Catalina Island Marine Institute

CIMI
at Cherry Cove

Teacher’s Planning Packet
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HELPFUL SUGGESTIONS FOR THE GROUP LEADER

We are excited that you are bringing your students to the Catalina Island Marine Institute! This will be a trip that the students will remember for the rest of their lives. We will do our best to make your trip an exceptional experience, and we would like to offer a few reminders to help make your trip successful.

Student Health Forms
Please check the completed Student Health Forms for any medical conditions that may present a problem on your trip. Notify our Assistant Program Director (during your telephone contact) two weeks prior to your group’s arrival of any food allergies or medical conditions that may be of concern. Please be sure that all asthmatics bring their prescribed inhalers with them to camp.

We will collect the Student Health Forms upon arrival. The forms will be available to you in our first aid lodge. **We are required to keep the Student Health Forms on file at CIMI.** Please make copies if you are using the same forms for your transportation purposes.

*Printable forms are included at the end of this packet. They can also be found in the Teacher Resources section of our website, including versions in Spanish*

Co-Educational Groups
We require at least one male and one female adult chaperone to provide safe and adequate supervision in the tent sites.

Adult Chaperones
Adult chaperones should be chosen very carefully, as they will need to help you with the supervision and participation duties. Students are directly motivated by the adult chaperones. Be sure that your chaperones know what is expected of them in regard to participation, supervision and communal living. You will also want to assign chaperones to monitor free-time activities. We may ask you to limit your chaperones to a ratio of one chaperone to every 16 students (this number would not include 1:1 chaperones for students with specific needs).

Chaperones are required to complete the CIMI Chaperone Waiver (2-page document) as well as a Student Health Form before arrival at camp.

Program Schedule
Our Assistant Program Director will phone about two weeks prior to your trip for a final student and chaperone count. We will discuss your daily schedule, the number of activity groups, tent assignments, and other pertinent details for your trip.

General Reminders
Drugs and/or alcohol are not allowed in camp. Students are not allowed to smoke. Chaperones that smoke may only do so in designated areas. We suggest not bringing any electronics or valuables.

We appreciate your desire to provide your students with a quality program. We will try to accommodate your individual needs in every way in which we are able. Please feel free to call us with any questions you may have.
TIMELINE OF EVENTS

When you receive this packet

- Send parent information (application/student health form) to all parents
- After reading through your packet, return the “Statement of Understanding,” “Classroom Prep Info” and “Program Planner” to CIMI at Cherry Cove (email is preferred). Please return at least 4 weeks prior to your trip!

Email: cherryschedule@cimi.org
Fax: (310) 510-9645
CIMI Cherry Cove
PO Box 5015
Avalon, CA 90704

2-3 Weeks prior to arrival

- Collect and review Student Health Forms for completeness, as well as medical or dietary needs
- Speak over the phone with CIMI Cherry Cove Program Office to cover details on the Telephone Contact Sheet, including the final count of students and chaperones, special dietary requirements, and medical information
- Arrange transportation to the Catalina Classic Cruises boat terminal, located at the Queen Mary (1046 Queens Hwy, Long Beach, CA 90802). Call our Mainland Office if you need assistance with arrangements, (909) 625-6194

1 Week prior to arrival – final checklist of organizational details

- Prepare all chaperones and assign their duties. Copy and hand out pages from the “Chaperone and Student Information” section, along with copies of the Chaperone Waiver (2 pages) and Student Health Form for each chaperone to sign and give back to you to bring to camp
- Divide students into activity groups; let them know which groups they’re in
- Assign students to tent sites; let them know their tent site and tent buddy
- Organize Student Health Forms and cover sheets. Separate forms by activity group and alphabetize them within each group (details on page 8). Forms are required upon arrival
- Inform students that they must bring a sack lunch and wear close-toed shoes on the boat ride
- Send a copy of our packing list home with each student
- Make sure all luggage will be color-tagged and labeled with student names prior to the boat ride

Day or two prior to arrival

- Remind students to wear close-toed shoes and to bring a sack lunch for the boat ride
- Confirm arrangements for transportation to the boat terminal
- Draw final payment check (if applicable)
PROGRAM PLANNING

ACTIVITY GROUPS
You will need to divide your class(es) into activity groups with 16 students maximum per group. Some suggestions on how to divide your groups successfully…

- Mix boys and girls (unisex groups don’t seem to work as well)
- Group ESL students together, with a bilingual adult if possible
- If applicable, divide groups by athletic ability (specifically if you’re hiking)
- If you have students with behavioral challenges (i.e. ADHD, autism spectrum), try to assign chaperones who know those students to their group
- Keep numbers per group consistent (16 students in one group and 11 in another creates challenges for programs). Don’t allow students switch into other groups – keep a list

The experiences we offer to students often have a profound, positive impact on their lives. Teachers will often share with us that they get to see a different side of their students during their trips to CIMI. Students who are more quiet or shy in the classroom may be more outspoken and participatory in a new setting. Students who have trouble focusing or being still in a classroom may be more engaged and attentive when they’re able to be more active in their learning at camp. If you do have any particularly challenging students, it can be a good idea to place them in a group that will have a teacher assigned as the chaperone.

Each school’s trip is centered around the needs of the individuals of that school. There is a wide variety of activities available at CIMI; certainly more than can be accomplished during a three- or five-day trip. The group leader must decide on the program sessions that will best meet the needs of their students. Trying to pull all of the program components into this experience will not do justice to the programs or to your students.

Prior to your arrival at Cherry Cove, CIMI’s Program Office will discuss the specifics of the activities with you. There are certain programs that may work better than others for your school. Three-day trips will understandably involve fewer programs than five-day trips.

Each day has two 3-hour program sessions and a 1.5-hour evening program session. The number of program sessions depends on the length of stay:

- 3-day trips: 4 daytime sessions, 2 evening sessions
- 5-day trips: 8 daytime sessions, 4 evening sessions
DAYTIME PROGRAM DESCRIPTIONS

WATER ACTIVITIES

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 strong 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.

