

# Rudolf Steiner College

A Center for Waldorf Teacher Education,  
Transformative Learning, and the Arts

## Fair Oaks Campus Resource Guide



## Summer 2016 Edition

9200 Fair Oaks Blvd., Fair Oaks, CA 95628

(916) 963-4000 • [www.rudolfsteinercollege.edu](http://www.rudolfsteinercollege.edu) • [rsc@steinercollege.edu](mailto:rsc@steinercollege.edu)

## ***Welcome to Rudolf Steiner College!***

This handbook provides information about Rudolf Steiner College, campus policies, and also local community resources. It is meant to help you understand the College and to make the most of your time here.

Rudolf Steiner College is a full member of the Association of Waldorf Schools of North America (AWSNA). The College has been approved to operate as a degree-granting institution in the State of California by the Bureau for Private Post-secondary Education, and is authorized under federal law to enroll nonimmigrant students. Rudolf Steiner College has been recognized as a Candidate for Accreditation by WASC Senior College and University Commission, 985 Atlantic Avenue, #100, Alameda, CA 94501, 510-748- 9001. This status is a preliminary pre-accreditation affiliation with the Commission awarded within the five year period allowed to achieve Initial Accreditation. Candidacy is an indication that the institution is progressing toward Initial Accreditation. Candidacy is not Accreditation and does not ensure eventual Accreditation.

### **Contact Information**

**Main number:** (916) 963-4000

**Bookstore:** (916) 963-1130; Online: <http://rscbookstore.com/>

**Emergency:** 911

**Non-emergency:** Contact the sheriff's department at: (916) 874-5115

### **College Policies/Resources**

The policies, rules, and resources below relate to everyone at Rudolf Steiner College. We encourage you to carefully read the following and to abide by the campus rules. Please see the Student Handbook, College catalog and/or Website for additional policies regarding academic life.

### **Automobiles**

There is a 15 mph speed limit for all vehicles on campus. All drivers must observe the STOP sign near the south entrance to the garden.

Vehicles should be locked at all times. Valuables of any kind should not be left in a vehicle. The College does not take responsibility for the theft of a vehicle or any of its contents.

For the sake of a quiet and peaceful environment, all those driving onto the campus are asked to be aware of the volume of things such as their car audio system, and the electronic noises involved in locking your car.

### **Bicycles**

Bicyclists must not ride on the walking paths of the campus, including the path through the garden.

Bicycles should not be left randomly around campus; they should be locked at a bike rack with a heavy chain and lock or U-lock.

Helmets are strongly recommended at all times. Helmets are required by law for riders under 16.

Bicycles of dorm residents should be stored in the bicycle shed.

## **Camping**

Camping is not permitted anywhere on the campus. Staying overnight in a car or recreational vehicle is not permitted anywhere.

## **Cell Phones**

All members of the Campus community are encouraged to exercise respect and consideration of others while using cell phones on campus, and near the campus neighbors.

Please do not use your cell phone in Raphael Garden.

Cell Phones should be turned off during all classes and campus events.

## **Children**

For their safety, all children on campus under 14 years of age must be directly supervised by an adult. Children may not be unsupervised while their parents are attending classes or involved in other campus activities.

## **Classroom Etiquette**

Students should arrive on time for classes. Arriving late disturbs others and complicates the taking of attendance. If a student knows that he or she will have to leave a class before it is over, the teacher should be informed before the class begins.

## **Clothing / Dress**

All persons on campus, including members of the College community and visitors, are asked to be appropriately dressed. Shirts and shoes are required.

## **Drugs, Alcohol, and Firearms**

Rudolf Steiner College is a drug -free campus. The use of alcohol is contrary to the aims of the College, and allowed only by special permission of the Leadership Team. The use of illegal substances is not permitted on campus. Firearms are not allowed on campus under any circumstances.

## **Grievances**

Any person feeling he or she has a legitimate grievance against any individual or against the College can file a grievance complaint. The

College has clear policies for dealing promptly and fairly with all grievances. (Please see the College catalogue or website for details.)

### Guests

Guests—relatives and friends of students—may visit and attend program classes for one day without charge. A student wishing to bring a guest to class should ask the instructor’s permission, notify the admissions office and obtain a visitor’s badge. Auditing fees will apply after one day.

Students living in the dorm may have overnight guests for two consecutive nights, but must have the agreement of the other residents living in the unit. Guests may not sleep on the couches in the common areas.

### Internet Access

<b>Name</b>	<b>Password</b>	<b>Hours of Availability</b>
Campus WiFi	22787WiFi	24 hrs
Campus Public WiFi	none needed	6:00AM - 11:00PM daily

**Please Note:** Several areas on campus, including the Raphael Garden, are designated computer/cell phone-free areas. Please respect the signs.

The College is not staffed to provide computer support, but assistance will be given for connection to the network where appropriate. RSC reserves the right to revoke, suspend, and/or block wifi internet access to any single user/machine, or group of users/machines. Students having trouble accessing the internet should report their problem to the Reception Office. Students with computer problems beyond connecting to the network should seek help at a local computer store.

