

Catalina Island Marine Institute

FOX LANDING



Teacher's Planning Packet

CIMI at Fox Landing • P.O. Box 1920 • Avalon, CA • 90704

Phone 310.510.1890

Dear Educator,

The information in the Teacher's Syllabus is to help you prepare for your trip to CIMI at Fox Landing. The Syllabus covers trip preparations, arrival and departure procedures and program planning information. CIMI's programs are planned to be interactive, educational and fun. We hope the labs and activities your group participates in will be an asset to your own school's science program.

To facilitate your trip planning, please read the syllabus over carefully and pass on appropriate information. Once you have read the materials and discussed them with your teachers, chaperones, parents and students, take a moment to fill out all of the specified pages and send them to the island office via email, or regular letter mail. Approximately two weeks prior to your trip, our Assistant Program Director will call to go over details. This is when you will want to have the telephone contact pages (13-14) on hand. All of the information you provide will let us know how we can best meet your needs.

The island office is available to make your trip preparations run as smoothly as possible. Feel free to call us at 310.510.1890 should you have any questions, concerns or ideas or email us at FoxSchedule@cimi.org.

Finally, we would like to thank you for your time and effort! We appreciate the extra planning and preparation that is necessary for this type of field trip. We applaud you for giving your students this experience and will do everything possible to help fulfill your highest expectations.

Sincerely,

Heather Peterson

Heather Peterson
Sr. Program Director
CIMI Fox Landing

310.510.1890
Heather@cimi.org

P.S. Check out our website at www.cimi.org

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1.0 GROUP LEADER INFORMATION:

1.1 HELPFUL SUGGESTIONS FOR THE GROUP LEADER:

STUDENT HEALTH FORMS:

1. Please check that the Student Health Forms are completely filled-out and signed.
2. Please notify our Assistant Program Director prior to your group's arrival of any food allergies or medical conditions that may be of concern (i.e., fatal peanut allergies, gluten-free diets, diabetes, etc...)
3. Please be sure that anyone who checks the box that they have an inhaler, must bring their prescribed inhalers with them to camp.
 - ❖ **Students with asthma who have a prescribed inhaler or other breathing device will not be allowed to participate in program unless the inhaler or device is in camp and functional. Check before you leave!**
 - ❖ Group leaders will be responsible for coordinating efforts to get inhalers or other devices to camp if they are not here upon arrival. There will be a \$25 boat fee for medication pick-ups in Avalon.
4. We will collect the Student Health Forms upon arrival. The forms will be available to you in our first aid room. We are required to keep the CIMI Student Health Forms on file. Please make copies if you are using the same forms for your transportation purposes.

*Our Student Health Forms are also available on the CIMI website at:

<http://cimioutdoored.org/teacher-resources> or upon request at foxschedule@cimi.org.

CHAPERONES:

1. Chaperones can make or break your trip so please be sure that your chaperones know what is expected of them in regard to participation in program, supervision of the students during free time, and communal living. Choose your chaperones carefully!
2. We require at least one male and one female chaperone to provide safe and adequate supervision in the cabins and villas.
3. We may ask you to limit your chaperones to a ratio of one chaperone to every 16 students (this would only happen to avoid housing problems).

PROGRAM SCHEDULE:

Our Assistant Program Director will phone prior to your arrival for a final student and chaperone count. We will discuss your daily schedule, the number of research groups, cabin assignments and other pertinent details for your trip.

General reminders:

- ❖ Drugs or alcohol are not allowed in camp
- ❖ Students are not allowed to smoke
- ❖ Chaperones may only smoke in designated area behind the dining hall

1.2 TIMELINE OF EVENTS:

When you receive this packet:

- Send information packet (Student Health Form) to all parents.
- After reading through your Teacher's Planning Packet, RETURN VIA EMAIL AT LEAST 3 WEEKS PRIOR TO YOUR TRIP "Statement of Understanding/Program Prep Sheet" and the "Program Planner" from the Planning Packet to CIMI at Fox Landing.

Two-three weeks prior to departure:

- You will be contacted by the CIMI program office to cover details of your trip, including your final count of students and chaperones, as well as your meal and medical information.
- Arrange transportation to the Catalina Classic Cruises/Queen Mary boat terminal. Call the business office if you need assistance with arrangements (800) 645-1423.

One Week prior to departure – final checklist of organizational details:

- Prepare all chaperones and assign their duties.
- Copy and hand out pages for "Chaperone and Student Information" section, along with copies of the Chaperone Waiver for each chaperone to sign and bring with them.
- Divide students into co-ed study groups of no more than 16 students.
- Assign students to cabins or villas, boys and girls are separate. Cabins occupy 12.
- Collect all completed Student Health Forms from the students: note all medical needs and separate forms by group. Forms are due upon arrival.
- Inform students that they must bring a sack lunch.
- Send home a copy of our "What to Bring List".
- Make sure all luggage is color tagged and named. ***We request you tag your luggage with yarn. Colored tape tends to rip off and end up all over the field and in the ocean.***

Day or Two prior to departure:

- Remind students to bring sack lunch for boat trip to island.
- **Checks are no longer accepted on site. Please wait for your final invoice.**

Departure Day:

- Make sure that students have brought sack lunches (if not, please call the Fox office At 310.510.1890 so we can organize lunch on arrival for an additional fee).
- **DOUBLE CHECK THAT ALL STUDENTS HAVE INHALERS, EPI-PENS OR ANY OTHER NEEDED LIFESAVING MEDICAL DEVICES.**

1.3 PROGRAM PLANNING:

You will need to divide your class(es) into equal sized study groups with no more than 16 students per group.

Some suggestions on how to divide your groups successfully:

- Keep numbers per group consistent (i.e., 16 in one group and 8 in another creates problems). Don't let students switch into other groups – keep a list.
- Mix boys and girls (unisex groups don't seem to work as well).
- If possible, divide groups by athletic ability (snorkeling, hiking, kayaking – strong vs. not as strong).
- Assign teachers who know the students to those groups with “challenging students” to help keep discipline in check.
- Group English Language learning students together, with a bilingual adult if possible.

The experiences we offer students often have a profoundly positive impact on their lives. This is equally true for the hard to reach, difficult students as it is for the average, responsible students. Teachers often bring difficult students with the hope that this experience will help generate some positive feedback.

If you choose to bring students who may present a challenge with respect to their behavior or discipline, we suggest that you place them in the same group as the Head Chaperone, or that of a teacher, so that some disciplinary leverage is present. If you have questions concerning this, please feel free to contact us.

Each school's program is centered around the needs of the individuals of that school. There are a wide variety of activities available at CIMI, more activities than can be accomplished during a three or five-day session. Each teacher must decide on the program sessions that will best meet the needs of their students. Do not try to pull all of the program components into this experience.

Prior to your arrival at Fox, CIMI's Program Office will discuss the specifics of the activities with you. There are certain programs that are necessary, many that are optional.

Each day has two three-hour program sessions and an evening session.

The number of program sessions depends on the length of stay:

Three-day programs: 4 day sessions; 2 evening sessions

Five-day programs: 8 day sessions (*day trip counts for 2*);
4 evening sessions

1.3A 3-DAY PROGRAM PLANNER: Please complete and return!

Please complete the information below and return it to the CIMI Program Office. The earlier we have your planner information, the easier it will be to schedule your selected programs. The CIMI Program Office will contact you to confirm the final details of your program.

GROUP INFORMATION:

Group _____ From (City, State) _____
Program dates _____ Grade Level _____
Adult Leader _____ Will You be attending? _____
Phone Number WK: _____ Best times to call _____
Cell: _____
Fax: _____ Are you returning from a previous yr.? _____
Email: _____

<input type="checkbox"/> Contracted number of spaces	<input type="checkbox"/> Number of students attending	<input type="checkbox"/> Number of boys attending	<input type="checkbox"/> Number of girls attending	<input type="checkbox"/> Number of chaperones attending
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PROGRAM INFORMATION:

For three-day programs please select FOUR daytime sessions and TWO evening programs. A complete description of each program can be found in section 3.0 of this syllabus.

DAYTIME PROGRAMS:

WATER ACTIVITIES:

- ☐ Orientation Snorkel - First snorkel - Emphasis on acclimating students to the ocean, wetsuits, and snorkel gear.
- ☐ Basic Snorkel - Second Snorkel - (First snorkel is a prerequisite for the basic snorkel). Emphasis on marine fish, invertebrate ID and ecosystems.
- ☐ Ocean Kayaking - A 3-hour introduction to the exciting world of kayaking. Students will learn the basics of paddling and take a coastal tour along Catalina's shoreline.

