Safety at Three Springs

The closest hospital is **St Agnes - 1303 E. Herndon Avenue, Clovis 449-3000** (after the tone 33).
Urgent Care Center - 48677 Victoria Lane, Oakhurst 683-2992 (open 9 am to 9 pm).
There is a first aid kit in the kitchen house bathroom sink drawers.

The creek - water is cold and in the springtime flows very rapidly and can be quite dangerous. Rocks are very slippery, as well as any steep hillsides and roads.
The pond – is steep, deep and cold! No lifeguards on duty! Children must be supervised.
Poison oak grows prolifically by the creek and in semi-shaded areas. Make sure you know what it looks like.
Wild animals - We have many wild animals on our land. They are often seen though rarely dangerous. These include turkeys, deer, coyote, fox, bobcat, raccoon, possum, and skunks. Rattlesnakes are active mostly in the morning and evening. They are non-aggressive, but watch where you step and don't put your hands where you can't see. Also watch out for scorpions and black widows which live in dark wooded spaces. If you encounter a skunk, just slowly back away, be aware, they can spray. Black bears are rare. If seen, don't run. Yell, scream, make yourself look bigger, raise your arms, throw sticks or rocks. This also goes for mountain lions, which are more rare.
Summers are very hot, stay hydrated, wear sunscreen, a hat and long sleeves.
Fires and candles are not permitted. High fire danger exists, especially during summertime when hot, dry conditions are present. There are extinguishers located in each house. There is a fire hose on the south side of the kitchen house. There is a pump and hoses in the garden as well. Be extra careful with any flammable materials.
No smoking inside any community building or on decks or porches. Smoking is only allowed in designated areas.
Please be aware of where you walk, and noise levels as there are private dwellings.
When hiking, stay on the trails, take only photos, and leave only footprints. Pack it in, pack it out.

When Enjoying the Outdoors

Parking - Please park your car in the guest lot or on Italian Bar Road, even if it looks like there are open spaces near the houses. Residents come and go frequently. Driving is not permitted below the parking lot area without permission.
Animals - Please leave your pets at home! This includes dogs, cats, horses, pigs, llamas, etc.
Nudity - Nudity is allowed in all creek areas. No nudity is allowed around houses or parking area.
Creek/pond use – Our creek and pond are available for swimming. No lifeguards on duty. Don't use soaps or wash dishes in creek or pond. No fishing without permission. Clean up all personal belongings.
Toilet facilities – Please use our composting toilets (ask about locations). Flush toilets are in the kitchen and community houses. Due to our delicate septic system we ask that you only flush solids. Do not defecate or urinate within 150 ft. of creeks, streams or springs. Bury all solid waste at least 6 inches deep, don't leave paper waste.

When Using the Facilities

Kitchen use – Day users bring your own food. Kitchen available with permission. Community food is for members and overnight guests.
Trash and recycling - please bring a trash bag and take away everything you bring ! We have to pay for trash and recycling. Please put all food waste in the compost bucket under each house sink.
Water use – You can drink freely from the tap**.** Our sinks, showers and laundry are on a grey water system. Please use environmentally friendly soaps and cleaners. The irrigation system is not potable.
Donations - We suggest $5 for day use. See our website for other ways to visit.

Three Springs Guest Sign In and Disclaimer Sheet

The undersigned, in consideration for the right to visit Three Springs and to participate in any of its programs or to have such right for their children, hereby waives and releases Three Springs Community, Garden and Retreat and each of its community's individual members, agents, servants and successors from any and all claims, action, cause of action, demands, rights, damages, costs, loss of service, expenses and compensation whatsoever, which the undersigned may hereafter accrue on account of or in any way growing out of the undersigned's or his (her) children's visit to and/or participation in any event at Three Springs or sponsored by Three Springs. The undersigned expressly assumes for his (her)self or his(her) children the risk of all foreseen or unforeseen bodily and personal injuries, emotional sickness or discomfort, and property damage that may occur as the result of the undersigned's or his(her) children's visit to and/or participation in any program held at or sponsored by Three Springs.

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