Most schools will do at least one snorkeling session while at Cherry Cove. All participants in our snorkeling program will use snorkeling equipment consisting of a full-length 3-piece wetsuit, hood, booties, mask, snorkel and fins. The proper use of this equipment ensures greater safety and a more pleasant snorkeling 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 well-marked. Students with impaired vision may wear contact lenses; they have not presented problems when worn under a snorkel mask. Glasses cannot be worn under a mask; CIMI provides prescription masks ranging from -1.5 to -6.0.

FIRST SNORKEL (prerequisite for the second snorkel and night snorkel)

During the first snorkel, students are presented with their snorkeling equipment, learn snorkel safety measures, and are paired with a snorkel buddy within their group. Students learn the basic skills of adjusting their equipment, clearing their mask and snorkel, and breathing through their snorkel. This will be followed by swimming with fins and snorkeling along the surface to explore Cherry Cove!

SECOND SNORKEL

After the first snorkel, the objective is to look at the various marine habitats of Cherry Cove (sandy bottom, rocky reef, etc.) and observe the animals in these environments. It usually begins with the instructors describing various fish and invertebrates that are commonly observed, and the students are able to snorkel farther and for a longer period of time. 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.

KAYAKING

One of the most exciting aspects of the program at Cherry Cove is the chance to go sea kayaking. Students will learn basic paddling and kayak safety while exploring Catalina’s scenic coast and beaches. Students do not need to have any previous kayaking experience. The kayaks are easy to paddle and safe to use.

Prior to the first kayak, groups will discuss paddling techniques, safety, entering and beaching techniques, equipment care and handling and clean-up procedures. On completion of the kayak session, students will be able to maneuver and stop the kayak, as well as right and enter an overturned kayak.

DAY TRIP (for 5-day trips)

5-day trips will have the chance to kayak and/or hike to explore an adjacent part of the island. During the day-long excursion, the group will eat a picnic lunch and snorkel or tidepool in the destination area before returning to Cherry Cove.
SCIENCE ACTIVITIES

ALGAE / INVERT / FISH LABS

Algae Lab: As a major habitat and food source for marine organisms, algae merits special consideration. Students will get their hands on a fresh algae sample while they learn about its many uses, the characteristics of its different divisions, and the principal adaptive differences between algae and plants. They will also prepare a pressed sample of common species of algae to take home as a souvenir.

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 aquariums, of species common to Catalina. This laboratory allows students to explore the aquariums, making observations about the invertebrates and learning about their classifications, adaptations, and roles in the food web.

Fish Lab: Our fish lab is comprised of several aquariums containing fish species common to Catalina. Students will be introduced to the classification, anatomy/adaptations, behavior, and other concepts involving fish. This lab compliments the snorkeling experience, as the students become more familiar with fish they will be seeing in the local ecosystem. If your school will not be choosing Discovering Sharks as a night program, it is possible to add on shark lab to your lab rotation.

TIDEPOOL / PLANKTON

Tidepooling: Students discuss the lunar cycle, currents, tides, and the interaction between land and water that creates this unique habitat. While exploring Cherry Cove’s tidepools, students observe the abundance and types of algae and animal species in the area. Discussion of the unique characteristics of tidal zones and their inhabitants further demonstrate adaptations, physiology, and ecology of tidepool organisms.

Plankton Lab: In this laboratory, the students are introduced to the world of plankton, which is how many tidepool organisms start their life cycles. Using video microscopy, the students will divide into small groups and study their live plankton sample. Each group will have its own video microscope and monitor. Students will discuss the food web and the effects that pollution has on the world’s planktonic life.

HIKE

A hike will give the students an opportunity to explore the island and gain an appreciation of the terrestrial environment. Hiking exposes students to the unique island ecosystem where they will learn about the plants and animals that inhabit the island, as well as how the island was formed. The difficulty and duration of the hike can be tailored to an individual group’s needs.
EVENING PROGRAMS

These programs are especially important to the total CIMI experience, and there are several options. We are very flexible, and if you have a different evening option, let us know. Schools with long travel times on the day of arrival should think carefully about evening program selection. Students can either be overly “wound-up” or very tired in response to the long trip.

ASTRONOMY
Students will walk to a suitable location for stargazing, away from the lights of camp. Students will explore the science of the stars, planets, sun and moon, in addition to the Earth’s physical relationship with the universe. Instructors will also tell mythological stories, highlighting peoples’ personal/cultural relationship with the night sky. This activity is subject to change, as it requires clear night skies.

SQUID DISSECTION
Students explore the general biology and adaptations of the squid through a guided group dissection (students work in pairs). Instruction is alternated with dissection activity for maximum engagement, with lots of games and laughs in-between!

DEEP SEA
This evening activity is designed to explore different ways in which living organisms cope with the deep-sea environment. Games, activities, and demonstrations will highlight adaptations to the dark, cold, pressure and reduced biomass that deep-sea organisms have to endure.

ENVIRONMENTAL AWARENESS
A variety of critical thinking games, demonstrations and/or interactions designed to highlight human, individual, and cultural impacts on our natural resources. Students are challenged to develop solutions to current environmental issues, highlighting positive actions that can be taken in their own everyday lives. This program is best suited for small groups who have demonstrated group interaction skills.

NIGHT SNORKEL ($5/student)
Students will use underwater flashlights to observe the nocturnal life in our cove (including bioluminescence!). Students must first do a daytime snorkel in order to be qualified for a night snorkel. Due to the cost of the extra equipment and staff required, there is an additional cost of $5.00 per person.

DISCOVERING SHARKS
This evening program is designed to dispel the myths and rumors surrounding sharks. Student-led learning and experiential activities, including petting the sharks in our touch tank, are used to lead students to a better understanding of these amazing creatures and their roles in marine ecosystems.

MARINE MAMMALS
An evening of marine mammals is likely to include activities involving the characteristics of mammals, differences among marine mammal groups, feeding strategy games, current environmental concerns, and perhaps even a whale singing competition.