LABORATORIES:

- ☐ Fish/Shark - Invertebrates - Algae - A 3-hour introduction to the subjects of fish, invertebrates and the algae of Southern California through ID, classification and aquariums.
- ☐ Oceanography - Plankton - Tidepool - A 3-hour introduction to oceanography and plankton. Students will conduct oceanographic experiments from our float and utilize video microscopes to study plankton. Students will also explore the tidepools along the rocky shore of our cove.

HIKE & ROPES ACTIVITIES

- ☐ High & Low Ropes Initiatives* - A 3-hour class dedicated to building confidence and having fun. Our Giant's Swing is designed to challenge and empower students, while our low ropes initiatives develop leadership and teambuilding. *Mini hike can be substituted for Low Ropes
- ☐ Terrestrial Ecology Hike Options (please select only ONE)
 - ☐ Terrestrial Ecology Hike - An aggressive hike used to explore the island's ecosystems, its geological formation, history, as well as its flora and fauna. Incorporated into the hike are many games and activities used as learning tools.
 - ☐ Mini Ecology Hike/ Low Ropes Initiatives/ Climbing Wall - A shorter and modified aggressive hike to explore the vistas of Fox Landing. Combined with team building initiatives on the low ropes course, as well as the climbing wall, this is a good option for schools looking for student bonding.

1.3A 3-DAY PROGRAM PLANNER: Please complete and return!

NIGHT PROGRAMS: (Please select TWO of the following activities)

- ☐ Astronomy - A look at constellations and planets, often accompanied by legends and stories from around the world.
- ☐ Squid Dissection - Class learns the external and internal anatomy of the squid via an organized group dissection (in teams of 2).
- ☐ Marine Mammals - Students are introduced to marine mammals, their adaptations and survival strategies in our marine mammal lab.
- ☐ Deep Sea Biology - A dynamic class that introduces students to the diverse, deep-sea ecosystem through the use of photos, activities, specimens and videos.
- ☐ Environmental Awareness - A program based around human impact on the oceans and strategies to reduce it. Class can be structured to group size and interest.
- ☐ Night Snorkel - (\$5.00 per student) Students must have successfully and confidently completed at least one daytime snorkel before participating in a night snorkel. Students use underwater lights to explore the nocturnal life of Fox Cove with CIMI Instructors.
- ☐ Campfire - (School Led) A campfire at our amphitheater or on our waterfront (for schools of 1-3 groups) is a great way for your group to bond at camp. *Marshmallows available upon request.*
- ☐ Discovering Sharks - Students spend a portion of the evening learning about sharks and dispelling common myths and end up at our shark touch tank.
- ☐ Night Rock Wall - Experience climbing wall at night with lights, music, and the stars.

1.3B 5-DAY PROGRAM PLANNER: Please complete and return!

Please complete the information below and return it to the CIMI Program Office using the self-addressed envelope provided. The earlier we have your planner information, the easier it will be to schedule your selected programs. The CIMI Program Office will contact you to confirm the final details of your program.

GROUP INFORMATION:

Group _____ From (City, State) _____
Program dates _____ Grade Level _____
Adult Leader _____ Will You be attending? _____
Phone Number WK: _____ Best times to call _____
Cell: _____
Fax: _____ Are you returning from a previous yr.? _____
Email: _____

<input type="checkbox"/> Contracted # number of # spaces	<input type="checkbox"/> Number of students attending	<input type="checkbox"/> Number of boys attending	<input type="checkbox"/> Number of girls attending	<input type="checkbox"/> Number of chaperones attending
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PROGRAM INFORMATION:

For five-day programs please select EIGHT daytime sessions and FOUR evening programs. Complete descriptions of each program can be found in section 3.0 of this syllabus

DAYTIME PROGRAMS:

WATER ACTIVITIES:

- ☐ Orientation Snorkel - First snorkel - Emphasis on acclimating students to the ocean, wetsuits, and snorkel gear.
- ☐ Basic Snorkel - Second Snorkel - (First snorkel is a prerequisite for the basic snorkel). Emphasis on marine fish, invertebrate ID and ecosystems.
- ☐ Ocean Kayaking - A 3-hour introduction to the exciting world of kayaking. Students will learn the basics of paddling and take a coastal tour along Catalina's shoreline.
- ☐ Day Trip (COUNTS FOR TWO PROGRAMS)
 - ☐ Day Trip - Kayak trip to another cove of the island (weather permitting). Equals two programs
 - ☐ Day Trip with High Ropes Initiatives - Half kayak day trip with an earlier return to camp to challenge students on the high ropes element, the Giant's Swing.
* Not recommended if High/ Low ropes is already on schedule

LABORATORIES:

- ☐ Fish/ Shark - Invertebrates - Algae - A 3-hour introduction to the subjects of fish, invertebrates and the algae of Southern California through ID, classification and aquariums.
- ☐ Oceanography - Plankton - Tidepool - A 3-hour introduction to oceanography and plankton. Students will conduct oceanographic experiments from our float and utilize video microscopes to study plankton. Students will also explore the tidepools along the rocky shore of our cove.

HIKE & ROPES ACTIVITIES:

- ☐ High & Low Ropes Initiatives* - A 3-hour class dedicated to building confidence and having fun. Our Giant's Swing is designed to challenge and empower students, while our low ropes initiatives develop leadership and teambuilding. *Mini hike can be substituted for Low Ropes
- ☐ Terrestrial Ecology Hike Options (please select only ONE)
 - ☐ Terrestrial Ecology Hike - An aggressive hike used to explore the island's ecosystems, its geological formation, history, as well as its flora and fauna. Incorporated into the hike are many games and activities used as learning tools.
 - ☐ Mini Ecology Hike/ Low Ropes Initiatives/ Climbing Wall - A shorter and modified aggressive hike to explore the vistas of Fox Landing. Combined with team building initiatives on the low ropes course, as well as the climbing wall, this is a good option for schools looking for student bonding.

1.3B 5-DAY PROGRAM PLANNER: Please complete and return!

NIGHT PROGRAMS: (Please select <u>FOUR</u> of the following activities)
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- ☐ Astronomy – A look at constellations and planets, often accompanied by legends and stories from around the world.
- ☐ Squid Dissection – Class learns the external and internal anatomy of the squid via an organized group dissection (in teams of 2).
- ☐ Marine Mammals – Students are introduced to marine mammals, their adaptations and survival strategies in our marine mammal lab.
- ☐ Deep Sea Biology – A dynamic class that introduces students to the diverse, deep-sea ecosystem through the use of photos, activities, specimens and videos.
- ☐ Environmental Awareness – A program based around human impact on the oceans and strategies to reduce it. Class can be structured to group size and interest.
- ☐ Night Snorkel – (\$5.00 per student) Students must have successfully and confidently completed at least one daytime snorkel before participating in a night snorkel. Students use underwater lights to explore the nocturnal life of Fox Cove with CIMI Instructors.
- ☐ Campfire – (School Led) A campfire at our amphitheater or on our waterfront (for schools of 1-3 groups) is a great way for your group to bond at camp.
Marshmallows available upon request.
- ☐ Discovering Sharks– Students spend a portion of the evening learning about sharks and dispelling common myths and end up at our shark touch tank.
- ☐ Night Rock Wall – Experience climbing wall at night with lights, music, and the stars.

1.3C Statement of Understanding: Please return once completed

Catalina Island Marine Institute is pleased to serve you during your stay at Fox Landing. The Program Coordinator assigned to your group will meet you on the pier upon your arrival at FoxLanding.

Prior to dorm check in, CIMI will ensure that the rustic dorm and restroom facilities are neat and operational. Restroom and shower facilities will be sanitized and restocked daily.

CIMI instructional staff conducts all programs, with each full day consisting of two three-hour program sessions, as well as an evening program approximately one to two hours in length. The components of the program will be prearranged by phone between the Program Office, here at Fox Landing, and the group leader. During program time your group, depending on availability, is entitled to use all-relevant equipment and materials.

Your group will be provided three nutritionally balanced meals each program day. Partial daymeals will be discussed with the group leader by CIMI staff prior to visit and indicated in the Tentative Confirmation. Please read this document carefully.

