, rocks, etc.) from the park to take home,
- Practicing Leave No Trace - leave an area the same as you found it (or cleaner) every day
- Parking safely – not in red zones, Above Meadows – turn around at Fern, no crossing oncoming traffic to park on the left side of the street, and Parking bicycles 15' from any trail
- Making sure parents do not block traffic & campers do not cross any traffic areas/parking lots alone



Healthy Parks Healthy People



Summer Details-Tilden Park 2

- **RESTROOMS & BREAKS:** Staff do not have their own personal bathroom in Tilden, so use any that are there nearby during camp. Use at a time campers are not, and let your team know. Take turns during am field game time, snack times, or circles when you are not leading.
- **BREAKS:** Find a spot away from the main area of camp, go to your car, or drive to another area. If at Big Leaf, walk to Little Leaf to sit at a table or the lower field of Meadows. If at Meadows, go down the field, or find tables and redwoods at Froggy Flats. It gets confusing to people if you stay on site near campers.
- **POISON/ PROTECTOR OAK:** Talk about ways to recognize Poison oak on first day/ before first hike, e.g., it can be red or green, leaves of 3, let them be, if it's shiny watch your hiney, if it's hairy it's a berry.
 - Explain we call it protector oak, as it helps protect other plants from humans or other animals disturbing them. If any balls or other equipment touches p. oak, apply Tecnu and wash thoroughly with gloves available in the 1st Aid pack. Similar process if a camper touches p. oak or touches something that has touched it. Check the OTC list on the clipboard or binder to see if campers can have Tecnu on their skin. Some cannot.



Summer Details-Tilden Park 3

Safety: a yellowjacket nest, cracked tree branch, backed-up toilet

- If you see a ranger, tell them, so it can be addressed quickly.
- Tell Samantha or Brad and they will reach out to Tilden non-emergency line/rangers (in phone contact of all phones).

Mowing: Rangers come to Meadows site at random times, (their schedule is complicated) so shift things as needed when they arrive.

Garbage/recycling Pick-Up: Usually toward the end of the day, please direct kids to move out of the truck's way when it drives into camp

- The park only has can and bottle recycling. We bring bins to do paper recycling.
- There is no compost, so remind your staff & YL team to encourage campers to pack things back into their lunches, so they can compost them once they get home. This also helps parents have a better idea of what was eaten or not. (Kids sometimes throw away food, otherwise).

Communications with the Park Staff - If Rangers want to talk about something related to MBC in the park they will do it through our office. If they think something is a safety issue or urgent, they will speak with staff directly. Say "Hi," and chat with & thank the Rangers if you see them. Check with the office if you have any questions.



MBC team will interface with park rangers most days

Froggy Flats (FF) + Creek Info



- All groups have some time at Froggy Flats on the schedule. It's a great place to lean into nature connection games, fairy & troll houses, and other fun under the redwoods.
- Campers can explore down by the creek and play by the water. This depends on current ranger attitudes and can change. If a ranger asks you to stay away from the creek, explain that we've had permission in the past, will stay out now, and move your group up to the main area. Text the office/Samantha so we know.
- Be sure to bring along some favorite games so that the campers can play up at the tables.
- The main FF areas we use - (1) the central woodsy area, (2) up by the tables, and (3) down by the creek. Offer different choices and most groups divide up so there aren't too many campers in any one spot. This helps prevent erosion & damage to the creek area. One staff can be in the central woodsy area and also watch the tables with YL help.