CAMPFIRE
Recommended for 5-day trips. Your school will determine how you choose to utilize your campfire. Some schools will use it as reflection time or will have their students perform skits or songs. CIMI staff are also able to perform skits, songs, stories and/or wrap-up activities. CIMI staff will set up the fire and will remain to put it out at the end. Marshmallows are provided by CIMI; if you would like s’mores, please bring chocolate and graham crackers.
STUDENT HEALTH FORM ORGANIZATION

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

- Groups should be arranged so that boys and girls are mixed and there is at least one chaperone assigned to each group. Try to divide the groups so that they all have about the same number of students.
- Once you have decided the groups, please make a list and separate the students’ forms by group.
- Once the Student Health Forms are separated, please paperclip a sheet of paper to each group’s stack of forms with the following information on the front:
  
  Name of School
  Group #
  Student Names
  Adult Leader Name(s) for that group
  List of all outstanding medical needs

- The Student Health Forms, now separated by group and identified with the above information, should all be brought with you to CIMI and given to the Program Coordinator of your school when you first arrive.

So that we are best able to deal with potential medical situations, each CIMI instructor will review the Student Health Forms for their own activity 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 at CIMI. You should keep your school district forms separate from these for your return trip.

Please use discretion if you are presented with a student or chaperone who is sick (i.e. fever, flu, cold) on the morning of your trip. We understand that your students (and their parents) are looking forward to this trip, but due to its rustic location and active program, Cherry Cove is NOT an ideal place to recover from (or suffer through) an illness. DO NOT bring sick participants. We ask that you consider the affected person’s comfort and the health and well-being of the remaining students and CIMI staff.

Examples of Group Health Form Cover Sheets

(this would be paperclipped to group # 1’s forms)

<table>
<thead>
<tr>
<th>Name of School:</th>
<th>Happy Day Elementary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group #:</td>
<td>1</td>
</tr>
<tr>
<td>Student Names:</td>
<td>Tom Baldacci, Claire Hew, Lisa Lenon, Mike Brazill, Hillary Howl, Annie Shaw, Ross Brindle, Jessica Jones, John Smith, Joel Contardi, Heather Lawry, Robby Smith</td>
</tr>
<tr>
<td>Adult Leader:</td>
<td>Mr. Lawson (John)</td>
</tr>
<tr>
<td>Outstanding medicals:</td>
<td>John Smith – mild epileptic, Claire Hew – severe bee sting allergy (epi-pen), Ricky Felins – migraines</td>
</tr>
</tbody>
</table>
TRAVEL, ARRIVAL AND DEPARTURE PROCEDURE
If this is your first trip to CIMI, please read carefully!

CIMI has made your boat reservations with Catalina Classic Cruises, from the Queen Mary location in Long Beach (see map on next page). If you have any questions regarding the boat trip, please call the Mainland Office at (909) 625-6194. Group leaders MUST call the Cherry Cove Program Office at (310) 510-0071 with a final count of students and adult chaperones at least TWO WEEKS PRIOR to their trip.

Have the students mark each piece of luggage and baggage (including day packs) with your school’s assigned color. Thick pieces of yarn work well. Color will be specified by CIMI.

Plan to arrive at the boat terminal one hour before your actual departure time. Overnight parking is available at the terminal for an additional charge. Upon arrival at the boat terminal, the group leader needs to check in with the Catalina Classic Cruises representative and give the total number in the group. It is helpful to have a copy of the manifest with you as well.

**Everyone should have close-toed shoes on for the 1¼ mile hike into camp.** If it is raining when you get to the boat terminal, make sure that everyone takes their rain gear onto the boat, because they will not be able to get into their bags until they are at camp. **Prescribed inhalers and epi-pens should be placed in student day packs rather than luggage; students will need them on their person during the hike to Cherry Cove.**

The boat crew will give instructions for the loading of your group. LISTEN CAREFULLY! The students will carry their luggage onto the boat and give it to the deckhands, who will place the luggage in a specific spot on board. Please be aware that once the boat has your luggage on board, you will be unable to get to it until you are back at camp. Please remember to keep your Student Health Forms with you so that you can give them to the Program Coordinator when you arrive in Two Harbors.

For an optimal voyage aboard the boat, please advise your students of the following:
- No running or rough-housing while on the boat
- Stay seated whenever possible
- Pick up any trash and do not to feed the gulls
- Seasickness medication should be taken at least one hour prior to travel

**REMEMBER:** The students should eat their lunches on the boat. Have students keep any personal items they will need during the boat ride or hike (inhalers, epi-pens, lunches, water, etc.) in their daypacks.

**UNLOADING PROCEDURE TIPS:**
- Stay seated until the captain calls your school over the loudspeaker
- Students should grab any two pieces of luggage; NOT THEIR OWN!
- Cherry Cove staff will meet your group on the pier and lead them to the luggage truck where they will load their gear

**IMPORTANT:** If you think you are going to be late for any reason, please call our Mainland Office at (909) 625-6194 with your anticipated time of arrival in Long Beach. We will do our best to have them hold the boat, however, this cannot be guaranteed. **Any group who misses their scheduled boat may be ineligible to receive the CIMI group fare.**
Catalina Classic Cruises
Located next to the Queen Mary
at the old Catalina Express Terminal

For GPS use the Queen Mary’s address:
1046 Queens Hwy
Long Beach, CA 90802

Take the 710 Fwy South all the way to the end of the freeway.

Stay in the right lane and follow the signs to the QUEEN MARY. Go through the Queen Mary parking gates to the Catalina Classic Cruises terminal INSIDE the Queen Mary gates. The sign above the building says “Catalina Express.”
Store will be open after lunch on the second day of your trip. Students wishing to purchase souvenirs should bring their money to lunch so that they are ready when store opens. We will have permanent markers available for chaperones to label the tags inside purchased items with students’ initials. All of our items are durable and high-quality. Cotton items are preshrunk. We encourage discussion of appropriate sizes before students come to camp! All store items are subject to availability. **We can only accept cash or *checks made out to “CIMI.”** Please also write the name of the school and the student on the check.