To increase the effectiveness of the program, CIMI requests your assistance in the following areas as outlined in the Teacher's Syllabus:

1. Chaperones will remain and participate with the assigned research groups during all programs including snorkeling and kayaking.
2. Chaperones are expected to supervise student recreational periods between programs.
3. Group leaders are responsible for assigning program participants into research groups consisting of 16 students unless an arrangement has been made previously through the CIMI program office.
4. Students or adults possessing symptoms of communicable diseases such as chicken pox, measles, and others; will following the consultation with a physician, be removed from program participation and returned to the custody of the school/parent at the earliest opportunity. This is a protective measure for the patient, guests and CIMI staff.
5. Computers, cell phones, iPod, and other electronic devices are not permitted at Fox Landing. If the school allows use of such devices during their trip to the island, CIMI requests that they all be collected and stored during their stay at Fox.
6. Alcoholic beverages are not permitted at Fox Landing. Consumption of alcohol by chaperones may impair proper supervision of the students.
7. Chaperones have the responsibility of enforcing 9:30p.m. "Quiet Hours" and overseeing cabin/villa conduct.
8. Students are not permitted to smoke while at CIMI and chaperones should only smoke in designated areas.
9. There will be an additional fee of \$30 on all returned checks, both for store purchases and tuition.

I have read the above statement and agree to the conditions.

Signature

Date

School/Organization

1.3D Classroom Prep Information: Please return once completed

CIMI Staff meets each week to review pertinent information concerning our arriving groups. In order to help us better serve you during your stay please fill out the following:

1. Describe your group in a classroom situation:
 - a. What does this class respond to best and what discipline rules are they used to?
 - b. Are there any students with special behavioral needs (ODD, ADD, ADHD, etc...)? Will there be any chaperones attending as one-on-one aids?
 - c. Do your students have any additional learning needs (STEM, GATE, etc...)?
 - d. Are there any English Language Learning students and, if so, what is their primary language? Are any students not proficient in English?
 - e. What concepts taught at school will tie into CIMI's curriculum?
 - f. Has your class studied any CIMI subject matter prior to your trip?
2. Have any chaperones attended CIMI before?
3. How are your chaperones being prepared for this trip?
4. Has any of this group had an overnight field trip before? Where?
5. What is the main focus of your trip (i.e., science related, recreational, etc.)?
6. What is the athletic/swimming ability of your group?
7. How was your group financed?

1.4 TELEPHONE CONTACT SHEET: (Complete this sheet but do not send it.)

Approximately two weeks prior to your departure, the CIMI Fox Landing Office will contact the attending group leader to discuss details of your trip. Below is the list of information we will cover at that time. Please keep this in a convenient location so that you can give or note any pertinent information.

Group: _____ **Dates:** _____ M - T - W - Th - F - Sa - Su

Leader: _____ **Grade:** _____ **Ages:** _____

School Phone: _____ **Attended CIMI?** _____

Cell Phone: _____ **Email:** _____

<input type="checkbox"/> Contracted number of spaces	<input type="checkbox"/> Number of students attending	<input type="checkbox"/> Number of boys attending	<input type="checkbox"/> Number of girls attending	<input type="checkbox"/> Number of chaperones attending
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GROUP ASSIGNMENTS: (Should be assigned and told to students prior to arrival.)

Assigned # of Study Groups: _____ (Limit of 16 students to a group and divide groups evenly.)

Cabin/Villa Assignments (6 bunks = 12 beds total per cabin/villa): _____

BOAT TRANSPORTATION:

The **Catalina Classic Cruises** boat terminal is located at **The Queen Mary** (1046 Queens Hwy, Long Beach, CA 90802). See section 1.12 in syllabus for directions.

ARRIVAL DAY TO FOX	DEPARTURE DAY FROM FOX
<ul style="list-style-type: none">• 8:30 - Check-in @ Queen Mary Catalina Terminal• 9:00 - Board @ Queen Mary Catalina Terminal• 9:30 - Departure• 12:00 - 12:30 - Arrive Fox Landing	<ul style="list-style-type: none">• 12:30 - 1:30 - Depart Fox Landing• 2:30 - 3:30 - Arrive Long Beach <p>**Boat duration is approximately 2 hours** (Times subject to change to weather or CIMI/ Boat discretion)</p>

****Have students bring LUNCH on the arrival boat, unless pre-ordering a Lunch on Arrival (LOA) (\$2.75/person*)**

Luggage Color: _____

Circle one: Bringing Lunch / Lunch on Arrival (LOA)

IMPORTANT ITEMS TO BRING:

- | | | |
|--|---|---|
| <input type="checkbox"/> Daypack, Water Bottle, Flashlight | <input type="checkbox"/> Prescription medications if needed!! | <input type="checkbox"/> Closed toe shoes |
| <input type="checkbox"/> Warm clothing & rain gear | <input type="checkbox"/> Plastic bag for wet items | <input type="checkbox"/> Warm sleeping bag and pillow (no heat) |
| <input type="checkbox"/> Sunscreen, sunglasses, hat | <input type="checkbox"/> 2 copies of the boat manifest | |

Store Money:

Hooded Sweatshirts: \$40	T- Shirts: \$15	Baseball Hats: \$12	Sunglasses: \$10
CIMI Tote Bag: \$12	CIMI water bottles: \$15	Beanies: \$12	Metal straws: \$5 Post Cards: \$1

IMPORTANT DETAILS TO KNOW / REMEMBER:

- ☐ Please leave valuables at home (iPods, cell phones, jewelry, etc.)
- ☐ Have you mailed the 'Statement of Understanding' and Program Planner?
- ☐ Bring ALL Student Health Forms (If you need copies, please make them at school ahead of time)
- ☐ There is ALMOST NO CELL phone service at Fox.

PROGRAMS: Confirm program selections on Program Planner you returned.

Day Programs:		Night Programs:	
<input type="checkbox"/> Orientation snorkel	<input type="checkbox"/> Oceanography/Plankton	<input type="checkbox"/> Night Snorkel	<input type="checkbox"/> Astronomy
<input type="checkbox"/> Basic snorkel	<input type="checkbox"/> Fish/Shark/Invert/Algae	<input type="checkbox"/> Marine Mammals	<input type="checkbox"/> Environmental Awareness
<input type="checkbox"/> Kayak	<input type="checkbox"/> Day Trip (5 Day)	<input type="checkbox"/> Deep Sea	<input type="checkbox"/> Campfire (School Led)
<input type="checkbox"/> Hike	<input type="checkbox"/> High/Low Ropes	<input type="checkbox"/> Squid Dissection	<input type="checkbox"/> Night Rock Wall
<input type="checkbox"/> Rock Wall/Mini Hike		<input type="checkbox"/> Discovering Sharks	

MEAL INFORMATION:

Due to the logistics of ordering food on the island, it is difficult for the chef to accommodate last-minute dietary needs (i.e., life-threatening allergies such as airborne peanut, seafood, etc...) upon the school's arrival. Please assist us by obtaining the information below. The Student Health Forms should be consulted for food allergies. Please collect these at an early date so that you will have the appropriate information. The Assistant Program Director will call one week prior your departure for this information. We can offer no assurance after this time. *If a student's condition is relatively complex, please have a parent call/email us.*

_____ Number of vegetarians
_____ Number of vegans
_____ Number of gluten-free
_____ Number of non-dairy, lactose intolerant students
_____ Dietary allergies (peanuts, eggs, etc.): _____

Birthdays while at camp: _____

- Sack lunches provided on the day of departure.

- **NOTE:**

Please discourage extra snack foods as they usually go to waste or get eaten by the native fauna of our island. Saltines and anti-sea sickness foods are a wise choice for the boat trip over and back.

MEDICAL INFORMATION:

Please double-check to ensure students have all necessary prescriptions with them!

If this is your first visit and you have any concerns about a student's condition, please call the CIMI Program Office for assistance.

- ☐ Student Health Forms
- ☐ Parents signed the bottom
- ☐ Asthmatics - **All students with asthma must bring inhalers**
- ☐ Fatal Allergies (bee stings, peanuts, poison oak, etc.): _____
- ☐ Inhalers: _____
- ☐ EpiPens: _____
- ☐ Diabetic (may bring snacks): _____
- ☐ Wheelchairs: _____
- ☐ Broken Bones: _____
- ☐ Other: _____

FINAL REVIEW:

- ❖ Chaperones need to be active participants in all activities including snorkeling, kayaking and hiking.
- ❖ Remember to divide the groups and do cabin assignments before arriving at Fox Landing.
- ❖ Students should know group and cabin assignments prior to arrival. A list of these details should be given to your group's personal Program Coordinator (PC).
- ❖ Chaperones are responsible for students during free time
- ❖ Chaperones have access to a phone in first aid for contacting schools or in case of emergency.

REMEMBER! ASTHMATIC STUDENTS WITH AN INHALER PRESCRIPTION WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT AN INHALER. YOU WILL BE RESPONSIBLE FOR COORDINATING WITH PARENTS, DOCTORS, AND PHARMACISTS TO GET INHALERS/ EPIPENS TO THE ISLAND. DO NOT FORGET TO DOUBLE CHECK - THIS CAN BE A LIFE & DEATH ISSUE!

