

# CIMI Fox Landing

## Teacher's Planning Packet



CIMI Fox Landing  
PO Box 1920 • Avalon, CA 90704  
Phone (310) 510-1890  
[cimi.org](http://cimi.org)

Dear Educator,

The information in the Teacher's Planning Packet is to help you prepare for your trip to CIMI Fox Landing. This packet 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 school's science program.

To facilitate your trip planning, please read through this packet carefully and pass on appropriate information to your teachers, chaperones, parents, and students. Please fill out all of the specified information and forms in a timely manner. Approximately two to three weeks before your trip, the Fox Landing Assistant Program Director will call you to go over your trip details. All of the information you provide will let us know how we can best meet your needs.

The on-island (program) 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. Finally, we would like to thank you. 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,

A handwritten signature in black ink that reads "Heather Peterson". The script is fluid and cursive, with the first letter of each word being capitalized and larger than the others.

Heather Peterson  
Sr. Program Director  
CIMI Fox Landing  
(310) 510-1890  
heather@cimi.org

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## SECTION 1: LEAD CHAPERONE INFORMATION

### 1.1 TIMELINE OF EVENTS/TO-DO CHECKLIST

#### When You Receive This Packet

- ☐ Read it!
- ☐ Send relevant information to parents and teachers/chaperones.
- ☐ Complete the Online Program Planner (this is where you select your activities!)  
<https://survey.alchemer.com/s3/7358397/CIMI-Fox-Landing-Program-Planner>

#### 2-3 Weeks Before Arrival

- ☐ Collect and review Student Health Forms (check for parent/guardian signatures).
- ☐ Finalize cabin assignments.
- ☐ Divide students into activity groups of no more than 16 students per group.
- ☐ Review the Telephone Contact Sheet. The Fox Landing Program Office will contact you to discuss the details of your trip (final headcounts, special dietary requirements, medical information, and activity preferences).
- ☐ Arrange transportation to the Catalina Classic Cruises boat terminal (1046 Queens Hwy, Long Beach, CA 90802). Call our business office (Guided Discoveries) if you need assistance with arrangements (909) 625-6194.

#### 1 Week Before Arrival

- ☐ Prepare all adult chaperones and assign their duties.
- ☐ We recommend having each chaperone complete a Statement of Understanding so that they are fully aware of what will be asked of them at camp.
- ☐ Copy and hand out pages from the “Chaperone and Student Information” section of this packet.
- ☐ Have each chaperone fill out a Chaperone Waiver to be brought with you to camp.
- ☐ Organize Student Health Forms alphabetically. This is critical to us quickly locating a student’s health form in the event of an emergency.
- ☐ Inform students that they must bring a sack lunch unless your school plans to order lunch upon arrival (\$2.75 per person).
- ☐ Purchase any motion sickness medicine your group will need for the boat ride there and back.
- ☐ Be sure all luggage and personal items will be tagged with your assigned color and labeled with student names.
- ☐ Ensure students with inhalers and EpiPens know they need to bring them to the island.
- ☐ You will receive your schedule with all relevant information the Friday before your arrival.

#### Departure Day

- ☐ Confirm that **all inhalers and EpiPens** are accounted for.
- ☐ Make sure students have brought their sack lunches.
- ☐ Make sure you have motion sickness medicine for the boat ride there and back.
- ☐ Arrive at the boat terminal one hour before departure

Questions? We can help!

Reach out to the Fox Landing Program Office at [foxschedule@cimi.org](mailto:foxschedule@cimi.org) or (310) 510-1890.

## 1.2 GENERAL INFORMATION FOR THE LEAD CHAPERONE

### Student Health Forms

Please ensure that each Student Health Form is filled out completely and signed. Check the completed forms for any medical conditions that may present a problem on your trip. Notify the Program Office during the telephone contact call (2-3 weeks before arrival) of any food allergies or medical conditions that may be of concern.

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 Student Health Forms on file when you leave. Please make copies if you are using the same forms for your transportation purposes.

### Inhalers & EpiPens

Students with prescribed life-saving devices such as inhalers and EpiPens must bring their device(s) to camp.

**Students will not be permitted to remain in camp unless their device is present in camp and functional.**

Check for these items before you depart.

### Chaperones

Chaperones should be chosen very carefully, as they will be helping you with supervision and participation duties. Chaperones should be teachers, parents, and administrators. Students are directly motivated by the chaperones. Be sure that your chaperones know what is expected of them regarding program participation, supervision, and communal living. You will want to assign chaperones to monitor free-time activities.