**HOODED SWEATSHIRTS - $30** (XXL is $32)  
**T-SHIRTS - $15**  
(Assorted sizes)

**BALL CAPS - $12** (adjustable)  
**BEANIES - $12** (one size fits all)  
**NALGENE WATER BOTTLES - $12** (32 oz.)  
**METAL STRAWS - $5**

*NOTICE: A fee of $30 will be assessed on all returned checks.*
ADULT CHAPERONE INFORMATION  
(copy and hand out to all chaperones)

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. Each CIMI instructor has a minimum of a bachelor’s degree in a science field, and their energies are directed toward program activities. **They do not supervise students during their free time, at meals, or in the tent sites. Participating adult chaperones are responsible for supervising students during these times.**

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

**Chaperones should come prepared to participate in ALL program activities, including snorkeling, hiking and kayaking. This is an expectation of our program. Chaperones will also be in charge of the control, discipline and overall safety of the students during both program time and free time.**

CIMI is not logistically in a position to accommodate “free agents,” individuals who would like to do their own thing while at Cherry Cove. Examples include individuals who would like to go SCUBA diving or go off by themselves to explore other aspects of the program or island. Although we stress that adult chaperones are here to support the school’s trip, individuals have arrived, on occasion, prepared to entertain themselves. We hope to avoid any disappointment by providing an overview of adult responsibilities and the procedures that will influence your visit to Cherry Cove.

**ROLE OF CHAPERONES**

**Program:** Be an active part of program, including snorkeling, hiking and kayaking. This sets the appropriate example for the students and provides support for the instructor. 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 lodge. This room is stocked with medication and supplies. The chaperone must consult the student’s health form before administering first aid. Adult chaperones are responsible for administering any and all OTC and prescription medications to students; they cannot be administered by CIMI staff.

**Timeliness:** Keep students on-time for 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 reduce noise and facilitate a pleasant dining experience.

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

**Tent Sites:** Chaperones will stay in the same tent sites with the students. **Chaperones supervise the tent sites.**

- Help with water conservation by reminding the students that they are allowed only one shower per day
- Damages: Schools are held responsible for any property or building damages by their students during their stay
- Quiet hours are 9:30 pm to 7:00 am for all participants. It is the responsibility of the chaperones to help the students respect Quiet Hours. Our program is energy intensive; everybody will need and want their sleep

**DAILY SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Rise and Shine! (stay in tent</td>
<td>1:15 pm</td>
<td>Store (Tues. &amp; Thurs)</td>
</tr>
<tr>
<td></td>
<td>site area until 7:00 am)</td>
<td>2:00 pm</td>
<td>Afternoon Program</td>
</tr>
<tr>
<td>7:30 am</td>
<td>Breakfast</td>
<td>5:00 pm</td>
<td>Free Time</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Free Time</td>
<td>6:00 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Morning Program</td>
<td>7:00/7:30 pm</td>
<td>Evening Program</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch</td>
<td>9:30 pm</td>
<td>Quiet Hours (all ages)</td>
</tr>
</tbody>
</table>
CHAPERONES SUPPORT CIMI IN THE FOLLOWING WAYS

• Always wear shoes
• No hiking, tidepooling or water activities without CIMI supervision
• Comply with all instructions of the CIMI staff
• Be courteous to the CIMI staff and encourage students to do the same
• 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 4-hour round-trip
• Keep the tent sites and restrooms clean. Do not put anything other than toilet paper in the toilets. Please instruct the female students in your group NOT to dispose of sanitary napkins or tampons in the toilets. Receptacles for that purpose are provided
• Motivate all students to be on-time for all program sessions and meals
• Students may not smoke. Adults may smoke only in designated areas
• No alcoholic beverages or drugs
• Quiet hours are 9:30 pm - 7:00 am

- For waking up, it is suggested chaperones bring a watch or phone with an alarm
- 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 shower a day
- There is no Wi-Fi or fax access available at CIMI

FREE TIME
Recreational free time gives the students a break from taking in information and allows them to let out some energy. Because students are not typically used to being engaged in structured activities all day and evening, free time is important. A variety of recreational equipment is available for their use during this time. Since free time is the CIMI instructors’ time off, the school’s chaperones are to be responsible for supervision and general management during this time.

*Since the majority of injuries, scrapes, bruises, etc. occur during free time, adult supervision helps to facilitate a safe and continued experience for students

TENT SITES
Adults will stay in the same tent sites as the students. Quiet hours, from 9:30 pm to 7:00 am, must be enforced. Arrival days are long, and the programs are very active. All participants should be allowed the necessary rest they need in order to enjoy their trip. Horseplay in and around the tents should be discouraged. Food and drink will attract insects and animals to the tent sites, so all food must be brought to the dining hall where it will be accessible during free time. If there is food in a tent, the ravens and foxes will find it. A school’s tents are off-limits to individuals from other schools. Make sure students know which tent is an adult’s in case a problem arises during the evening.

$$$$$ MONEY MATTERS $$$
During your stay at Cherry Cove there is only one time you will have the opportunity to spend money. On the second day of your trip you will have access to the CIMI Store, where t-shirts, hats, sweatshirts and water bottles are for sale. To avoid the aggravating problems of lost money or theft, we suggest that teachers hold the students’ money or that students bring a check in order to ensure security. Checks can be made out to CIMI. Please also write the name of the school and the student on the check.
CAMPING AT CHERRY COVE

Students and adult chaperones visiting Cherry Cove will be housed in 2-person, canvas tents placed on wooden platforms. The tents open with flaps on the front and back, and they can be tied closed. There will be two cots with mattresses inside each tent.

BATHROOM AND SHOWER FACILITIES
A central building with bathroom and shower facilities is located near the tent sites and will be shared amongst all the visiting schools. Students should use their flashlight for evening trips to the bathroom. The bathrooms need to be kept clean by the students on a daily basis. The toilets will be sanitized daily by maintenance staff.