Guided Discoveries – CIMI Toyon Bay • Fox Landing • Cherry Cove

CHAPERONE RELEASE AND WAIVER OF LIABILITY: (Please copy)

We are pleased that you have volunteered to be a chaperone for your group's upcoming trip to a Guided Discoveries program. We are looking forward to your visit and are confident that you will find the experience worthwhile. Chaperones are critical to the success of the program. While you will have a lot of fun, being a chaperone is hard work and is a big responsibility.

Safety is of paramount concern, but despite training, safety measures and emergency procedures, many of the activities in and around camp carry some inherent risk. It is for this reason that we must insist that each chaperone read the enclosed Release and Waiver of Liability, agree to its terms, sign and date the form. The completed form should be returned to the group leader well in advance of the trip.

WE REGRET THAT WITHOUT SIGNING THE RELEASE AND WAIVER OF LIABILITY, YOU WILL NOT BE ABLE TO ACT AS A CHAPERONE, PARTICIPATE IN THE PROGRAM, OR BE ON CAMPUS.

Following is information describing the nature of the activities of our various programs, and of your responsibilities as a chaperone. Should you have any questions or need any additional information about the risks involved, skills or physical demands required, please call the Program Director of the facility you will be attending.

We are confident of your understanding and cooperation and that you will have a rewarding and memorable experience.

Role of Chaperones:

- ☐ Be an active part of the program, including participating in activities such as hiking, sport climbing, ropes courses, snorkeling and kayaking. Some hikes may be strenuous. Please note: due to time/ equipment constraints, there may be times that chaperone participation is limited. We cannot guarantee that each chaperone will get the opportunity to fully-complete every activity.
- ☐ Supervise students during meals. Sit at tables with students, help to control noise and facilitate a pleasant dining experience.
- ☐ Supervise students in dorms. Sleep in campers' dorm, enforce dorm hours, limit general horseplay, conduct bed checks and supervise housekeeping.
- ☐ Supervise recreational activities, such as volleyball, football and Frisbee during free time. Limit general horseplay in order to prevent injuries.
- ☐ During classes, assist instructors in the control, discipline and overall safety of the students.
- ☐ Supervise sick or injured children. For minor injury or illness, a chaperone escorts the student to the first aid room, which is stocked with medication and supplies. Chaperones must consult the student's medical form before administering first aid.

CHAPERONE WAIVER for ALL ADULT ATTENDEES

WE REGRET THAT WITHOUT SIGNING THE RELEASE AND WAIVER OF LIABILITY, YOU WILL NOT BE ABLE TO ACT AS A CHAPERONE, PARTICIPATE IN THE PROGRAM, OR BE ON CAMPUS.

We are pleased that you have volunteered to be a chaperone for your group's upcoming trip to a Guided Discoveries program. We are looking forward to your visit and are confident that you will find the experience worthwhile. Chaperones are critical to the success of the program. While you will have a lot of fun, being a chaperone is hard work and is a big responsibility.

Safety is of paramount concern, but despite training, safety measures and emergency procedures, many of the activities in and around camp carry some inherent risk. It is for this reason that we must insist that each chaperone read the enclosed Release and Waiver of Liability, agree to its terms, sign and date the form. The completed form should be returned to the group leader well in advance of your trip.

Following is information describing the nature of the activities of our various programs, and of your responsibilities as a chaperone. Should you have any questions or need any additional information about the risks involved, skills or physical demands required, please call the Program Director of the facility you will be attending.

We are confident of your understanding and cooperation and that you will have a rewarding and memorable experience.

*****GUIDED DISCOVERIES, INC.*****
CAMP PARTICIPANT'S RELEASE AND WAIVER OF LIABILITY

This Release and Waiver of Liability is made in consideration of Guided Discoveries, Inc., ("GDI") consent to my request to be present, participate in and use the equipment at a GDI camp and programs, (the "Program").

I have been informed of the nature and activities of the Program in which I will participate which include camping, hiking, swimming, diving, boating and transportation to and from the Program. I understand there are numerous risks associated with my presence, participation and use of equipment, which may pose a threat of serious injury, illness or death. I understand these risks are a part of engaging in the type of outdoor sports and activities which are a major component of the Program. I further understand that it is not possible to list all potential risks that I may encounter while present, participating or using the equipment of the Program, but I am familiar with outdoor sports and activities and my abilities and limitations. I have investigated the Program and know the types of activities in which I will engage and I am not aware of any physical, emotional or mental problem or limitation that would prevent or impair my participation or increase the risks involved.

With this knowledge, I accept and Assume the Risk and Full Responsibility for illness, injury and death, loss of personal property and other damage and expense which may result from my presence, participation and or use of equipment in the Program, whether caused by the negligence of GDI, its agents, employees, landlords, lessors, or representatives, (the "GDI Parties"), or otherwise.

I hereby agree to Release, Waive, Discharge and Promise Not to Sue the GDI Parties, and each of them for any liability to me, my heirs, next of kin and personal representatives, arising from any loss, damage claim or cause of action that may result from my presence, participation and or use of equipment in the Program or activities incidental thereto, and any injury to my person or property, including death, whether caused by the negligence of the GDI Parties or otherwise.

I further agree to indemnify, save and hold harmless the GDI Parties and each of them, from and against any loss, liability, damage or expense, including attorney's fees, they may incur as the result of my breach of this Agreement.

This Agreement is intended to be as broad and inclusive as permitted by, and shall be construed and governed under, the law of the State of California. If any part of this Agreement is held to be invalid the remaining terms shall remain in full force and effect.

PERTINENT MEDICAL INFORMATION

Please list any medical conditions that may be important during your stay with Guided Discoveries:

DIETARY RESTRICTIONS:

Vegetarian____ Vegan____ Lactose--Intolerant____ Gluten Free____ Other____

FOOD ALLERGIES/OTHER: Please Describe:

Please list any pertinent medications:

Emergency Contact: _____

Address: _____

City: _____ State: _____

Phone: _____ Relationship: _____

I Have Read and Understand this Agreement and its Legal Consequences and Agree to Be Bound by its Terms.

Participant's Name (Print)

Participant's Signature

Date

School Name

TO
Dates of Attendance

1.6 STUDENT HEALTH FORM ORGANIZATION:

In an effort to continue to make CIMI at Fox Landing the safest environment for your students, we are asking schools to organize their Student Health Forms. We would appreciate it if you could please take a few moments to organize your groups and their forms in the following fashion prior to arrival

1. Groups should be arranged so that the boys and girls are mixed and there is at least one chaperone per each group. Please try to divide the groups so that they all have about the same number of students.
2. Once students are grouped, please make a list and separate the Student Health Forms by group.
3. Once the Student Health Forms are separated, please attach a sheet of paper to each group's forms with the following information on the front: (See example below)

Name of School

Group #

Students Names

Adult Leader(s) Names(s) for that group

List any outstanding medical needs

4. The Student Health Forms, now separated by group and identified with the above information, should all be brought with you to CIMI and given the Program Coordinator of your school during the orientation meeting when you first arrive at camp.
- So that we are best able to deal with potential medical problems, each CIMI instructor will review the Student Health Forms for his or her own research group. This system will allow our staff, and yours, to be aware of any potential medical conditions. Thank you for taking the time to go through the forms; let us know if you have any questions.
 - Please remember that we are required by law to keep these Student Health Forms on file. You should keep your school district forms separate from these for your return trip.
 - DO NOT bring sick participants or anyone feeling unwell. We ask that you consider the affected person's comfort and the health and well-being of the remaining students and CIMI staff.