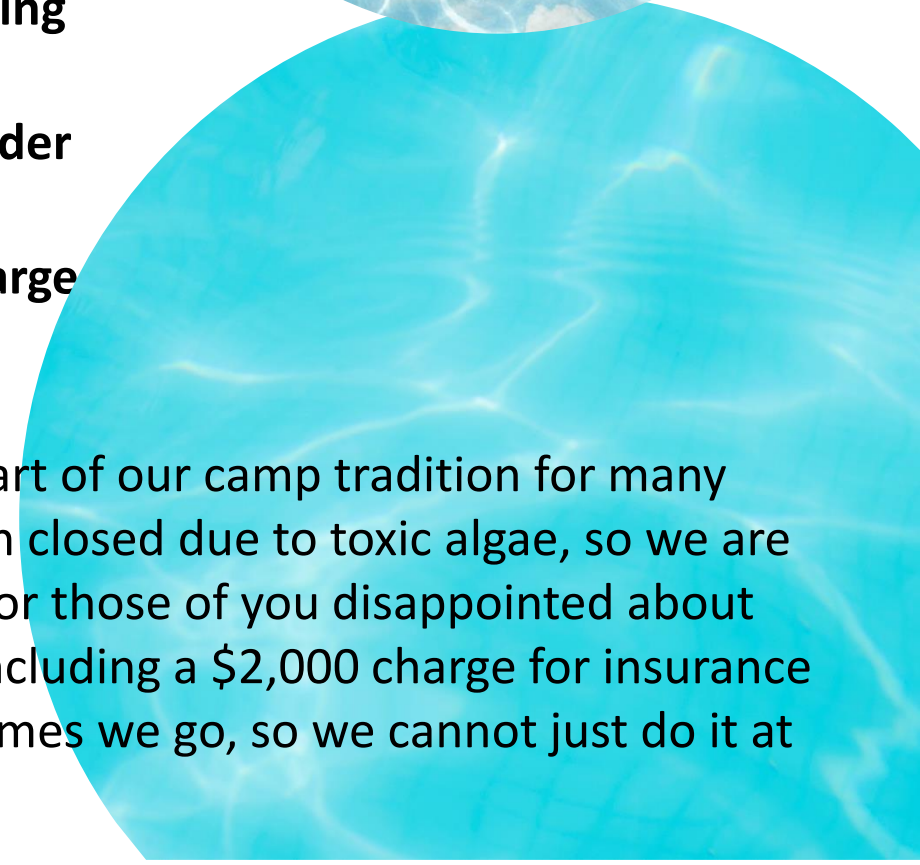
Summer Water Play

When it's hot, there will be spray bottles filled with water available to keep kids cool throughout the day, and other things to play with water available. Some equipment will just be for YLs or staff to use because it gets broken easily or it's hard to manage safely.

Staff make sure to

- **Make it clear where the “I want to get wet” space is and where the “I do not want to get wet” space is, so kids can watch or do something else if they don't want to get sprayed or splashed.**
- **Be aware how water play can get kids really excited and make it harder to remember to check in with each other and listen to a “stop.”**
- **Not waste water. We can't have water running constantly or pour large amounts of water on the ground.**

Note about Lake Anza: swim days were a part of our camp tradition for many years, but in recent years, the lake has been closed due to toxic algae, so we are no longer to schedule them. We are sorry for those of you disappointed about that! There are also a lot of logistics to it, including a \$2,000 charge for insurance just to use the lake, no matter how many times we go, so we cannot just do it at the last minute.





Summer Rainy Day Procedures

If rain in the forecast:

- Admin and Operations may contact you outside of camp hours to share the plan. Depending on amounts of rain, there could be an option to meet at a different location or have a Zoom camp day.

If rain emerges last minute:

- Check in with Admin and Ops team asap to confirm plan and that they will send message to all parents, so you do not get so many individual ones.
- Both of our sites have forests surrounding, where the group can hang out and play for a while. We also have canopies. If rain continues, Brad will likely bring items to build more shelter, like rope and tarps. This is an ideal time for storytelling, riddles & jokes, dancing together, playing Concentration if it's chilly.
- In case of heavy rain, go to the Nature Center (closed Mondays). There is shelter around the Little Farm, around the cow enclosure, in the chicken barn, by the bathrooms. There are redwood tree cathedrals to the left of the Nature Center building that would be dry and fun to play in.
- When you are hiking around the park keep an eye out for places you could imagine being with a group of kids in the rain and report back to us so we can have more options to share.

Tree Climbing

There are a few trees in Tilden that kids love to climb.

Guidelines:

- Three points of contact, Staff are near and can reach kids if on higher branches. Riskier climbing good to do with family members, not at camp. - Covered in YL Handbook.
- On the Wildcat Gorge Trail - The Mystery Tree →→→ a favorite Bay Tree, accessed near Lone Oak Parking. Staff need to stand nearby so they can catch kids if they start to fall when on this branch, due to its height. It is best if a staff person manages this, not youth leaders.
- Big Leaf Woodsy area Tree- Kids need to stay in the upper area before the tree goes down to the creek.
- Redwood Trees in Froggy Flats - the park wants kids to take care and not spend too much time around the base where roots are, so groups visit, but not every day.

Check out some [Language Prompts When Want to Say Be Careful](#)
For example: *“Does that branch feel strong and reliable?”*,
“Take your time” to help support thinking about safety, not just reacting to adults being nervous. This link also has ideas for navigating consent w/kids.