Student bathrooms have individual stall toilets, sinks, and showers. One side of the bathroom building has facilities for chaperones only; please keep the students out of these facilities. They also have individual stall toilets, sinks, and showers. Facilities are separated by males and females for both students and chaperones, with single-stall facilities available as well.

WHAT TO BRING
There are many items that students will want to bring to CIMI at Cherry Cove, some necessary and some unnecessary. This is a camping experience and the students should pack appropriately. Remind students that they will have to carry their own bags several times (to the boat, to the luggage truck, to their tents, etc.) and they should leave unnecessary items behind. Everyone's arms will get enough of a workout from the kayaking and snorkeling!

Be sure to mark all clothing before arrival on the island, and keep in mind that things WILL get dirty. Brand new and/or expensive clothing should not be brought to camp!

<table>
<thead>
<tr>
<th>Essential items</th>
<th>Not essential, but helpful</th>
<th>Not allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water bottle (very important)</td>
<td>Extra swimsuit</td>
<td>Knives</td>
</tr>
<tr>
<td>Old shirts and shorts</td>
<td>Hat</td>
<td>Spear guns</td>
</tr>
<tr>
<td>Sweatshirt and pants</td>
<td>Sunglasses</td>
<td>Firecrackers</td>
</tr>
<tr>
<td>Underwear/socks</td>
<td>Flip flops or water socks</td>
<td>Water guns</td>
</tr>
<tr>
<td>Tennis shoes or boots for hiking</td>
<td>Camera</td>
<td>Water balloons</td>
</tr>
<tr>
<td>Swimsuit</td>
<td>Pillow</td>
<td>Blow-dryers/straighteners</td>
</tr>
<tr>
<td>Raincoat or poncho</td>
<td>Personal mask, snorkel and/or fins</td>
<td>Valuables</td>
</tr>
<tr>
<td>Bath towel</td>
<td>Day-pack</td>
<td>Alcohol or drugs</td>
</tr>
<tr>
<td>Beach towel</td>
<td>Contact lenses</td>
<td>Gum, candy, etc.</td>
</tr>
<tr>
<td>Toothbrush and toothpaste</td>
<td>(eyeglasses cannot be worn under masks; prescription masks are available for prescriptions of -1.5 to -6.0)</td>
<td>Cell phones, tablets, handheld video games, MP3 players, etc.</td>
</tr>
<tr>
<td>Toiletries (soap, shampoo, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warm sleeping bag (bring an extra blanket for trips in cooler months)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flashlight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warm clothing to sleep in</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If students have cell phones, tablets, MP3 players, etc. for use during their travel time to and from the island, please collect these and leave them in the Cherry Cove Program Office until departure. CIMI does not assume responsibility for lost/stolen items.

LUGGAGE
Please pack personal gear in a suitable container. **Tying the sleeping bag to the rest of the luggage will make it MORE DIFFICULT to load the luggage.** Advise students to keep their pieces separate and well-marked.
INCLEMENT WEATHER
The weather on Catalina Island is usually very nice. However, it is possible to have rain, fog, wind 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.** A plastic trash bag can function effectively as an inexpensive rain poncho. If there are bad winds, it is possible that your boat transportation will be canceled or delayed until the winds have died down. Be prepared for all types of weather. It is prudent to bring a plastic bag for packing clothing/towels that may still be wet at the end of your trip.

DEPARTURE PROCEDURE
Prior to departure from Cherry Cove, students will sweep out their tents, clear the sand off the mattresses and pick up any debris around the tent site. Instructors will check each tent for cleanliness and damages before dismissing the group. Luggage will be loaded on the luggage truck and the group will assemble for departure to Two Harbors.

Following the walk to Two Harbors, students will wait for the boat and collect their luggage. The kitchen staff will pack sack lunches for your school. Depending on the day of departure, they may be eaten in town prior to departure, or they may be put on the boat to be eaten on your trip back to Long Beach. The store and restaurants in Two Harbors are **OFF-LIMITS** to all CIMI participants.

SAFETY INFORMATION

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 chaperone meeting upon arrival. Students should not tamper with firefighting equipment.

FIRE
If any person spots a fire, report to the main office and explain the situation to CIMI staff who will sound the alarm immediately. Upon hearing the alarm, all guests at Cherry Cove are to report to their meeting spots (unless instructed to do otherwise). **The chaperones are to account for all of their students.** Individuals who discharge fire extinguishers without just cause will have to pay a $100.00 recharging fee. **DO NOT ATTEMPT TO FIGHT THE FIRE!**

LOST CHILD
The CIMI staff has been instructed as to the proper procedure for a lost child. Baywatch 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, a qualified individual will administer it. All CIMI program staff are certified in American Red Cross First Aid/CPR, Emergency Oxygen Administration, and Waterfront Lifeguarding. Baywatch (paramedics) will be contacted for major accidents. Problems requiring a doctor’s attention, other than those handled by paramedics, will have to go to Avalon or the mainland for attention.

STUDENT MEDICATION
The school’s group leader will be responsible for all prescription medication required by their students. Prescriptions can be stored in our first aid lodge. Chaperones are responsible for administering any and all OTC and prescription medications to students; they cannot be administered by CIMI staff.

STUDENTS WITH COMMUNICABLE ILLNESSES
During the course of a visit, any student or other guest at Cherry Cove 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. This policy is in consideration of the affected student's comfort, along with the health and well-being of the remaining students and CIMI staff.
MEALS

At Cherry Cove we pride ourselves on the quality of food we put out for our guests. We endeavor to fulfill dietary needs while providing a menu that guests enjoy. We eat “family style,” meaning that a tray of food is brought to each table and shared amongst everyone at that table. There will be a salad bar at lunch and dinner. Each person is to bus their own plates, cups, bowls and utensils. Students will rotate through clean-up responsibilities of wiping down tables and sweeping up excess food on the floor. Food-throwing and horseplay are not tolerated. Meal procedures will be outlined for the students before their first meal.