Student Health Form Cover Sheet Example:

Name of School: FMF Academy

Group#: 1

Students Names:

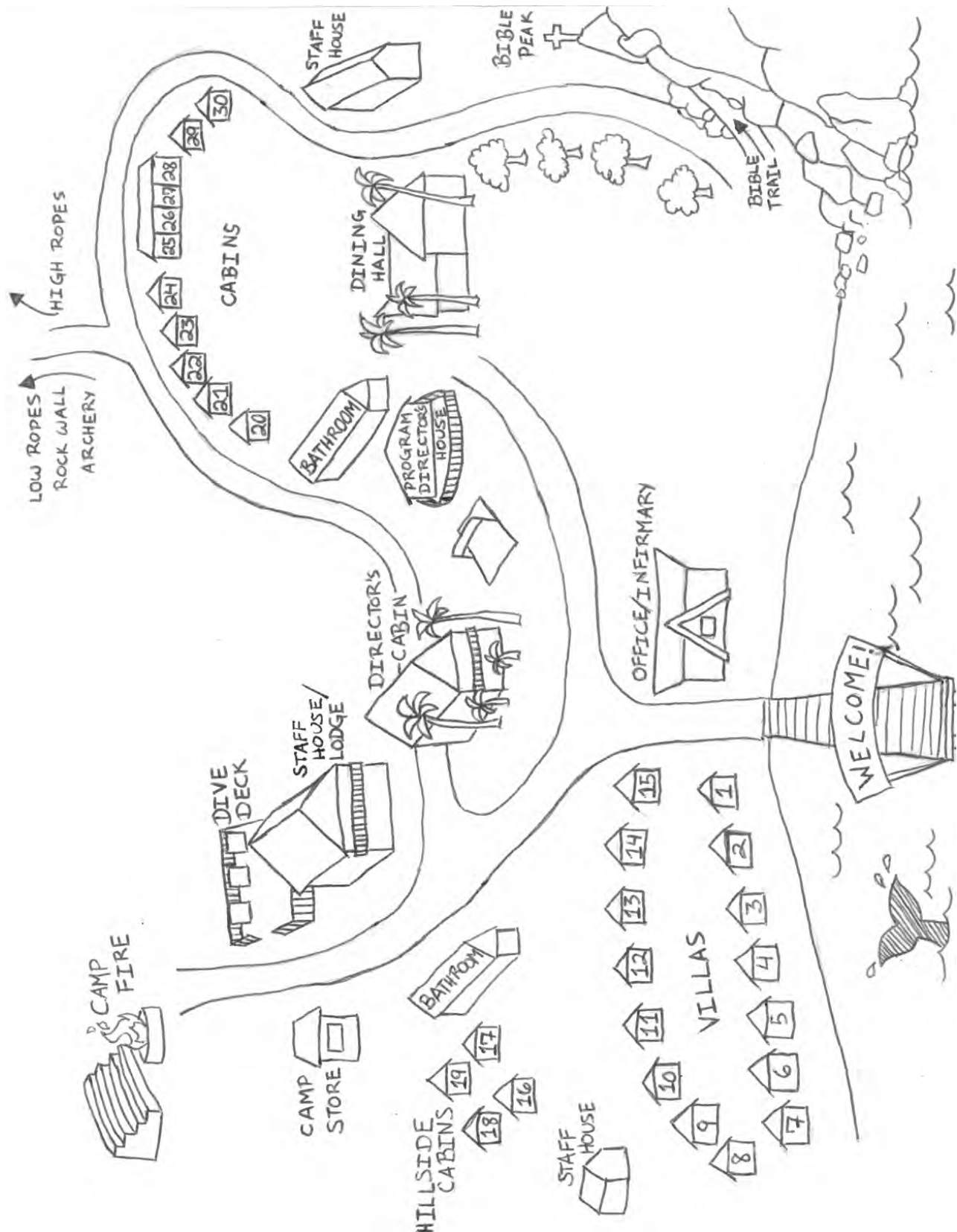
Chris Uyeda	Yonnie Monnie
Bobby Fischer	Justin Lewis
Robyn Irwin	Kim Banky
Jefferson Litten	Tyler Korte
Laura Swoyer	Erica Felins
Rachel Fontana	KJ Butter
Heather Peterson	Brooke Dixon

Adult Leader of Group: Mr. Lawson (John)

Outstanding Medicals: Erica Felins – herniated disc
Justin Lewis – migraines
Tyler Korte – mild epileptic
Laura Swoyer – asthma
Heather Peterson- panic attacks
Brooke Dixon- broken toe

1.7 Map of Camp:

Each cabin and villa consist of 6 bunks, with a total of 12 beds. The cabins are split up into three areas. The hillside area consists of 4 cabins. The east quad has 15 cabins; 7 of these cabins are "open-air" and are slightly more rustic, while the remaining 8 cabins are fully enclosed. The west quad has 11 cabins. Each quad is serviced with a communal bathroom and shower area.



1.8 Fox Landing Store Prices

Hooded Sweatshirt \$40
Pajama Pants \$35 (coming soon)
T-Shirt \$15
Water Bottle \$15
Hat \$12
Beanie \$12
Tote Bags \$12
Sunglasses \$10
Metal Straw \$5
Postcard \$1

Store Accepts Cash and Check Only. Please make all checks payable to Catalina Island Marine Institute (CIMI)

*Note all clothing is in ADULT sizes Small-XX Large

*NOTICE: There will be an additional fee of \$30 on all returned checks.

No store items are allowed to be put on the school's final invoice. Please bring cash or check.

<https://guideddiscoveries-org.3dcartstores.com/cimi.html>

1.9 CIMI Store Pre Order

(Please submit ONE per school)

PLEASE SEND IN YOUR ORDER 2 WEEKS OR MORE BEFORE YOUR ARRIVAL! WE WILL DO OUR BEST TO HAVE IT READY FOR YOU. PLEASE SUBMIT PAYMENT IN THE FORM OF ONE *CHECK PAYABLE TO GUIDED DISCOVERIES. WE CANNOT RELEASE MERCHANDISE WITHOUT PAYMENT IN FULL.

SCHOOL NAME:_____

SCHOOLS DATE OF ARRIVAL:_____

Hooded Sweatshirts \$40

Adult Sizes: Quantity:

Small

Medium

Large

X-Large

XX-Large

Total:

T Shirts \$15

Adult Sizes: Quantity:

Small

Medium

Large

X-Large

XX-Large

Total:

Total Cost: _____

*NOTICE: A fee of \$30 will be assessed on all returned checks.

1.10 Payment Information

To School and Group Leaders,

WE WILL NO LONGER BE ACCEPTING TUITION AND FEE PAYMENTS AT CAMP

Beginning in the Fall 2022 season, we will no longer be accepting payments at camp for your trip tuition balances/fees. Instead, we wanted to provide you with our new procedures.

1. Our camps and business office will ensure that all contracted numbers and fees are provided upon checkout. You will be given a final invoice by camp to be taken home and final payment should be sent to our business office as detailed below:

Guided Discoveries

P.O. Box 1266

San Juan Capistrano, CA 92693

Please make sure to reference your school/group name and invoice number on your check

2. Final Balances must be received within 30 days of your trip end.
3. Store purchases can still be made on site with cash or checks. We will update you on our online store enhancements to allow preorders or group orders at a later time.

WE WILL NO LONGER BE ACCEPTING TUITION AND FEE PAYMENTS AT CAMP

Thank you for your understanding and we look forward to seeing you and your group at camp soon.

1.11 TRAVEL, ARRIVAL AND DEPARTURE PROCEDURE:

❖ If this is your first trip to CIMI, please read carefully!

CIMI will make your boat reservations aboard the Catalina Classic Cruises, located in the Queen Mary parking lot in Long Beach (see map). If you have any questions regarding the boat, please call the mainland office at 909.625.6194.

On departure from Long Beach, your group will go to Fox Landing, however, the boat may stop at other camps before reaching Fox. Make sure your students know which stop is theirs! We suggest that a teacher be stationed at the exit to make sure none of their students disembark at any other facility. We also recommend that the students eat their lunches on the boat before arrival. This facilitates arrival, orientation, moving into the cabins and a timely start to the afternoon program.

To ensure the accuracy of cabin assignments and class schedules, group leaders **MUST** contact the Fox Landing office at least 2-3 weeks prior to arrival with their final count of students and chaperones attending.

	DEPARTURE FROM LONG BEACH	DEPARTURE FROM FOX LANDING	
	Arrival Time: 8:00 am	Depart Fox: 12:30-1:30	
	Check In: 8:30 am	Arrive Long Beach: Approximately 2	
	Departure: 9:30 am	hrs. after departure from camp (2:30-3:30)	
Trip duration is approximately 2 HOURS from departure			

Have students mark all of their luggage with your assigned school color. Thick pieces of yarn work well. Your school color is noted on your contract.

Plan to arrive at the boat terminal at least one hour prior to departure time. Upon arrival at the Catalina Classic Cruises terminal in the Long Beach Queen Mary parking lot, the group leader must check in and give the final numbers for their school. Groups will not use tickets for transportation. Please bring two copies of the boat manifest.

The boat crew will give instructions for pre-loading your group's luggage. **LISTEN CAREFULLY!** The students must assist loading the luggage. The students must exit the boat after helping with the luggage. Re-group your students off the boat and wait until they instruct you to re-board. Please be aware that once your luggage is on board, they will not allow access to it until you are off loading at FoxLanding.

For a smooth voyage aboard the boat, please advise your students of the following:

- No running or roughhousing
- Stay seated whenever possible
- Pick up any trash
- Don't feed the gulls
- Seasick medication should be taken one hour before departure

If possible, the group leader should carry a cell phone.