- ☐ We require each school to bring at least one male and one female chaperone to provide safe and adequate supervision in the cabins.
- ☐ Chaperones are required to complete the CIMI Chaperone Waiver (see Section 5).
- ☐ We may ask you to limit your chaperones to a ratio of one chaperone to every 16 students (this is sometimes necessary due to housing restrictions).
- ☐ We require one chaperone to participate with each activity group in all scheduled activities, including snorkeling and kayaking. Please ensure your chaperones are comfortable and capable in the water.

### Program Schedule

The Fox Landing Assistant Program Director will phone you about 2-3 weeks before arrival to discuss your activity choices, number of activity groups, cabin assignments, and other pertinent details for your trip.

### CIMI Store

Students will have an opportunity during their trip to visit the CIMI store. Purchases can be made with cash or a check (with the school and student's name written on the memo line). We are not able to accept credit card payments. If a school wishes to organize their students' purchases before arrival, sweatshirts and t-shirts are available to pre-order (see Section 5). Please provide one check per school for store pre-orders. Checks should be made out to "Guided Discoveries." Please note, we only carry adult sizes.

### Trip Payment

At the end of your trip, you will be provided with an invoice to take back to your school for payment. They can then mail a check to the address provided on the invoice. Please do not bring checks for trip payment to camp.

### General Reminders

Drugs and alcohol are not allowed in camp. Students are not allowed to smoke. Chaperones that smoke may only do so in designated areas. We suggest leaving electronics and valuables at home.



## SECTION 2: PLANNING YOUR TRIP

### 2.1 ACTIVITY GROUPS

You will need to divide your students into activity groups with a maximum of 16 students per group. We are required to maintain an instructor-to-student ratio of 1:16. Divide your total number of students by 16 to determine how many activity groups to divide your students into.

- ≤ 16 students = 1 activity group
- ≤ 32 students = 2 activity groups
- ≤ 48 students = 3 activity groups, etc...

Some suggestions on how to divide your group successfully:

- ☐ Mix boys and girls (unisex groups don't seem to work as well)
- ☐ Group ESL students together, with a bilingual adult if possible
- ☐ Try to divide groups by athletic ability (experienced vs. novice) for easier snorkeling, hiking, kayaking
- ☐ Keep numbers per activity group consistent (16 students in one group and 8 in another can create inconsistencies)
- ☐ Do not let students switch into other groups – keep a list of the group assignments

The experiences we offer students often have a profoundly positive impact on their lives. This is true for all students, including those who may be more difficult to manage or hard to reach. Teachers often bring challenging students with the hope that this experience will help generate some positive feedback.

If you are bringing students who may present a challenge concerning their behavior or discipline, we suggest that you place them in the same group as the lead chaperone, or another teacher, so that some disciplinary leverage is present. If you have questions concerning this, please feel free to contact us.

### 2.2 PROGRAM CHOICES

Each school's program is centered around the needs of the individuals of that school. There is a wide variety of activities available at CIMI – more activities than can be accomplished during a three- or five-day trip. Each lead chaperone must decide on the program activities that will best meet the needs of their students.

