

Rock Creek Community Garden

1 January 2026

From: Rock Creek Garden Executive Committee

Subj: RCCG Safety Plan

Garden Safety is paramount. Basic guidelines below will allow for safe, trouble free gardening.

Emergency Numbers:

*FIRE or MEDICAL: **911***

*Police: **(202) 610-7500** (Park Service Police) or **911**, (911 Metropolitan Police may respond or they may transfer you to the Park Service Police).*

RCCG President:, rockcreekgarden@gmail.com e-mail for reporting only

Location: Rock Creek Park East of 5700 block of Oregon Ave NW DC. Adjacent to 2500 Horse Stable Road.

1. Do not garden alone if at all possible. Always have another gardener/person present.
2. Announce yourself to other gardeners upon arrival and departure so that gardeners know who is in the garden with them.
3. Be aware of your surroundings, observe and report any suspicious activities to Park Service Police immediately and also report via e-mail to RCCG Leadership at your convenience
4. Secure your belongings, make sure your car is locked and all pilferable/desirable items are out sight
5. Always try to have a cellular phone as there are no nearby landline phones to use for emergencies
6. Be careful operating power equipment such as lawnmowers, trimers, and roto-tillers. If you are unsure how to operate, ask for help.
7. Do not garden at night or during inclement weather. Limit or avoid gardening during high temperatures.

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8. A basic first aid kit is available in the Southernmost (tool) shed. Call 911 immediately for any serious injuries.
9. Watch for signs of heat stress, heat exhaustions or heat stroke. Symptoms include Throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot, and dry skin, muscle weakness or cramps, nausea and vomiting, rapid heartbeat, rapid, shallow breathing, behavioral changes such as confusion, disorientation, or staggering, seizures, fainting or unconsciousness. If any of these signs are present call 911 and get the person to a cooler environment/ A/C or shade at least apply first aid and await first responders.
10. If you feel unsafe, are exposed to or witness any threatening behavior, please make every effort to safely remove yourself from the persons or area. Then call 911 or Park Police. Please make note of incident details for emergency services and at your convenience please report the incident to the garden at rockcreekgarden@gmail.com.
11. Nearest hospital is Sibley Memorial Hospital, 5255 Loughboro. Rd, NW. 3.5 mi from the garden it is south on Oregon Ave, West on Military Rd until it ends then South West on Western until Westmoreland Circle, 3 entrance (halfway around the circle), on Dalecarlia Parkway NW. Emergency Room Entrance is to the right off of Dalecarlia Parkway. Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring is an alternate at to the North off of Georgia Avenue. Although further away (5.5 mi) it might be a better choice based on traffic patterns, time of day. Various urgent care centers on Connecticut and Wisconsin avenues are also available during certain hours for more limited care.
12. COVID-19 procedures should be in accordance with CDC, DC, or Park Service Guidelines. In heightened COVID threat good practices are: Maintain 6 feet or more separation, wash hands thoroughly and sanitize tools and other items, wear masks in accordance with current local guidelines, do not garden if symptomatic or positive with COVID 19.
13. More safety detail is posted on the garden website and on the bulletin board.