IMPORTANT: If you think you are going to be late for any reason, call our business office at 909.625.6194 with your anticipated time of arrival in Long Beach. We will do our best to have the cruise line hold the boat, however, this cannot be guaranteed.

Catalina Classic Cruises

[1046 Queens Hwy](#)
[Long Beach, CA 90802](#)

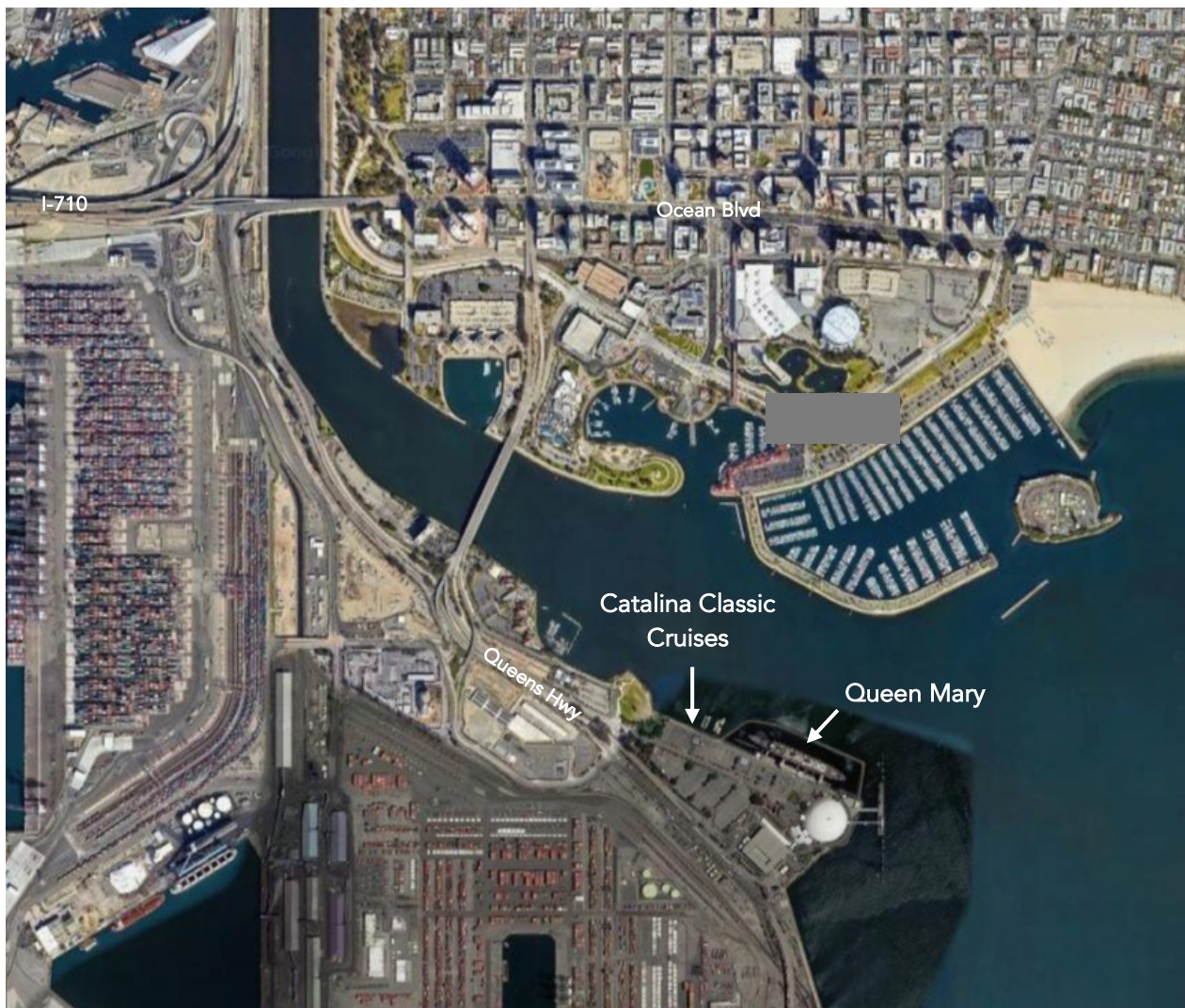
Located next to the Queen Mary

Directions

Take the 710 South into Long Beach.

Stay to the right and follow all signs for the Queen Mary. This will lead you to the Catalina Classic Cruises Terminal inside the Queen Mary gate.

If you have trouble finding the boat terminal, please call our office at (909) 625-6194.



2.0 CHAPERONE AND STUDENT INFORMATION:

2.1 CHAPERONE AND TEACHER INFORMATION:

CIMI programs are educational in focus. Although we strive to make them fun and interactive, this is not done at the expense of the learning environment. A CIMI instructor has at least a BS or BA degree and his or her energies are directed toward program activities. They do not fulfill the role of a 'counselor' by supervising students during their free time, at meals or in the dorms. Participating adults supervise students during these times.

We respect and encourage the adults who choose to participate with their school, group and/or child. Our program would not function at the level it does without their active involvement. We believe there are many rewards, both personal and group related, which will result from their efforts.

- ☐ Chaperones should come prepared to participate in all program activities, including snorkeling and kayaking. This is an expectation of our program. Chaperones will also be responsible for the control, discipline and overall safety of the students; both during program and free time.

ROLE OF CHAPERONES:

Program:

Be an active part of program, including snorkeling and kayaking. This sets the appropriate example for the students and provides support for the instructor. Help supervise during program. Our instructors' energy should go into teaching, not disciplining.

First-Aid:

If a student has a minor injury or illness, a chaperone escorts the student to CIMI's first aid room. This room is stocked with medication and supplies. The chaperone must consult the Student Health Form before administering first aid. After treatment or medication is given, the chaperone must log the assistance given in the CIMI medical log book.

Facility:

Supervise students during free time and in the dorms. To curtail rough horseplay, keep students within their boundaries. Students should always be with a chaperone.

Cabins and Villas:

Adults will stay in the same cabins as the students. Horseplay in and around the dorms should be discouraged. Because food and drink attract insects and animals, no food or drinks are allowed in the dorms. Cabins are off limits to the opposite sex and other groups. Help water conservation by reminding the students only one shower per day.

Damages:

Schools are held responsible for any property or building damages done by their students during their stay.

Free Time:

Recreational "free time" gives the students a break from taking in information and allows them to let out energy stored up during the previous learning session. Volleyballs, footballs, and Frisbees are available. Chaperones should be present and active during free time.

Timing:

Keep students on time to programs and meals. This will maximize time in program and ensure warm food for all. Sit at tables with students and supervise meals. This will help to reduce noise and facilitate a pleasant dining experience.

DAILY SCHEDULE:

6:45 AM	Rise and Shine	1:45 PM	Afternoon Program
7:15/8:00AM	Breakfast	4:45 PM	Afternoon store/Free time
8:00 AM	Free Time/Morning Store	5:15/6:00 PM	Dinner
9:00 AM	Morning Program	7:00/7:15 PM	Evening Program
12:15/1:00 PM	Lunch	9:30 PM	Quiet Hours

Quiet hours are 9:30 PM to 6:45 AM for all participants. It is the chaperone's responsibility to help the students respect the quiet hours. Our program is energyintensive; everybody will need and want their sleep.

SUPPORT THE PROGRAM IN THE FOLLOWING WAYS:

- Always wear shoes.
- No hiking, tide pooling or water activities without CIMI supervision.
- Comply with all instructions of the CIMI staff.
- Be courteous to the CIMI staff and encourage it in the students.
- Keep students out of restricted areas.
- Keep noise to an acceptable level.
- Do not litter and encourage students to pick up any litter.
- Curb general horseplay. A simple X-ray or stitch is at least a *four-hour round trip*.
- Keep the cabins/villas and restrooms clean. Do not put anything but toilet paper in the toilets. Please instruct your group NOT to dispose of sanitary napkins or tampons in the toilets. Receptacles for that purpose have been provided.
- Motivate all students to be on time for all programs sessions and meals.
- Students may not smoke. Adults may smoke only in designated areas.
- No alcoholic beverages and no illegal drugs.
- Cabin/villa quiet hours are 9:00 pm-7:00 AM.
- Bring an alarm clock or watch with alarm setting.
- No rock throwing.
- No shell or animal collecting. We wish to preserve our marine environment.
- Students may not use the telephone. If there is an emergency, the group leader will be able to call the appropriate people.
- Conserve water. One 3-minute shower a day.