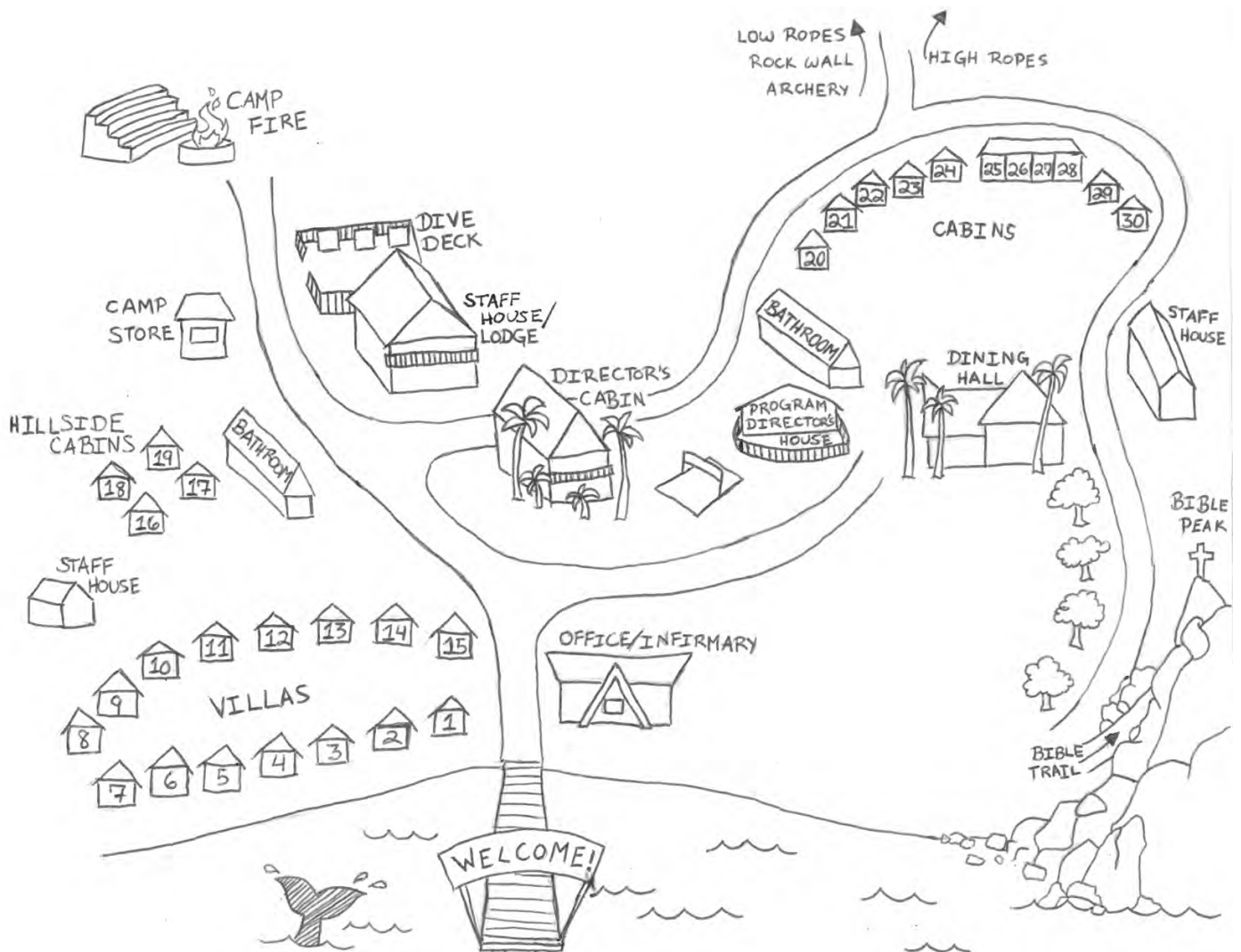
Each full day is comprised of two 3-hour daytime activities and an evening activity. The number of program activities you may choose for your schedule depends on your length of stay.

- |             |                                            |
|-------------|--------------------------------------------|
| 3-day trip: | 4 daytime activities; 2 evening activities |
| 5-day trip: | 8 daytime activities; 4 evening activities |

\*Descriptions of our program activities can be found in Section 4 of this packet\*

## 2.3 CABIN ASSIGNMENTS

Each cabin at Fox Landing has 6 bunks, with a total of 12 beds per cabin. The villa area has 15 cabins, which are semi-enclosed with tarps that can be raised or lowered to show a view of the ocean. The hillside area consists of 4 fully enclosed cabins with a view overlooking the bay. There are 11 cabins behind the dining hall that are fully enclosed. Schools will be assigned to cabins based on the number of students in their group. There are three bathroom and shower areas near the cabin areas for students and chaperones to use, as well as a few additional chaperone-only restrooms.



## 2.4 HEALTH FORM ORGANIZATION

To make CIMI Fox Landing the safest environment for your students, we would appreciate it if you would complete the following steps before your arrival.

**Arrange health forms alphabetically by last name.** This helps us to efficiently locate forms when they are needed, particularly in the case of an emergency.

**Create a reference sheet for each activity group.** As the lead chaperone for the school, it will be helpful for you to make a 'quick reference' sheet for each activity group with the following information: school name, group #, student names, adult chaperone name(s), and specific medical needs within the group – particularly inhalers, EpiPens, and serious medical conditions. Example below:

School Name: Fox Landing Elementary      Group #: 1

Students:      Melanie Miller – asthma (inhaler)  
                 Bree Daigneault  
                 Lillia Lepak – severe bee sting allergy (EpiPen)  
                 Matt Mishalow  
                 Emily Tonn  
                 Duncan Greeley – mild epilepsy  
                 Adam Robinson  
                 Craig Turner

Chaperone:      Heather Peterson

The student health forms should all be brought with you to CIMI and given to the Program Coordinator of your school immediately upon your arrival. Please have them easily accessible – do not pack them in your suitcase! So that we are best able to deal with potential medical problems, CIMI instructors will review the medical forms when you arrive at camp. This will allow our staff, and yours, to be aware of any potential medical conditions.