General Guidelines
• All students are to meet at their designated meeting spot prior to meals for announcements
• Students should enter the dining hall in an orderly fashion
• Everyone is responsible for bussing their own dishes and utensils
• Clean-up crews will wipe down tables and sweep the floors

As soon as everyone is seated in the dining hall, each table will send one “food runner” to pick up a tray of food. The tray will contain food for the entire table. Once everyone has gotten food, there will be opportunity to go back for seconds. Students need to be courteous and take only what they can eat. Because trash space on the island is limited, students will be encouraged to have zero food waste!

SAMPLE MENU

Breakfast may include…
• Belgian waffles, French toast, hash browns, sausage links, bacon, fresh scrambled eggs
• Breakfast is accompanied by orange juice, milk, cereal, yogurt

Lunch may include…
• Burgers, chicken tenders, grilled cheese with tomato soup, quesadillas, macaroni and cheese, French fries, tater tots, watermelon
• Salad bar: mixed greens, chopped vegetables, cheese, croutons, apple sauce, canned fruit, salad dressings

Dinner may include…
• Spaghetti and meatballs or meat sauce with garlic bread and Caesar salad
• Turkey dinner with mashed potatoes, gravy, and green beans
• Fried chicken drumsticks, potatoes au gratin, and broccoli
• BBQ chicken, rice pilaf, and corn
• Pizza with Caesar salad
• Chicken enchiladas or tacos with beans, rice, and churros
• Salad bar (same as lunch)
• Dessert: chocolate chip cookies, ice cream sandwiches, popsicles, rice krispies treats

CHAPERONES
We ask that you sit at tables with your students to provide supervision and help facilitate meal procedures. We invite you to supplement your meal with options from the adult-only buffet line (chef’s choice). We also have hot chocolate, coffee and a selection tea available for adults only!

Note: This is a sample menu only; food items are subject to change. Vegetarians, vegans and those with other dietary restrictions are accommodated at each meal. Please notify the Cherry Cove Program Office of any special dietary needs!
To best address your school's needs, we utilize a system for early program planning. Because our phone calls often interrupt your classes and catch you off guard, we conduct the initial program planning by email. Please complete the information below and return it to the CIMI Cherry Cove Program Office by email (cherryschedule@cimi.org) or snail mail at least 4 weeks ahead of your arrival date. Once received, your programs will be coordinated with the other groups who are also attending CIMI during your scheduled time. Two weeks prior to your scheduled dates, the Cherry Cove Program Office will contact you to confirm the final details of your trip.

GROUP INFORMATION

School: ___________________________________________ Dates: __________________________

School Phone: __________________________ Grade: ______ □ School has attended previously

Attending Group Leader: __________________________ □ Leader has attended previously

Cell Phone: __________________________ Email: __________________________

Total # Students: _______ [ Boys: ______ / Girls: ______ ] # Chaperones: ______

PROGRAM CHOICES

3-day trips include **FOUR** daytime programs and **TWO** evening programs. Please check off your program selections below. For information about each program, see the descriptions below or contact our Cherry Cove Program Office.

**DAYTIME**

*(select four)*

**Water Activities**

___ First Snorkel: Explore the rocky reefs and sandy bottom of Cherry Cove! Emphasis is on acclimating students to wetsuits, snorkel gear, and marine environment

___ Second Snorkel: First Snorkel is a prerequisite for the Second Snorkel. Emphasis is on ecosystems and marine life identification

___ Kayak: Explore the island’s waters and enjoy the sport of ocean kayaking in our double-occupancy kayaks

**Science Activities**

___ Algae/Invertebrate/Fish Labs: Investigate the concepts surrounding algae, invertebrates, and fish through experiential learning in our touch tanks and aquariums (3-group rotation)

___ Tidepool/Plankton: Explore tidepools and the creatures that inhabit them, then study the creatures’ origins via a live plankton sample and video microscopy (2-group rotation)

___ Hike: Explore the trails of Cherry Cove while learning about island formation, flora, fauna, ecosystems, and geology. Content and hike difficulty can be customized to an individual group’s needs
EVENING
(select two)

___ Night Snorkel ($5/student): Use underwater flashlights to explore Cherry Cove's nocturnal life (including bioluminescence!) with CIMI instructors. Students must have successfully completed a daytime snorkel before participating in a night snorkel.

___ Squid Dissection: Investigate the external and internal anatomy and function of the California market squid through a group dissection (students work in pairs).

___ Astronomy: Observe the constellations and planets visible from Cherry Cove while learning about the science behind the night sky. Often accompanied by mythological stories.

___ Discovering Sharks: Learn about the lives of sharks and dispel the frightening myths and legends surrounding these creatures, AND pet the live sharks in our shark touch tank!

___ Marine Mammals: Discover incredible facts and dive into the interesting concepts surrounding the charismatic marine mammals.

___ Deep Sea: Learn about the challenges of the deep sea and the bizarre creatures who overcome them via interactive demonstrations, activities, and discussion.

___ Environmental Awareness: Participate in group critical thinking activities designed to challenge students to develop solutions to current environmental issues.

___ Campfire: Enjoy instructor-led skits, songs, and stories, or enjoy some all-school reflection time at our waterfront campfire area. We will provide the marshmallows; you will need to bring the s'mores fixin's!
CATALINA ISLAND MARINE INSTITUTE AT CHERRY COVE
5-DAY PROGRAM PLANNER
(return once completed)

To best address your school’s needs, we utilize a system for early program planning. Because our phone calls often interrupt your classes and catch you off guard, we conduct the initial program planning by email. Please complete the information below and return it to the CIMI Cherry Cove Program Office by email (cherryschedule@cimi.org) or snail mail at least 4 weeks ahead of your arrival date. Once received, your programs will be coordinated with the other groups who are also attending CIMI during your scheduled time. Two weeks prior to your scheduled dates, the Cherry Cove Program Office will contact you to confirm the final details of your trip.

GROUP INFORMATION

School: __________________________________________________________

Dates: ________________________________

School Phone: ___________________________ Grade: ______  □ School has attended previously

Attending Group Leader: ____________________________  □ Leader has attended previously

Cell Phone: _______________________________ Email: ________________________________

Total # Students: ________ [ Boys: _______ / Girls: ________ ]  # Chaperones: ________

PROGRAM CHOICES

5-day trips include ALL daytime programs and FOUR evening programs. Please check off your nighttime program selections on the second page. For information about each program, see the descriptions below or contact our Cherry Cove Program Office.

DAYTIME
(all programs)

Water Activities

✓ First Snorkel: Explore the rocky reefs and sandy bottom of Cherry Cove! Emphasis is on acclimating students to wetsuits, snorkel gear, and marine environment

✓ Second Snorkel: First Snorkel is a prerequisite for the Second Snorkel. Emphasis is on ecosystems and marine life identification

✓ Kayak: Explore the island’s waters and enjoy the sport of ocean kayaking in our double-occupancy kayaks

✓ Day Trip: Kayak and/or hike to another location on the island for a full day of adventure! (weather-dependent)

Science Activities

✓ Algae/Invertebrate/Fish Labs: Investigate the concepts surrounding algae, invertebrates, and fish through experiential learning in our touch tanks and aquariums (3-group rotation)

✓ Tidepool/Plankton: Explore tidepools and the creatures that inhabit them, then study the creatures’ origins via a live plankton sample and video microscopy (2-group rotation)

✓ Hike: Explore the trails of Cherry Cove while learning about island formation, flora, fauna, ecosystems, and geology. Content and hike difficulty can be customized to an individual group’s needs
EVENING
(select four)

___ **Night Snorkel ($5/student):** Use underwater flashlights to explore Cherry Cove’s nocturnal life (including bioluminescence!) with CIMI instructors. Students must have successfully completed a daytime snorkel before participating in a night snorkel

___ **Squid Dissection:** Investigate the external and internal anatomy and function of the California market squid through a group dissection (students work in pairs)

___ **Astronomy:** Observe the constellations and planets visible from Cherry Cove while learning about the science behind the night sky. Often accompanied by mythological stories

___ ** Discovering Sharks:** Learn about the lives of sharks and dispel the frightening myths and legends surrounding these creatures, AND pet the live sharks in our shark touch tank!

___ **Marine Mammals:** Discover incredible facts and dive into the interesting concepts surrounding the charismatic marine mammals

___ **Deep Sea:** Learn about the challenges of the deep sea and the bizarre creatures who overcome them via interactive demonstrations, activities, and discussion

___ **Environmental Awareness:** Participate in group critical thinking activities designed to challenge students to develop solutions to current environmental issues

___ **Campfire:** Enjoy instructor-led skits, songs and stories, or enjoy some all-school reflection time at our waterfront campfire area. We will provide the marshmallows; you will need to bring the s’mores fixin’ s!
CIMI CHERRY COVE
CLASSROOM PREP INFORMATION
(return once completed)

CIMI staff meet each week to review information provided by attending schools so that we can make your trip the best it can be! In order for us to better serve your group and tailor our programs to your needs, please fill out the following:

1. Describe your group in their typical classroom setting...
   a. What does this class respond to best? What rules/management methods are they used to?
   b. Are there any behavioral needs we should know about (ADD, autism spectrum, etc.)?
   c. Describe your school’s teaching philosophy, especially regarding the teaching of sciences.
   d. What concepts taught at school will tie into CIMI’s curriculum?
   e. Has your class studied any CIMI subject matter prior to the trip?
   f. How would you like to use CIMI logbooks (don’t use them, souvenir, fill out for a grade, etc.)?

2. How are your chaperones being prepared for this trip? Do they know they must be active participants in ALL activities?

3. Have your students been on an overnight field trip before? If so, where?

4. What is the main focus of your trip (science content, group bonding, get outside, etc.)?

5. How was your trip financed?
STATEMENT OF UNDERSTANDING
(return once completed)

The Catalina Island Marine Institute is pleased to serve you during your stay at CIMI. The Program Director and your group’s Program Coordinator will meet you on the pier in Two Harbors when you arrive.

Prior to arrival, CIMI will ensure that the housing and restroom facilities are neat and operational. Restroom and shower facilities will be sanitized and restocked daily.

Each full day with CIMI will consist of two 3-hour daytime program sessions and one 1.5-hour evening program session. All programs are conducted by CIMI instructional staff. The components of the program will be pre-arranged over the phone by a Program Office representative from CIMI and the school’s group leader. During program time, your group is entitled to the use of all relevant program equipment and materials (depending on availability).

Your group will be provided three nutritionally balanced meals each full program day. Meals provided by CIMI on partial program days will be discussed with the school’s group leader prior to the visit and will be indicated in the contract/invoice. 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 Planning Packet:

1. Adult chaperones will remain and participate with assigned activity groups during all programs, including snorkeling and kayaking.
2. Adult chaperones are expected to supervise student recreational periods between programs.
3. Group leaders are responsible for assigning students to activity groups consisting of no more than 16 students, unless an arrangement has been made previously through the CIMI Program Office.
4. Students or adult chaperones possessing symptoms of communicable diseases such as chicken pox, measles, and other illnesses will, following consultation with a physician, be removed from program participation and returned to the custody of the school/guardian at the earliest opportunity. This is a protective measure for the patient, guests, and CIMI staff.
5. Personal electronic devices (cell phones, iPods, handheld gaming devices, etc.) are not permitted at CIMI. If the school allows the use of such devices during the trip to or from the island, CIMI requests that they be collected and stored during the stay at camp.
6. Alcoholic beverages are not permitted at any of our facilities. Consumption of alcohol by chaperones may impair proper supervision of the students.
7. Students are not permitted to smoke while at CIMI. Adult chaperones should only smoke in designated areas.
8. Adult chaperones have the responsibility of enforcing ‘Quiet Hours’ from 9:30pm to 7:00am, as well as overseeing housing and restroom conduct.

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

____________________________________________________
School/Organization

__________________
Signature

__________________
Date
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 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
**STUDENT HEALTH FORM**

<table>
<thead>
<tr>
<th>Cherry Cove</th>
<th>Fox Landing</th>
<th>Toyon Bay</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Name:</strong> Last: ___________________________ First: ___________________________ Gender: M F</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Address:</strong> ___________________________________ City: ___________________________ State: ______ Zip: ______</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Parent/Guardian:</strong> ___________________________ Cell Phone: ___________________________ Work Phone: ___________________________</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong> ___________________________ Address: ___________________________________ City: ___________________________ State: ______ Zip: ______</td>
<td></td>
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<tr>
<td><strong>Height:</strong> ___________________________ <strong>Weight:</strong> ___________________________ <strong>Student Age:</strong> ___________________________ <strong>Student Date of Birth:</strong> ___________________________</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Emergency Contact:</strong> ___________________________</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Address:</strong> ___________________________________ City: ___________________________ State: ______</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Phone:</strong> ___________________________ <strong>Relationship to Student:</strong> ___________________________</td>
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</tbody>
</table>

**Health Insurance Co:** ___________________________ Policy No: ___________________________

**Family Physician:** ___________________________ Phone: ___________________________

**Date of Last Tetanus:** ___________________________

**Parent/Guardian:** ___________________________ **Addr ess:** ___________ **City:** ___________ **State:** ___________ **Zip:** ___________.

**Email:** ___________________________ **Phone:** ___________________________

**School:** ___________________________

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**IMPORTANT:** A signature at the bottom of this form by a parent or legal guardian is required for participation at CIMI.

**EMERGENCY MEDICAL CONSENT:** The student’s medical conditions and information stated on this application is complete and correct. I give permission to the CIMI camp staff and School chaperones to, (1) administer the student’s routine medications listed in this Application, as well as needed medications and over-the-counter medications for minor illness or discomfort; (2) in case of a medical emergency to provide appropriate first aid for minor injuries; and (3) seek further treatment from local physicians or hospitals if the medical condition warrants. In the event I cannot be reached in an emergency, I also give permission to the physician selected by CIMI or the School chaperone to examine, diagnose, and treat or secure proper treatment for the student and hospitalize, and to order injection and/or anesthesia and/or surgery for the student, as the physician shall determine proper and necessary under the circumstances. A photocopy of this Authorization shall be as valid and may be accepted as the original. This completed Application may be photocopied by CIMI and released to the physicians or hospitals if requested. This Consent is given pursuant to the provisions of California Family Code §6910.

**CONSENT AND RELEASE OF LIABILITY:** I have been informed of the nature of the CIMI program in which the student is enrolling. I understand that there are risks associated with the student’s participation in camp programs and activities and transportation to and from camp, which can pose a threat of injury or illness. I am familiar with outdoor sports and activities and the student's abilities and I am not aware of any physical, emotional, or mental problem or limitation that would prevent, impair, or increase the risk of harm involved in the student's participation in CIMI camp activities. I also recognize that CIMI cannot ensure or guarantee that the participants, equipment, grounds and/or activities will be free of accidents or injuries. I am aware and have or will instruct the student in the importance of knowing and abiding by the CIMI camp rules and regulations. I agree to direct the student to comply with all CIMI rules and policies, and to cooperate with CIMI personnel. I understand and agree that if the student fails to comply with CIMI rules or policies, he or she may be expelled from camp and sent home by my, the parent or legal guardian's, expense.

With this knowledge and understanding, I grant permission for the student to participate in all CIMI camp activities and on behalf of the undersigned and the student, I accept and assume the risk and full responsibility for injury and illness or loss of personal property or other damage, and medical or other expense that may result from the student's presence or participation in the activities at CIMI camp. I hereby release and discharge Guided Discoveries, Inc., CIMI and their agents and employees from liability to us and to the student for any and all loss, damage, and expense and any illness or injury to person or property, resulting from the student's travel to or from CIMI and participation in the camp activities and programs.

I give permission for CIMI to use any photographs, video, or interview taken at camp to be used to illustrate, report, promote or advertise CIMI or Guided Discoveries programs or camps.

**SIGNATURE:** ___________________________ **Parent/Legal Guardian** ___________________________ **Date:** ___________________________

*Rules for acceptance and participation in Guided Discoveries, Inc. programs are the same for everyone without regard to race, color, national origin, sex, or handicap.*

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**CHECK OFF:** All applicable health issues:

- __Allergies* __Allergy – Bee Sting*
- __Asthma  __Backaches/Weak Back
- __Car/Sea Sick  __Bowel/Bladder Problems
- __Diabetes  __Epilepsy/Convulsive Disorder
- __Hay Fever  __Headache
- __Heart Trouble  __Poison Oak
- __Sinus Issues  __Respiratory Problems**
- __Sleep Walking  __Vomiting

*Is your child currently prescribed an EpiPen for allergies? YES __ NO. If YES, the EpiPen must accompany your child to camp in order to participate in activities.

**Does your child require an inhaler(s) on a daily basis and/or for exercise-induced activities? YES __ NO. If YES, the inhaler(s) must accompany your child to camp in order to participate in activities.

**Please specify with YES or NO for each medication that can be administered to your child.

- __Pepto Bismol (upset stomach)
- __Milk of Magnesia (for constipation)
- __Ibuprofen (minor aches pains; fever)
- __Throat Lozenge/Cough Drop
- __Benadryl (allergy)
- __Caladryl (for skin rash)
- __Acetaminophen (headaches/elevated temperatures)
- __Bonine/Medazine/Dramamine (motion sickness)

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**DiETARY NEEDS:**

- __Vegetarian  __Vegan  __Lactose-Intolerant  __Gluten-Free  __Other__

**FOOD ALLERGIES:** Please Describe:

- __Allergy – Bee Sting*

**Is the student required to take regular medication?**

**YES** __ NO**

*All medications are administered by the chaperones from the student's school. Please provide instructions (dose) for administration of medication.*

**WHAT IMPORTANT MEDICAL NEEDS SHOULD CIMI BE AWARE OF?**

PLEASE EXPLAIN IN DETAIL.

(Attach additional sheet if necessary.)