2.2 What to Bring: Catalina Student Packing List

There are many items that students will want to bring to CIMI. Some are necessary and some may just be extra baggage that they may never use. This is a field trip and the students should pack appropriately. We advise that students bring no more than they can comfortably carry. Your students will have to carry their luggage not only on and off the boat, but also up a long field to their cabins when they arrive at Fox landing. They will have to repeat that process upon departure.

- O SACK LUNCH FOR 1ST DAY- TO BE PUT IN YOUR DAY PACK
- O Covid face mask
- O EpiPens/inhalers (if needed)
- O Day Pack/water bottle (required)
- O Sleeping bag/pillow
- O Jacket (warm)/ waterproof layer (just in case)
- O Pants and shorts
- O Long and short sleeve shirts
- O Underwear/socks
- O Sweatpants
- O Tennis/hiking shoes/ flip flops for showers
- O Swimsuit/towel
- O Sunhat/baseball cap
- O Sunglasses/sunscreen
- O Personal toiletries—including toothbrush/paste, soap/shampoo, towel for showering
- O Flashlight—small
- O Plastic bag for packing home (dirty/wet items)
- O Reading material/Games/Cards etc. (optional)
- O Cash or check to purchase items from CIMI store (optional)
- O Rash guard/sun shirt for kayaking (optional)

Please note! We DO NOT PROVIDE BEDDING and you must bring your own.

You May Not Bring:

Knives, Weapons of any kind, Spearguns, Fireworks, Valuables, Alcohol or drugs, IPODS, MP3 Players, radios, Video games, Gum, Fishing gear, Cell phones.

- ☐ If students used IPODS or electronics on the trip over, please collect these and leave them in the CIMI Program Office until departure. CIMI does not assume responsibility for lost/stolen items.
- ☐ Be sure to label your duffel and personal items! Distinguish your luggage by attaching a piece of colored yarn or ribbon.

Please pack personal gear in a suitable container. Soft luggage or duffel bag is best. Also, tying the bag to the rest of the luggage can make it harder to load on and off the boat. Advise students to keep their pieces separate and well-marked with their name, address, school name, and colored yarn. A specific color will be assigned to your group by our assistant program director.

Inclement Weather:

The weather on Catalina Island is usually very good. However, it is possible to have rain, wind, fog, or a combination of these conditions at any time. Programs will occur as planned or will be altered to meet the conditions. All students and chaperones must have rain gear. Plastic trash bags can function as an inexpensive, although not very durable, waterproof layer. If there are bad winds, it is possible that your boat transportation will be postponed until the winds have died down.

Departure Procedure:

Prior to departure from Fox landing, students will sweep out their cabins and villas, and pick up any debris around their cabin/villa. Instructors will check each dorm for cleanliness and damages before dismissing the group. Luggage will be carried by the students to the pier to await departure.

- The boat may return to Long Beach via other camps or Two Harbors.

2.3 Emergencies and Sample Menu:

Emergency Procedures:

In the event of a fire or other facility emergency adults are responsible for moving students to an appropriately safe location. This procedure will be covered during the teachers meeting upon arrival. Students should not tamper with firefighting equipment. Students who discharge fire extinguishers without just cause will have to pay a \$100.00 recharging fee._

Fire:

If any person spots a fire, they should sound the alarm immediately, report to the program office and explain the situation to CIMI staff. Upon hearing the alarm, all guests at Fox Landing are to report to their meeting spots. The teachers are to account for all their students. DO NOT ATTEMPT TO FIGHT THE FIRE!

Lost child:

The CIMI staff has been instructed as to the proper procedure for a lost child. Paramedics and the Sheriff are available for emergency situations.

Medical Procedures:

If an accident of any type occurs, report it immediately to a CIMI staff member. If first aid is required, it will be administered by a qualified individual. All CIMI instructional staff are certified in First Aid, CPR and Lifeguarding. Paramedics will be contacted for major accidents. Problems requiring a doctor's attention, other than accidents handled by paramedics, will have to go to Avalon or the mainland for attention.

Student Medication:

The school group leader will be responsible for all medication required by their students.

Students with Communicable Diseases:

During the course of a visit, any student or other guest at Fox Landing that shows symptoms of chicken pox, measles, or any other communicable disease will, following consultation with the paramedics or a doctor, be restricted from program participation and sent home at the earliest opportunity. Please do not bring any sick students or chaperones to Fox Landing. Fevers, flu and colds are just an example. This policy is in consideration of the affected person's comfort and the health and well-being of the remaining students and CIMI staff.

Meals:

All meals are set-up "buffet style" with a hot meal and a salad bar. Students will all come into the dining hall and sit down at their designated tables and wait to be dismissed. Everyone is required to wear a dry shirt, pants, and shoes while in the dining hall. After each meal a clean-up crew from each school will stay behind to clean all tables and sweep the floor.

General Guidelines:

- All students and adults are to meet the Program Coordinator prior to meals for announcements.
- Students should enter the dining hall in an orderly fashion.
- All students will be responsible for bussing their own dishes and putting their chair away.
- A group of students from each school will stay after the meal, with a chaperone, to help clean the dining hall.

Sample Menu:

Breakfast:

- Pancakes and sausage or scrambled eggs and hash browns or sausage; fruit juice, milk
- Fruit bar: cereal selection, yogurts, fresh fruit, Danish, bagels or English muffins

Lunch:

- Pizza, hamburgers, corn-dogs or cold-cut sandwiches (one entree per lunch); punch, water
- Salad bar: may consist of mixed greens, chopped veggies, cheese, croutons, canned fruit, 3-4 salad dressings, potato salad, pasta or soup, bread and peanut butter and jelly

Dinner:

- Lasagna (meat and veggie), turkey, chicken or Mexican (tacos?) (One entree per dinner); milk, water
- Salad bar: same as lunch with vegetarian side dish
- Dessert: brownies, cookies, rice Krispie's, ice cream sandwiches

- ❖ Note: This is a sample menu only. Food items are subject to change. Prior to departure, the Assistant Program Director will contact the group leader for any special food needs or allergies.

3.0 PROGRAM DESCRIPTIONS:

3.1 DAY PROGRAMS:

Snorkeling:

Each student will have the opportunity to demonstrate basic snorkeling skills, as taught by the CIMI instructors, and to utilize these skills in exploring and discovering the marine environment. Students do not have to be great swimmers as the wetsuit acts as a floatation device. Non-swimmers or poor swimmers may thoroughly enjoy the experience if they have confidence in themselves.

Everyone will be doing at least one snorkeling session while at Fox Landing. All participants in our snorkeling program will use snorkeling equipment consisting of a full-length three-piece wetsuit, hood, booties, mask, snorkel and fins. The proper use of this equipment ensures greater safety and a more pleasant experience. Likewise, proper care and maintenance of equipment is essential. Both of these topics will be covered thoroughly by CIMI instructors during the first snorkel introduction and students will be reminded during subsequent snorkels.

- If any of your students have personal equipment that they wish to bring make sure that it is wellmarked. For those students with impaired vision, contact lenses have not presented problems when worn under a properly fitted mask. Glasses cannot be worn under a mask. CIMI does offer optical masks for students in need. **Please no full-face masks!**

ORIENTATION SNORKEL: (Required of all groups regardless of age or ability.)

Pre-snorkel:

Discussion of care and use of snorkeling equipment, safety and the importance of the buddy system will be emphasized.

Snorkeling Skills:

The basic skills covered in the water are adjustment of equipment, clearing mask & snorkel, and breathing through a snorkel. This will be followed up by swimming with fins and snorkeling along the surface. Time to explore Fox Landing!

Post-snorkel:

There will be a wrap-up discussion of the snorkel and review of what was seen.

BASIC SNORKEL:

After the first snorkel, the objective is to look at the various marine habitats of Fox Landing (sandy bottoms, rocky shorelines, and kelp) and observe the animals in these environments. It usually begins with the instructors describing various fish and animals that are commonly observed.

Depending on student's ability, they may have the option to wear weight belts. The second snorkel is usually a more exciting and rewarding experience. The students are more comfortable and recognize many of the animals that they have been learning about in the labs. This snorkel usually ends with a post-snorkel discussion before cleaning up.

OCEAN KAYAK:

Ocean Kayaking is an exciting and empowering experience for all students. Students will first become familiar with the basic parts of an ocean kayak. Once orientated to the kayak, students will begin learning their paddling skills on land. After the land practice session, students will don a personal floatation device (lifejacket), booties, and a paddling jacket (when cold). Under the close supervision of a CIMI instructor, students will board their kayaks and head out onto the protected waters around Fox Landing. While on the water, students will review their skills and become more comfortable with their kayak. Students will then embark on a group coastal tour along Catalina's shoreline.