### College Library

Located in Alcott House.

Summer Library Hours: Mon-Fri, 9:30AM-6:30PM

Additional hours July 3-29, 2016:

Sundays, July 3, 17 & 24: 3:00-6:00PM

Tuesdays and Wednesdays July 5-20: open until 9:00PM

Computer Lab in Alcott:

IT Assistance will be available on Mon, Wed & Fri from 1:00-2:15PM

### Lost and Found

All found items, including valuables such as wallets, purses, phones, and jewelry, along with other items such as coats, hats, books, notebooks, and pens, should be taken directly to Campus Services. Persons wishing to claim lost valuables will be asked to describe the item.

## **Pets**

Unsupervised pets are not permitted anywhere on campus. This includes classrooms and outdoor areas. All dogs, including service dogs and seeing-eye dogs, must be on a leash. Student housing residents may not keep pets. Stray animals that come onto campus should not be fed or otherwise encouraged to stay. This is both a safety and medical issue, because some community members are allergic to certain types of animals.

## **Recording of Lectures and Classes**

Participants are required to get instructor permission in writing before recording any lecture or class on campus. The College may record and/or film classes for online or other educational purposes. Participants at the College give implicit permission to the College to use any visual or audio recording of them for these purposes. If participants do not want to be filmed they may step out of the photo or video.

## **Security**

Despite the idyllic atmosphere, the campus has been subject to minor vehicle and building break-ins and theft. Please keep all cars, dormitory entrances and rooms, and bicycles locked at all times, and remove valuables from vehicles. Report suspicious activity to Campus Services or any campus employee. If a crime is in progress, call 911.

## **Sexual Harassment/Assault**

Harassment of any kind—verbal, physical, psychological, or sexual— of any member of the campus community by another member of the community will not be tolerated. (See the College catalog or website for details.)

The College campus is located in a quiet residential area. In its history, it has had no incidences of sexual assault. Everyone on campus after dark is asked to keep the doors locked and to be aware of their surroundings. The campus community is a relatively closely-knit group of people who know each other. If a suspicious stranger is on campus, please immediately contact the Reception Office and/or the Sheriff at 916-874-5115.

In a dangerous or life-threatening situation, immediately call 911.

In the event of an incident, confidentiality regarding the incident will be respected, including the names of all involved. Each incident on campus, or in connection with a College event, must be reported to RSC's Director. Anonymity throughout the process will be respected if requested.

WEAVE (Women Escaping a Violent Environment) provides a 24-hour crisis line at 916-920-2952.

## **On-Campus Sales**

The public sale of merchandise of any kind is prohibited unless approved by the Director of the College.

## **Smoking**

Smoking is permitted only in two designated areas—at the extreme south end of the campus just past Turner student residence and in the northwest corner of the Stegmann Hall parking lot. Smokers should exercise extreme care in disposing of matches and cigarette butts, because they are a fire hazard, as well as being unsightly. These rules apply to e-cigarettes and all tobacco products.

## **Technology in the Classroom**

Please ask your instructor about appropriate laptop, recorder, or tablet use in classes.

## **Local Safety Concerns**

The College is located by Bannister Park, the American River, the American Parkway and Bike Trail, and a large nature area adjacent to the river.

Please Note: the American River has strong currents and rapids. The water can be very cold, even in the summer months, and there is a strong undertow in many places. Swimmers need to exercise caution. Swimming alone is not recommended.

## **Poison Oak** ([www.poisson-ivy.org/pacific-poison-oak](http://www.poisson-ivy.org/pacific-poison-oak))

Contact with poison oak, a relative of poison ivy, can cause a severe, itchy skin irritation that may last for days. Touching clothes or pets that have been in contact with the plant can cause a severe rash. The smoke of burning poison oak can cause serious lung problems.

Poison oak grows as an erect or spreading shrub, two to eight feet high, or as a vine climbing more than fifty feet. The leaves are three to four inches long with three glossy green leaflets on each leaf stem. The tiny flowers are greenish-white and grow from the leaf axils. In the autumn, leaves turn bright colors, tempting the unwary to pick them. In the winter, the plant loses its leaves and is difficult to identify.

## **Spiders**

The black widow spider and the brown recluse spider are both present in the area. One should never reach into any space—indoor or outdoor—which cannot be seen. A spider bite requires immediate medical attention.

**Ticks** ([www.cdc.gov/ticks](http://www.cdc.gov/ticks))

Ticks are most prevalent from April through October. Ticks can be picked up by walking through grasses and brush or sitting on a log. If you have a tick on you, carefully remove the tick and treat the wound appropriately. Contact a physician if any swelling, rash or infection develop.

**Rattlesnakes** ([www.wildlife.ca.gov/news/snake](http://www.wildlife.ca.gov/news/snake))

The Western rattlesnake is the only venomous snake native to northern California. Rattlesnakes have thick bodies, thin necks, and a well-defined triangular-shaped head. Their eyes are hooded with elliptical. Since the color varies and a snake sometimes loses the characteristic rattle at the end of its tail, they can be difficult to identify. Rattlesnakes tend to hibernate from November through March. Baby rattlesnakes are just as venomous as adult rattlesnakes and often deliver higher doses of venom. If you see a snake on campus that may be a rattlesnake, please alert campus services or other college employee.

**Snake Bite Prevention:**

- Always wear hiking shoes or boots when in a natural area.
- Stay on paths and use a walking stick; the snake may strike the stick instead of you.
- Look for concealed snakes before picking up rocks or pieces of wood.
- Check carefully around stumps or logs before sitting on them.
- Do not grab “sticks” or “branches” when swimming in a lake or river. Rattlesnakes are excellent swimmers.
- Do not tease any snake.
- Do not handle an apparently dead snake.

**Snakebite First Aid:**

- Keep the victim calm and still.
- Gently wash the bite area with soap and water.
- Remove watches, rings, and other items that may restrict swelling.
- Transport the victim to the nearest medical facility for treatment. If possible, carry the person.

**Do Not:**

- Apply a tourniquet
- Cut the wound with a knife or razor
- Suck out the venom by mouth
- Let the victim drink alcohol
- Apply ice to the bite

## **Public Transportation in the Fair Oaks/Sacramento area**

Sacramento Regional Transit (SACRT) - [www.sacrt.com](http://www.sacrt.com), 916-321-2877

From the campus, it is possible to go by bus and/or light rail to downtown Sacramento, several major shopping malls, and to almost any destination in the greater Sacramento area. The buses can carry bicycles on an outside rack. The light rail cars also accommodate bicycles. For information on routes, fares and transfers, please visit the SACRT website. Exact change is required for buses.

Light rail tickets are purchased from machines at each station. It is good to have quarters and dollar bills since the machines can run out of change.

Daily passes may be purchased from ticket machines or a bus operator.

## **Local Access Points**

Bus Number 23 stops near the campus at the intersection of Fair Oaks Boulevard and San Juan Ave. In one direction, it goes to the Sunrise Mall. In the other, direction it goes past the Arden Fair Shopping Mall and terminates at the Arden/Del Paso Light Rail Station. From the Del Paso Light Rail Station, trains go to 8th and K Streets downtown.

The Sunrise Light Rail Station, on the Folsom Light Rail Line, is located at the corner of Sunrise Boulevard and Folsom Avenue. This is a fifteen-minute drive or a thirty-minute bicycle ride from the campus.

## **Emergencies/First Aid**

First Aid box locations on campus:

- The Bookstore
- Campus Services
- Outside of Barton Hall, behind the bulletin board, next to the chimney
- The Reception Office
- East wall of Monet (Business Office), outside the laundry room.

For additional assistance call Campus Services at 916-827-6420.

### **Automated External Defibrillator (AED) Machine**

There is an AED machine in the Campus Services Office and staff who are certified to use it. Contact Campus Services at 916-827-6420 if there is a need for the machine.

## **Emergencies**

For Medical Emergencies

Call 911, and then call Campus Services at 916-827-6420 (if no answer, call the Reception Office at 916-963-4000).

To report a crime in progress call the Sheriff's department at 916-874-5111, and then call Campus Services at 916-827-6420.

**For a serious, but not life-threatening situation:**

**Mercy San Juan Hospital**

6501 Coyle Avenue, Carmichael 916-537-5120

24-hour emergency room

Directions:

- Exit College parking lot and turn left onto Fair Oaks Blvd.
- Turn right at the first intersection onto San Juan Ave.
- Go north about 1.9 miles and turn left onto Madison Ave.
- After about .9 miles, turn right onto Dewey Ave.
- After .3 miles, turn left onto Coyle Ave
- After .2 miles, turn right into hospital parking lot.
- Follow signs to Emergency Room.

**For less serious medical situations:**

**MDSTAT**

4948 San Juan Ave., Fair Oaks 916-966-6287

8:00AM to 8:00PM, seven days week. No appointment is needed.

Directions:

- Exit College parking lot and turn left onto Fair Oaks Blvd
- Turn right at the first intersection (San Juan Avenue).
- The center is on the right side about a mile north, just past Raley's supermarket.

**Med 7 Urgent Care Center**

4156 Manzanita Ave., Carmichael 916-488-6337

9:00AM to 9:00PM, seven days a week

Directions:

- Exit College parking lot and turn left onto Fair Oaks Blvd.
- Continue on Fair Oaks Blvd for about one mile.
- Turn right onto Manzanita Avenue at the "T" intersection.
- The center is on the right side just past the first intersection (Cypress Avenue).

**For Non-Medical Emergency:**

To report a crime in progress: (916) 874-5111

Emergency: 911

**Non-Emergency:**

Contact the sheriff's department at: (916) 874-5115, then contact Campus Services (916) 963-1157.

*“Receive the children with reverence,  
educate them with love,  
send them forth in freedom.”*

Rudolf Steiner, Founder of Waldorf Education