We are required by law to keep these medical forms on file, so they will need to stay at camp when you leave. You should keep any school/district forms separate from the CIMI forms.

Please use discretion if a student or chaperone appears ill on your arrival day to camp. We understand that your students (and their parents) are looking forward to this trip, but Fox Landing is NOT an ideal place to recover from (or suffer through) an illness. Do NOT bring sick participants. Fox Landing is 30 minutes away from Emergency Medical Services, the hospital, and the pharmacy. We ask that you consider the affected person's comfort and the health and well-being of the other students and CIMI Staff.

Thank you for taking the time to go through the forms! Let us know if you have any questions.



## 2.5 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 next to the Queen Mary in Long Beach (see map on next page). Any changes to your student/chaperone numbers should be communicated to the Fox Landing Program Office (310-510-1890) as soon as you are aware of them. This allows us to arrange your reservations and helps you to avoid unnecessary fees. If you have any questions regarding the boat, please call our Business Office at (909) 625-6194.

Several schools will travel on the boat together, so each school is assigned a 'luggage color' to help prevent luggage from being lost in the crowd. Have the students mark all luggage and day packs with your assigned luggage color. Thick pieces of yarn work well. Your school's luggage color will be assigned to you via email and is noted on your contract.

Plan to arrive at the boat terminal at least one hour before departure time. Overnight parking is available for a fee through the Queen Mary. Upon arrival at the boat terminal, the lead chaperone needs to check in with the Catalina Classic Cruises representative and give the total number in your group along with your Boat Manifest (see Section 5). Groups will not use tickets for transportation.

The boat crew will give instructions for pre-loading your group's luggage. LISTEN CAREFULLY! The students must assist with loading their luggage. Please be aware that once the boat has your luggage on board, you will be unable to access it until you are at camp.

Upon departure from Long Beach, your group will cross the channel to Catalina! The boat may stop at our other camp, Toyon Bay, before reaching Fox Landing. Make sure your students know which stop is theirs. When your school's name is called to disembark, be sure that all your students are accounted for. This more easily facilitates arrival, orientation, moving into the cabins, and a timely start to the afternoon program.

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

- |                                                        |                                                                   |
|--------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Take motion sickness medicine | <input type="checkbox"/> Stay seated whenever possible            |
| 30 minutes before departure                            | <input type="checkbox"/> Don't feed the wildlife (i.e., seagulls) |
| <input type="checkbox"/> No running or roughhousing    | <input type="checkbox"/> Pick up trash                            |

**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 Cruises hold the boat, but this cannot be guaranteed, and it may affect your ability to travel to camp for your scheduled trip.

# 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.



## SECTION 3: CHAPERONE AND STUDENT INFORMATION

### 3.1 CHAPERONE EXPECTATIONS

We respect and encourage the adults who choose to attend a CIMI trip 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.

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's energy is directed toward leading program activities. They do not fulfill the role of 'counselor' by supervising students during their free time, at meals, or in the cabins. Chaperones supervise students during these times.**

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 responsible for the control, discipline, and safety of the students during both program 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 Fox Landing. Examples include snorkeling, fishing, or going off by oneself to explore other aspects of camp or the island. Adults are here to support the school's trip. We hope to avoid any disappointment by providing an overview of chaperone responsibilities and the procedures that will influence your visit to Fox Landing.

#### Role of Chaperones

##### Program:

- ☐ Be an active part of program, including snorkeling, kayaking, and hiking. We require a minimum of one adult chaperone per activity group – no exceptions. Chaperones should be comfortable in the water.
- ☐ Help supervise and manage student behavior during program. Our instructors' energy should go into teaching, not disciplining.
- ☐ 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 to reduce noise and facilitate a more pleasant dining experience.

##### Medical:

- ☐ Ensure that students with inhalers and EpiPens bring them to all meals and activities.
- ☐ Provide care to students for minor injuries and illnesses (with the help of CIMI staff, if desired). Be sure to check students' health forms before administering any care or medication.
- ☐ We do not have motion sickness medicine on-site- bring any that you think your group may need for the boat ride to the island and back.
- ☐ Chaperones should administer all medications to students- CIMI staff cannot administer medication.

##### Free Time:

- ☐ Be present and actively supervise students during free time.
- ☐ Absolutely no water activities during free time.
- ☐ Keep students from throwing rocks.
- ☐ We do not allow shell or animal collecting, but students may collect beach glass!

**Facility:**

- ☐ Adults will stay in the same cabins as the students.
- ☐ Horseplay in and around camp should be discouraged. A simple x-ray or stitch is at least a four-hour round-trip to Avalon Hospital.
- ☐ Because food and drink attract insects and animals, neither are allowed in the dorms.
- ☐ Conserve water! Keep showers short; no more than one per day.
- ☐ 'Flushable' wipes, sanitary napkins, and tampons CANNOT be flushed down our toilets. Receptacles for these items have been provided in the bathroom stalls.
- ☐ Do not litter and encourage students to pick up litter they see around camp.
- ☐ Quiet hours are 9:30 pm-6:45 am. It is the responsibility of the chaperones to help the students respect quiet hours. Everybody will want and need their sleep!

**Other:**

- ☐ Be courteous and encourage students to do the same!
- ☐ Always wear shoes around camp.
- ☐ Students may NOT use the telephone. If there is an emergency, school chaperones and CIMI staff will coordinate all communication.
- ☐ Wi-Fi access is for adults only. Do not share the password with students.
- ☐ Smoking is permitted only for adults, and only in designated areas.
- ☐ No alcohol, recreational, or illegal drugs are permitted in camp.
- ☐ We recommend students leave their phones at home. If they must come with the students, we recommend that they are collected by the school upon arrival. Electronics can get lost and broken easily in a camp setting.

### Daily Schedule

Below is a general breakdown of a day at CIMI. Your Program Coordinator will write up a more detailed schedule for your school each day in your designated meeting area.

6:45 am	Rise and Shine	1:45pm	Afternoon Activity
7:15/8:00 am*	Breakfast	5:15/6:00pm*	Dinner
9:00 am	Morning Activity	7:00 pm	Evening Hours
12:15/1:00 pm*	Lunch	9:30 pm	Quiet Hours Begin

\* Mealtimes depend on 1st or 2nd seating. Free time occurs between activities and meals.

THANK YOU for accompanying your students to CIMI!  
You will have a wonderfully busy and rewarding trip – make the most of it!

## 3.2 EMERGENCY & MEDICAL PROCEDURES

### Emergency Procedures

In the event of a facility emergency, chaperones are responsible for moving students to an appropriately safe location. This procedure will be covered during the orientation meeting upon arrival.

**Fire:** If any person spots a fire, they should sound the alarm immediately. The fire alarm is located at the office. Upon hearing the alarm, all guests at Fox Landing are to report to their meeting spot. Teachers are to account for all of their students. DO NOT ATTEMPT TO FIGHT THE FIRE.

\* Students should not tamper with firefighting equipment. Students who discharge fire extinguishers without just cause will have to pay a \$100 refill fee.

**Lost Child:** CIMI staff have 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, a qualified individual will administer it. All CIMI program staff are certified in First Aid, CPR/AED, Oxygen Administration, and Waterfront Lifeguarding. Baywatch (paramedics) will be contacted for medical emergencies. 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 group leader will be responsible for all medication (both prescription and over-the-counter) required by their students. Our staff cannot administer any medications to students.

**Students with Communicable Illness:** During a visit, any student or other guest at Fox Landing who shows symptoms of chicken pox, measles, or any other communicable illness will 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 health, as well as the well-being of the other students and CIMI staff.

**COVID-19:** We are not currently requiring schools to follow any specific COVID protocols while at camp. Any sick individuals will be treated the same as with any other communicable illness (procedure above). If a school expects their students and chaperones to follow any protocols while at camp, they should bring the necessary equipment to do so (i.e. masks, tests).

### 3.3 MEAL INFORMATION

At Fox Landing we pride ourselves on the quality of food we put out for our guests. We endeavor to fulfill dietary needs while providing a menu guests enjoy. Our meals are set up “buffet style” with a hot meal and a salad bar. Students will meet their Program Coordinator at their meeting spot before meals and wait to be dismissed to enter the dining hall by CIMI staff. Anyone with special and/or specific dietary needs will have an opportunity to chat with a cook before every meal. Alternative food options will be available for these individuals when the main meal does not meet their needs. After each meal, an assigned clean-up crew from each school will stay behind to clean all tables and sweep the floor. Chaperones and students should be made aware of these responsibilities before arrival.

#### General Guidelines

- ☐ All students and adults will meet their Program Coordinator before meals for announcements.
- ☐ Students should enter the dining hall in an orderly fashion.
- ☐ To reduce food waste, encourage students to take only as much as they can eat. There will be opportunities for additional helpings.
- ☐ Each student will be responsible for bussing their dishes and putting their chair away.
- ☐ For each meal, a group of students will be assigned to wipe down tables and sweep the floor.

#### Sample Menu from Fox Landing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>  *Fruit and yogurt always available*		Eggs Sausage Link Potatoes Waffles Veggie Sausage	Eggs Sausage Patties Tater Tots Pancakes Veggie Sausage	Eggs Sausage Link Potato Triangles French Toast Veggie Sausage	Eggs Sausage Patties Tater Tots French Toast Stick Veggie Sausage	Eggs Sausage Links Potatoes Waffles Veggie Sausage	Eggs Sausage Patties Tater Tots Pancakes Veggie Sausage
<b>Lunch</b>  *Salad Bar always available*		Corndogs French Fries Mac & Cheese Veggie Dogs	Boat Lunch: Sandwiches  Camp Lunch: Pizza Pucks Salad Bar	Hamburger French Fries Veggie Burger	Boat Lunch: Sandwiches	Hot Dog French Fries Mac & Cheese Veggie Dog	Boat Lunch: Sandwiches
<b>Dinner</b>  *Salad Bar always available*	Spaghetti Marinara Meatballs Green Beans Garlic Bread Veggie Meatballs Chocolate Chip Cookie	BBQ Chicken Mashed Potatoes Vegetables Biscuit Veggie Nuggets Chocolate Cake	Tacos Taco Meat Pinto Beans Cheese Spanish Rice Soyrito Churros	Orange Chicken Rice Veggies Rolls Veggie Nuggets Chocolate Chip Cookie	Spaghetti Marinara Meatballs Green Beans Garlic Bread Veggie Meatballs Chocolate Cake	Teriyaki Chicken Rice Veggies Rolls Veggie Nuggets Churros	

Note: This is only an example. Food items are subject to change and dietary restrictions are accommodated at each meal. For any extreme/rare food allergies or dietary restrictions, please communicate with our Program Office before your trip. Upon arrival, the Program Coordinator will clarify any special food needs or allergies. Food is of high quality and there is plenty of it. Please refrain from bringing extra food or snacks as these will attract insects and rodents in the cabins.



## **Special Dietary Accommodations:**

**Vegetarian:** options available at each meal

**Gluten Free:** options available upon request

**Kosher:** We do not make kosher meat. We can provide vegetarian options as an alternative upon request.

**Nut Allergies:** No nuts are served with meals and peanut oil is not used in cooking. However, some foods are labeled as being processed on equipment that also has processed foods containing nuts. Our cookies are processed in facilities that contain nuts. Please don't eat any baked goods, we will have alternatives available upon request.

**Questions:** Our cooks are available during mealtimes to answer questions and accommodate special dietary needs. Please talk with them if you have any concerns or special requests.

**Packing Meals for Students with Special Dietary Needs:** We have limited refrigerator space in the kitchen for pre-packed meals, and we can heat prepared meals for people upon request. If you have specific dietary concerns, please call the Fox Office, at (310) 510-1890 to discuss a plan.

### 3.4 CIMI 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 never use. We advise guests to bring no more than they can comfortably carry. Guests will carry their luggage not only on and off the boat but also several hundred yards to their sleeping accommodations. They will repeat that process on their day of departure. Unnecessary items should be left at home.

If students have cell phones, tablets, etc. for use during their travel to and from the island, we recommend that you collect and hold onto them until departure. CIMI does not assume responsibility for lost or stolen items. Please leave valuables at home.

#### Essential Items:

- ☐ Water bottle
- ☐ Shirts
- ☐ Shorts and pants
- ☐ Raincoat or poncho
- ☐ Underwear and socks
- ☐ Sweatshirt or jacket
- ☐ Shoes (closed toe and heel)
- ☐ Beach & bath towels
- ☐ Swimsuit(s)
- ☐ Toiletries
- ☐ Warm sleeping bag
- ☐ Sunscreen

#### Optional items:

- ☐ Sunhat
- ☐ Sunglasses
- ☐ Flip flops
- ☐ Camera
- ☐ Pillow
- ☐ Small backpack
- ☐ Money for souvenirs
- ☐ Flashlight
- ☐ Personal snorkel gear (no full-face masks)
- ☐ Warm hat (for colder months)
- ☐ Face masks
- ☐ Plastic bag for wet items

#### Do not bring:

- ☐ Weapons of any kind
- ☐ Alcohol or drugs
- ☐ Fireworks
- ☐ Valuables
- ☐ Cell phones, electronic devices
- ☐ Fishing gear
- ☐ Curling iron/hair dryer
- ☐ Anything not allowed at school is not allowed at CIMI

Please pack personal gear in a suitable and well-marked bag with your name, address, school name, and designated school color (i.e. with yarn). Luggage with wheels is best. Students will need to carry their luggage on/off the boat and the distance to their cabin area.

**Please note:** We do not provide bedding. You must pack your own. Sleeping bags work well. If you prefer sheets, our beds are twin-sized.

**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. Program will either continue as planned or will be altered to meet the conditions. All students and chaperones should bring rain gear. If there are bad winds, your boat transportation may be postponed until the winds have died down.

## SECTION 4: ACTIVITY DESCRIPTIONS

### 4.1 DAYTIME ACTIVITIES

If your school is visiting for a 3-day program, you will select 4 daytime programs. If your school is visiting for a 5-day program, you will select 8 daytime programs. Each daytime program is 3 hours in length.

#### 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 flotation device. Non-swimmers or poor swimmers may thoroughly enjoy the experience if they have confidence in themselves.

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 well-marked. Students with impaired vision may wear contact lenses; they have not presented problems when worn under a properly fitted mask. Glasses cannot be worn under a mask. CIMI provides prescription masks ranging from -1.0 to -8.0. Please no full-face masks!

#### **Orientation Snorkel** (prerequisite to all other snorkels)

The orientation snorkel ensures that students are comfortable with snorkel gear, introduces students to proper snorkel technique, and emphasizes ocean safety.

- ☐ 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 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 a review of what was seen.

#### **Basic Snorkel**

After the Orientation 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 Kayaking**

Ocean Kayaking is an exciting and empowering experience for all students. Students will 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.

**Day Trip (5-day groups only)**

Kayak with your group to a secluded beach and spend the day playing in the water, tidepooling, and hanging out on the beach. Ocean Kayaking is a pre-requisite of this activity. This activity takes 2 activity blocks.

## MARINE SCIENCE LABS

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 Lab Rotation

This lab rotation consists of 4 labs that are 45 minutes each. Students will get to experience and learn from our aquariums with local species from Catalina waters.

- ☐ Fish lab: Several aquariums are part of the fish lab experience. The students will be exposed to the fish commonly found around Catalina Island. They will also be introduced to the classification, anatomy, behavior, and other adaptive features of fish. This lab complements the snorkeling experience, wherein the students become more familiar with the 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 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 their hands wet!
- ☐ Algae lab: As a major habitat and food source for the marine animals of Catalina, algae (seaweed) merits special consideration. Students will be introduced to the many uses of algae, the 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 art back at school.

### Oceanography-Plankton-Tidepool Lab Rotation

This lab rotation consists of 3 labs that are one hour each. Students will test out scientific equipment, explore microscopes, and explore the tidal zone.

- ☐ Oceanography: An introduction to this interdisciplinary science that encompasses different biological, chemical, physical, and geological topics. Students will conduct oceanographic experiments from our float to determine ocean temperature, visibility, turbidity, salinity, and seafloor structure.
- ☐ Plankton: 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 a video microscope and monitor, all of which are hooked up to a Smart Board. Students will discuss the "food web" and how pollution affects the world's oceans.
- ☐ Tidepool: Students will get a chance to explore a unique hands-on marine habitat within our cove. Depending on the tides, students will be able to catch crabs, identify algae, feed an octopus, and touch anemones. Students will discuss how the sun and moon impact our oceans and what causes tides.

## ADVENTURE ACTIVITIES

Fox Landing offers a variety of terrestrial adventures to challenge the body and the mind! These activities can be structured to fit your group's needs and abilities.

### Hike

We have several trails within our canyons that allow us to adjust hikes 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 methods of colonization by plants and animals, the difference between endemic, native, and invasive species, and why islands are unique. Students may also learn of the Native Islanders' history on Santa Catalina and the other Channel Islands. *Structured either as a 3-hour stand-alone activity or a 1-hour activity in combination with Giant Swing, Vine Walk, Climbing Wall, or Low Ropes.*

### Low Ropes/Team Building

Low Ropes/Team Building focuses 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 low ropes can be customized for the particular group. These activities are designed to be both fun and challenging. *Used in combination with Giant Swing, Vine Walk, Climbing Wall, or Hike.*

### Rock Climbing Wall

Rock Climbing Wall 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 stresses the importance of teamwork and trust. *Used in combination with Low Ropes and Hike.*

### Giant Swing

This is a High Ropes course element. Students are hoisted by their classmates to their desired height, then pull a ripcord to sail through the air with a beautiful ocean view! Fox Landing has two Giant Swings that run simultaneously, making it an exciting team-building activity. Often a highlight for students on their trip. *Used in combination with Low Ropes or Hike.*

### Vine Walk

This is a High Ropes course element. Students climb up a ladder and cross a tight rope assisted by overhanging "vines". The Vine Walk is best suited to groups of less than 32 students. *Used in combination with Low Ropes or Hike.*



## 4.2 EVENING ACTIVITIES

Evening programs are 1.5-hour programs that end each day at Fox Landing. 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. A 3-day program selects 2 night programs. A 5-day program selects 4 night programs.

### **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 the characteristics of the planets while pointing out apparent constellations and planets in the sky. Using a storytelling approach, instructors will 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.

### **Squid Dissection**

This activity explores the general biology of the squid. Students start the activity by developing an information base of what is known about squid. They add to this knowledge by breaking into pairs and engaging in a simple and interactive dissection of a California market squid. Students will learn the three defensive mechanisms and the three hard parts of a squid.

### **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. *This program is limited to 3 activity groups (48 students) per night due to the limited space of the lab. This program is scheduled on a first-come, first-serve basis.*

### **Night Snorkel**

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), night snorkel is an additional \$5.00 per student. Another activity may be planned for those students in the group who do not wish to participate. Orientation Snorkel is a prerequisite of this activity.

### **Deep Sea**

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 organisms' adaptations to these environmental conditions. Students will learn through a variety of activities and get to see different deep-sea specimens.

### **Marine Mammals**

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.

**Environmental Awareness**

A program based on human impact on the oceans and strategies to reduce it. Students will learn about plastics, pollution, and what they can do to help. The class can be structured according to group size and interest.

**Night Rock Climbing Wall**

Students challenge themselves and encourage other members of the group on the rock wall. The area is well-lit for evening program use. Staff instruct students in basic climbing techniques and safety. Equipment is provided, and no previous climbing experience is necessary. The climbing wall has 6 lanes with an auto-belay system. *This program is limited to 3 activity groups (48 students) per night to provide the best experience. This program is scheduled on a first-come, first-serve basis.*

**Campfire**

Campfire is a school-led activity. CIMI staff will light the campfire and provide marshmallows, but it is up to the school chaperones to facilitate campfire activities. Some groups will sing songs, perform skits, or have students reflect and share their CIMI experience. Groups can choose this as their entire evening program or add this on after their scheduled evening program. *We do not recommend Campfire after Night Snorkel.*

**Sleep Option**

After a long day, certain students may be too tired to attend the evening program. For those students who wish to do so, sleep is always an option keeping in mind that an adult must be in the cabin area with the students.

## SECTION 5: IMPORTANT FORMS

Important forms for your trip are included at the end of this document. They are also available online at [cimi.org](https://cimi.org), under 'Teacher Resources.' (<https://cimi.org/teacher-resources/>)

### Student Health Form

<https://cimi.org/wp-content/uploads/2023/10/STUDENT-HEALTH-FORM-2023-2024-1-1-1.pdf>

Required for each student attending. To be completed and signed by a parent or guardian and organized by the lead chaperone before arrival at CIMI.

### In Spanish – Formulario de salud del estudiante

<https://cimi.org/wp-content/uploads/2023/10/Student-Health-Form-2023-Sp-1.pdf>

### Chaperone Waiver

<https://cimi.org/wp-content/uploads/2022/03/CIMI-Chaperone-Waiver.pdf>

To be completed by all attending adults before arrival at CIMI. These can be placed with the Student Health Forms and handed to the CIMI Program Coordinator upon arrival.

### Statement of Understanding

<https://cimi.org/wp-content/uploads/2023/01/Statement-of-Understanding-S2023.pdf>

We recommend that this form be completed by each adult chaperone attending with your school.

### Online Program Planner

<https://survey.alchemer.com/s3/7358397/CIMI-Fox-Landing-Program-Planner>

Our Program Planner is now online! To be completed at least two weeks before arrival. The earlier, the better. The Online Program Planner is a combination of the old Program Planner and Classroom Prep Information.

### Boat Manifest

<https://cimi.org/wp-content/uploads/2023/01/Boat-Manifest-Fillable.pdf>

You may use this form or a spreadsheet of your own design, as long as it includes the same necessary information. It is to be given to the Catalina Classic Cruises upon arrival at the boat terminal in Long Beach. CIMI does not require a copy of this manifest.

### CIMI Pre-Order Form (optional)

<https://cimi.org/wp-content/uploads/2023/01/CIMI-Store-Pre-Order-Form.pdf>

Students will have an opportunity during their trip to visit the CIMI store. If a school wishes to organize their students' purchases before arrival, sweatshirts and t-shirts are available to pre-order. Please provide one check per school for store pre-orders, made out to "Guided Discoveries." Please note, we only carry adult sizes. Any CIMI store purchases outside of a pre-order can be made with cash or a check (with the school and student's name written on the memo line). We are not able to accept credit card payments.