MARINE LAB PROGRAM OPTIONS:

Students will have the opportunity to experience at least one program session in the labs. Occasionally, in the case of very large groups, not all research groups will be assigned to the same labs. The Fox Landing Program Office will try to accommodate all your program needs. Due to the limited availability of space, however, it is possible that you will not always get your first choice.

FISH - SHARK - INVERTEBRATE - ALGAE ROTATION:

Fish lab:

Several aquariums are part of the fish lab experience. The students will be exposed to the fish found commonly around Catalina Island. They will also be introduced to the classification, anatomy, behavior and other adaptive features of fish. This lab compliments the snorkeling experience, wherein the students become more familiar with fish they will be seeing.

Shark lab:

Students expand their knowledge of sharks and rays and get to interact with them in our touch tanks. They are able to learn more about the local shark and ray species we have and dispel common myths about sharks.

Invertebrate lab:

Familiarization with a variety of marine invertebrates is fun and easy when students can get a close up look, through our touch tank aquaria, of species common to Catalina. This laboratory includes animals from the phyla Porifera, Echinodermata, Annelida, Mollusca, Cnidaria, and Arthropoda. Students' participation facilitates the study of classification, species identification, adaptation and natural history by closely examining animals and getting hands wet!

Algae lab:

As a major habitat and food source for marine animals of Catalina, algae (seaweed) merits special consideration. Students will be introduced to the many uses of algae, characteristics of different divisions of algae and the principal adaptive differences between algae and terrestrial plants. They will also prepare a pressed sample of common species of algae for use back at school.

OCEANOGRAPHY - PLANKTON - TIDEPOOL ROTATION:

Oceanography:

Students will conduct oceanographic experiments from our float to determine ocean temperature, visibility, turbidity, salinity, and sea floor structure.

Plankton Lab:

In this laboratory, the students are introduced to the world of plankton. Using "video microscopy", the students will divide into teams and identify their live plankton sample. Each team has its own video microscope and monitor, all of which are hooked up to a Smart Board. Students will discuss the "food web" and some affects pollution has on the world's oceans.

Tidepool:

Students will get a chance to explore a unique hands-on marine habitat within our cove. Depending on tides, students will be able to catch crabs, identify algae, feed an octopus, and touch anemones.

HIKE - INITIATIVES (High and Low)- CLIMBING WALL:

Hike:

There are several trails within our canyons that are perfect for all ages and skills. Students will see, touch, smell and possibly taste a variety of plants on the island. Typical hikes cover the subjects of edible and useful plants, geology, feral animals and scatology. Students will explore methods of colonization by plants and animals, why islands are unique and learn of the Native Islanders history here on Santa Catalina and the Channel Islands.

High and Low Ropes Initiatives:

Initiatives focus on teamwork, communication, decision-making and problem solving. Students will set and maintain high standards and create a supportive environment for themselves and each other by meeting and overcoming physical and mental challenges. Some activities involve more perceived risk while being safely monitored by an instructor. Every member of the group participates, and initiatives can be customized for the particular group. These activities are designed to be both fun and challenging. Our High Ropes Course includes two Giant's swings. Ask the Fox Program Office for more details!

ROCK CLIMBING WALL:

Rock climbing is an exciting program designed to challenge your students and push their limits both mentally and physically! Our rock wall offers a range of route difficulties to motivate and help you learn new techniques as your climbing skills progress. A must for adventurous groups, the climbing program also stressed the importance of teamwork and trust and provides a great workout in the sun.

3.2 EVENING PROGRAMS:

Evening programs are especially important to give the students a complete CIMI experience. We offer seven different options, listed below. We are very flexible if you have a different evening option, please let us know. Schools with a long travel to the island on the day of arrival should think carefully about evening options for their first night. Students may be overly wound up or very tired in response to a long trip.

ASTRONOMY:

This program takes students on a tour of our solar system while walking around Fox Landing. Instructors will touch on the life cycle of a star and characteristics of the planets, while pointing out apparent constellations and planets in the sky. Instructors will also, using a storytelling approach, focus on various mythologies of the stars, planets, sun or moon to highlight people's personal/cultural relationship with the night sky in addition to the Earth's physical relationship to the universe.

MARINE MAMMAL LAB:

In this laboratory the students will see a variety of marine mammal bones and skulls, hear marine mammal sounds, and be able to see an actual Gray Whale skeleton (20ft. in length). Instructors will explore the characteristics that define mammals and the attributes that allow mammals to successfully cope with the environmental challenges of life in the ocean.

DISCOVERING SHARKS:

Students expand their knowledge of sharks and rays and get to interact with them in our touch tanks. They are able to learn more about the local shark and ray species we have and dispel common myths about sharks. This is a great class for groups not signing up for any other lab classes, but it will be repetitive if you have already done our daytime marine labs.

SQUID DISSECTION:

This activity explores the general biology of a squid. At the start of class students watch a brief (5 min.) video exploring the life cycle of the common squid (*Loligo opalescence*), followed by a simple dissection of the squid (1 squid per 2 students).

DEEP SEA BIOLOGY:

The deep-sea program is designed to introduce students to the amazing diversity of animals that exist thousands of feet under the surface of the ocean. Students learn about the intense pressure, cold, and almost complete darkness of the deep and then learn about their adaptations to these environmental conditions. Instructors give the students a chance at the end of class to create their own deep-sea creature, while coming up with their own adaptations to conditions of the deep!

NIGHT SNORKEL: additional \$5/ student

Night snorkeling is one of our most exciting activities and once in a lifetime opportunity for the students! Students will use underwater lights to observe the nocturnal life in our cove. Due to the cost of equipment (dive lights, batteries, beacons, glow sticks) night snorkel is an additional \$5.00 / student. Another activity may be planned for those students in the group who do not wish to participate.

ENVIRONMENTAL AWARENESS:

The ocean makes up 73% of our planet, and yet it is the most misunderstood environment that humans interact with. This program is based around human impact on the oceans and strategies to reduce it. In this class we will explore the impacts that the oceans have on our everyday life and how our daily activities impact the ocean. We will use hands on activities to look at how plastics impact the ocean, learn about different fishing practices and more.

CAMPFIRE:

Campfire is an option as a complete night program or following an alternate evening activity. At the campfire, each school may plan whatever activities they desire. CIMI will provide marshmallows upon request. This is a school/student-led program, so schools should prepare skits, jokes, stories, etc...

NIGHT ROCK CLIMBING WALL:

Rock climbing under the stars and flood lights. Rock climbing is an exciting program designed to challenge your students and push their limits both mentally and physically! Our rock wall offers a range of route difficulties to motivate and help you learn new techniques as your climbing skills progress.

CIM PROGRAM STANDARDS MATCH (CA)

	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade	9-12th Grade
Orientation Snorkel	3a	3a				
Basic Snorkel	3a, b	3a				
Marine Eco-Snorkel	3a, b	3a, 6a	7a		9a	B/L/S 6a, 1Bc 1a-d, l
Kayaking	3a, b, 5a, c	3a	1a, c, 2a, c, d	4a, b		
Fish Lab	2h, 3a	3a, 6a				
Shark Lab	2h, 3a	3a, 6a				
Algae Lab	2a, b, 3a-d	2c-g, 3a, 6a	4a, b, 5a	6a, f		
Oceanography	3a, 5c, 6a, b, d	3a, d, 4b	1a-e, 2c, d, 4a, b, 7a	4f, 6c, f		B/L/S 6d, ES 3a, b, f, ES 5d, g, 7a, 1Bc 1a-d, l
Plankton	2a, b, 3a, d	2f, 3a, 6a	4a, 5a			B/L/S 6d, ES 7a
Invertebrate	2b, 3a	3a, 6a				
Terrestrial Lab	2a, b, 3a-e, 4a, 5a, c	6a	1a-f, 2a-d, 5a	4a-f		
Hike	2a, b, 3a-e, 4a, 5a, c	2c-g, 6a	1a-f, 2a-d, 5a	4a-f		
Geology Mini-Hike	3a-c, 4a, 5a	2c-g, 3a, 6a	1a-f, 2a-d, 5a	4a-f	2h, 4a-e	ES 1a-g, 2a, b, d, f
Astronomy Night Hike	3a	5a, b, c				
Marine Mammals	3a	3a				
Squid Dissection	3a	3a				
Deep Sea	2a, 3a	3a				5d
Creatures of the Night	3a					
Night Snorkel	3a	3a				
Santa Clara Island Game	3a, b	3a, d, e	2a-d			1Bc 1i
Environmental Awareness		3a, d, e	2a			1Bc 1i
Above and Below			2a			
Climbing Wall						
Night Climbing Wall						
Initiatives						
Campfire						

3.2 CA STANDARDS MATCH: