



AstroCamp Planning Packet

We are excited to have you join us this year! This packet contains all the information and forms you will need to plan your trip to AstroCamp. Feel free to share any of the included information with chaperones, teachers, parents, and students.

Remember to complete all the included forms required by AstroCamp:

Program Planner Form: See below → deadline found in **Planning Packet Email**

Student Health Form: (page 14) → due upon arrival at AstroCamp

Chaperone Waiver: (page 16) → due upon arrival at AstroCamp

***The Program Planner is now done online to reduce paper usage. You can use the QR code or the link below to reach it.**

<https://survey.alchemer.com/s3/6743560/Astrocamp-Program-Planner-2022>



Questions?

Questions/Concerns	Whom to ask
New School Orientation	Main Office 909-625-6194
Contract Information	
Payment information	
Camp dates and Adjustments	
Program Planning	Caity at Astrocamp schedule@astrocamp.org 951-659-6062
Number of attendees	
Schedules/Dorm Assignments	
Special School Needs	
Store * Questions	Cathy at Astrocamp 951-659-6062
All other general questions/concerns	

*We are suspending preorders due to supply inconsistencies and no guaranteed stock for the store. This is subject to change—please call if you have any questions. *

Often Overlooked Details:

- **Arrival** is between 11:00am-12:00pm
- **Departure** is between 12:00 PM-1:00 PM depending on whether you plan to eat your lunches here or on the bus
- If you have **Microgravity** bring swimsuits
- If you have **Building Rockets**, please bring a 2 Liter bottle for each student

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INTRODUCTION

Planning Your Trip to AstroCamp

Planning a school trip to AstroCamp requires time and effort by dedicated teachers and responsible parents. This packet is designed to assist you with planning and coordinating with those who will be coming along on your trip.

The best way to plan your trip and communicate with AstroCamp is to have one person designated as the **Trip Coordinator**. The trip coordinator should be in charge of all planning aspects of the trip and should be the only person who communicates with AstroCamp administration during the planning process. They should also oversee communicating to parents, chaperones, and students all information related to preparing for a trip to AstroCamp.

A lot of planning for your trip happens on our end as well. Please pay attention to deadlines indicated in the **Planning Packet Email** to give us plenty of time to make your class schedule, assign dormitories, and schedule instructors for your groups. If you cannot meet the deadlines, we will need to assign classes for you.

For copies of our forms and more information, visit <http://astrocampschool.org/teachers> or get in contact with us (see page 1).

Travel Information

Arrival time at AstroCamp is anytime between **11:00 AM and 12:00 PM**. Each group is responsible for its round-trip transportation to AstroCamp. Cars and buses arriving at AstroCamp may park in the main parking lot of campus for arrivals and departures only. Visitor parking lots are available for vehicles that will remain at camp during your stay. *Please keep vehicles parked in these lots and do not drive through campus or park near dorms.* Upon arrival, you will be greeted and directed by your **Program Coordinator (PC)**, an AstroCamp instructor in charge of your trip. They can answer any questions about schedules, luggage, or dorms.

Departure time is between **12:15 and 1:00 PM**. Please allow time to load your luggage and pick up sack lunches, which will be provided for you. Your PC will assist you in departure procedures.

Location

AstroCamp is in the small town of Idyllwild in the San Jacinto Mountains. It is 5,600 feet in elevation and covers 92 acres of meadows and forest. For more information on Idyllwild and for lodging information for bus drivers, visit Idyllwild's Web Site at www.idyllwild.com.

AstroCamp's physical address:

26800 Saunders Meadow Rd.
Idyllwild, CA 92549

Weather

The weather at AstroCamp is exceptionally variable. It can snow or rain anytime between October and early June. Please check weather conditions at <http://goo.gl/63hm2Q> before coming and bring appropriate clothing. **If road conditions are severe, we will contact you and/or the person you designated as the on-site trip leader**

ASTROCAMP TRIP PLANNING

Trip Planning Countdown

Following the guidelines outlined below will help you plan a successful trip to AstroCamp. Please use the checklists and pay attention to deadlines.

6 Weeks Prior to Your Trip

- ☐ **Arrange Transportation:** You are responsible for planning for round-trip transportation to and from AstroCamp. See **Travel Information** on page 4.
- ☐ **Recruit Chaperones:** You need 1 chaperone per every 16 students you bring (co-ed groups must have at least 1 male and 1 female chaperone).
 - **Half-price chaperones:** for every 16 students you bring, one chaperone may come at half price. See contract for pricing details.
 - **Chaperone Meeting:** Arrange a Chaperone Meeting for all adults attending your trip. Review **Visitor Guidelines** and **Chaperone Agreement** (pages 11). Print a copy of the *Chaperone Waiver* (page 16) and have all chaperones sign it and return it to you before coming to AstroCamp.
- ☐ **Communicate with Parents:** Schedule a parent meeting and go over Rules and Expectations.
 - **Student Health Form** (page 14): Print a copy of the Student Health Form for each student attending. A parent/guardian signature is **required** on this form for participation in AstroCamp activities.
- ☐ **Program Planner:** Confirm that your forms have been received by the deadline found in your **Planning Packet Email**. *Completed forms submitted early will receive priority consideration. If you cannot meet your deadline, we will need to schedule classes..*

4 Weeks Prior to Your Trip

- ☐ **Student Health Forms:** Collect **signed** Student Health Forms (page 14) from all students attending. Discuss prescribed medication administration with parents and know the schedule and dosages of regularly administered medications.
- ☐ **Chaperone Waivers:** Collect signed Chaperone Waivers (page 16) from all adults attending.
- ☐ **Final Payment:** Arrange with your school or organization for final payment to AstroCamp by check or money order. Final payment is due upon your arrival at AstroCamp. If you cannot bring the payment on arrival, there is a ten-day grace period.
- ☐ **Logbooks:** There are LogBooks available on our website as supplemental material for your trip to Astrocamp. They can be found at <http://astrocampschool.org/teachers>. We no longer carry hard copies at camp.

ASTROCAMP TRIP PLANNING

Trip Planning Countdown (cont.)

2 Weeks Prior to Your Trip

- ☐ **Final Numbers:** Notify AstroCamp of your final numbers of students and chaperones attending. *This is for scheduling purposes only.* Changes in your final numbers after the 90-day mark will affect your deposit. For changes of 5 or more attendees, please call our Main Administrative Office at **(909) 625-6194**.
- ☐ **Logistics:** Arrange your students into **Research Groups** and **Dorm Rooms** based on your Schedule and Dorm Assignment. Organize the Student Health forms by Research Groups and make sure **all are signed**.
- ☐ **Dietary Restrictions:** Be prepared to supply AstroCamp with any dietary needs for your school (i.e., Gluten Free, Lactose Intolerant, Vegan, Vegetarian, etc.). Having advanced notice helps AstroCamp to provide options for these food restrictions during your stay.
- ☐ **Review Guidelines:** Go over all guidelines and expectations outlined in this packet with students and chaperones attending AstroCamp. Discuss AstroCamp's program and your objectives for the trip.
 - **Prepare Students:** Review camper guidelines and packing list with students. Discuss the objectives of the trip to AstroCamp and what they hope to gain from their experience.
- ☐ **Communication:** Please give parents your school's telephone number so they may call to see if their children have arrived at AstroCamp safely. *Please do not have parents contact AstroCamp directly, except in the case of an emergency.*

AstroCamp Packing List

Please review this list when packing for AstroCamp. Many activities at AstroCamp are outdoors, so you should bring clothing that can get dirty or torn. We do not provide bedding or toiletries, so please remember to pack those items. This list is also available under teacher resources on our website

What To Bring:		Optional Items:	What <u>not</u> to bring:
Shirts	Towels	Camera	Electronic Devices
Pants/shorts	Wash Cloths	Sunglasses	Weapons of any kind
Shoes (close-toed)	Shampoo	Sunscreen	Drugs/Alcohol
Sweaters/jackets	Soap	Lip Balm	Fireworks
Rain gear	Toothbrush/toothpaste	Insect Repellent	
Sleepwear	Bedding/Sleeping Bag	Sunhat	
Underwear	Pillow	Pencil/Paper	
Socks	Water Bottle	Money for Store Purchases	
Winter clothing	Flashlight	Swimsuit (Required for Microgravity or Free Swim)	
(When applicable)	Hand Sanitizer		
Masks			

ASTROCAMP TRIP PLANNING

Arrival Day Schedule

AstroCamp does not provide lunch on arrival day. Please pack your own.

- **11:00 AM to 12:00 PM – Arrival Time**
 - When you arrive at AstroCamp, your **Program Coordinator (PC)**, an AstroCamp instructor who is in charge of your trip, will greet you. The PC will:
 - Meet the On-Site Lead Chaperone and give preliminary directions.
 - Organize moving your group into dorms.
 - Advise you where to eat packed lunches (the lunches you brought with you)
 - Collect **Student Health Forms** and **Chaperone Waivers**.
 - Issue chaperone keys:
 - **Key 1:** Dorm Key → opens your particular dorm doors
 - **Key 2:** Chaperone Key (Green capped) → opens first aid room/gym
- **12:30 PM – Move into Dorms**
 - You will have time to unload luggage and move into dorm rooms. You are responsible for dorm assignments and supervising children until the 1:30 PM Orientation Meeting.
- **1:30 PM – Orientation and Tour**
 - Your PC will tell you where to meet for the Orientation Meeting. All students and chaperones must attend. After this meeting, students will split into their research groups and take a campus tour with their instructor.
- **2:00 PM – First class**
 - Students will go with their instructors to the first class at 2:00 PM.
- **3:45 PM – Second Class/Chaperone Meeting**
 - All Chaperones will go to an introductory meeting with the Program Director. You will have a physical copy of your school's final schedule by the time this meeting concludes.
 - While at this meeting, the Program Director will schedule an appointment time with the On-Site Lead Chaperone for final payment and rebooking.

Departure Day Schedule

Please have students and chaperones clean up dorm rooms and pack luggage the night before departure. The PC will go over checkout procedures with you on your last night.

- **Clean up:** Collect all personal items and trash from dorm rooms and bathrooms.
- **Inspection:** The PC or another instructor will inspect all dormitories with the help of chaperones. Both parties must agree to the condition of the dorm. If excessive cleaning is required after a group leaves, an additional cleaning charge will be levied.
- **Return Keys:** Your PC will collect all keys that you were given. You'll return keys at checkout, but you'll still have access to the First Air room through the main office.
- **Classes:** You will attend your last two classes.
- **Departure Lunch (12:00 PM):** Your PC will help you pick up and distribute sack lunches after your last class. You may eat them in the meadow or take them with you when you leave.

ASTROCAMP TRIP PLANNING

Program Class Descriptions

Below you will find descriptions of all the classes offered at AstroCamp. If you have questions about the classes, please contact AstroCamp. If you would like specific curriculum covered in your classes, please talk to your instructors.

Daytime Classes

- General Science and States of Matter
 - **Atmosphere & Gases:** In our most requested class, we learn about planetary atmospheric conditions and states of matter. Hands-on experimentation allows students to learn about temperature, pressure, density, and other gas properties.
 - **Electricity & Magnetism:** Explore the properties of electricity and magnetism by experimenting with magnets, static electricity, and electric current in a multitude of hands-on activities.
 - **Lights & Lasers:** Learn about the physical properties of light by experimenting with lasers, ultraviolet lights, spectrum glasses, an infrared camera, a phosphorescent wall, and more!
 - **Planetary Sciences:** Take a tour and study the extreme environments of the solar system through the lens of exciting, hands-on experiments. Bernoulli's Principle, Acid-Base Reactions, Atmospheric Spectra, and Planetary Motion are just some of the exciting concepts covered.
 - **Micrometeorites:** Learn about meteors, meteorites, asteroids, and comets. Use magnets and microscopes to collect and identify possible micrometeorites at AstroCamp.
- Simulation classes
 - **Microgravity:** Learn about buoyancy and experience the challenge of constructing a mock satellite in a neutrally buoyant environment. *Swimsuit and towel required.*
 - **Expedition Valles Marineris:** Simulate research on the surface of Mars with our interactive touch-screen computers and auto-belay rock wall. Learn about Mars and one of the larger canyons in the solar system.
- Building/Engineering
 - **Building & Launching Rockets (2 class periods):** Use what you know about forces and the laws of motion to design and build a model rocket. Launch your own rockets powered by water and pressurized air. *Each student needs to bring a 2-liter soda bottle with a standard size opening.*
 - **Cosmic Lander:** Learn about the challenges of space travel while designing and building your own "cosmic lander." (Construct something that will protect a water balloon from a two-story drop.) Test its ability to survive landing on simulated planetary surfaces.
- Daytime Astronomy
 - **Planetarium:** Enter our planetarium dome and learn about circumpolar rotation of the stars and constellation myths. Learn about the size and scale of the universe, life cycles of stars, and gravitational forces in our vortex room.
 - **Solar Studies:** Use solar telescopes and lenses to view sunspots, prominences, and solar flares. Learn about the properties of the sun, solar radiation, and solar energy.

ASTROCAMP TRIP PLANNING

Daytime Classes (cont.)

- Hiking
 - **Day Hike** (*1 class period*): Explore AstroCamp's forest trails and learn about local flora and fauna.
 - **Extended Day Hike** (*2 class periods*): Take a longer and more in-depth hike through AstroCamp's forest trails.
 - **Full Day Hike** (*4 class periods*): A full day of hiking and exploration around AstroCamp's forest trails. Learn about geology, remote sensing, and the natural history of the Idyllwild area. Lunch on the trail will be included. *For 5-day groups only.*
- Adventure Classes
 - **Initiatives**: Build teamwork, trust, cooperation, and communication skills by participating in problem-solving activities as a group. *A prerequisite for any ropes course activities.*
 - **Ropes Courses**: Challenge your fears in these four high ropes elements. These physically and mentally rigorous activities require trust, communication, and teamwork.
 - **Vinewalk**: Balance on a tightrope while using hanging "vines" high in the trees.
 - **Powerpole**: Climb up a telephone pole and lunge for a hanging tetherball.
 - **Sky Coaster**: Swing through the air after classmates raise you up via a pulley system.
 - **Zipline**: Climb up a cargo net, then zip 700 feet across a meadow.

Evening Classes

- **Space Night**: Take a short night hike up to one of the Telescopes Viewing Areas in our signature evening program. Learn how to use binoculars and telescopes to view deep sky objects. Each group gets their own telescope station consisting of 2 telescopes and 5 binoculars. View images taken with our digital telescope cameras (CCD). Activities include sensory awareness games, stargazing, and constellation stories. Space Night is a combination of our **Night Hike** and **Telescope Viewing** programs.
- **Night Hike**: Take an hour-long night hike, and play sensory awareness games.
- **Telescope Viewing**: Spend an hour learning to use binoculars and telescopes to view deep sky objects.
- **Astro Olympics**: Compete in a series of relay-type games in this fun and active program.
- **Interstellar Auction**: Plan and bid for extrasolar planets and the materials needed to colonize them in an exciting auction. Group cooperation and compromise is required for this thought-provoking activity.
- **Messier Madness**: Learn about types of deep space objects. A group scavenger hunt will take place. *Please bring flashlights.*
- **Space is Right**: Students participate in AstroCamp's version of the popular game show The Price is Right! Take your best guess at answering questions about the size and scale of the objects in our universe.
- **Whirling Windmills**: Generate electricity by harnessing the power of the wind with your own windmill design. Test and improve your windmill as many times as possible and see if we can produce enough power to light up a tower!
- **School Night**: If you have your own night program or movie in mind, we will provide audio/visual resources and facilities. Please let us know which resources you will need so we can reserve them for you.
- **Astro Jeopardy** (*5-day groups only*): Test your knowledge in this AstroCamp version of the popular game show.

RULES & EXPECTATIONS

General Visitor Guidelines

1. **Emergencies:** Please review **Emergency Procedures** below. Go over these procedures with all AstroCamp attendees.
2. **Smoking Area:** AstroCamp and the surrounding forest is a high fire-risk environment. We strive for a smoke-free campus, but adult smoking is allowed in the designated area only (behind the Chaperone Lounge). Smoking inside buildings is strictly prohibited.
3. **No weapons/fireworks:** Weapons or fireworks of any kind are prohibited on campus.
4. **Wildlife:** Protect all animals and plant life. Do not feed animals, and do not collect wildlife, plants, or other natural objects.
5. **Children must be supervised at all times:** Most accidents occur during free time, so please monitor your students. The gym, parking lot, dorm, and meadow are available during free times only with chaperone supervision. AstroCamp equipment may not be used without staff supervision except for designated free time areas.
6. **Technology:** Please advise students not to bring cell phones, laptops, MP3 players, gaming systems, or other electronic devices that will be disruptive to our program and the experience of AstroCamp visitors. If students bring any electronic devices, they should be collected by chaperones and held until departure. AstroCamp is not responsible for lost or stolen items.
7. **Valuables:** Personal belongings, jewelry, money, and other valuables are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.

Emergency Procedures

All AstroCamp instructors are Red Cross First Aid and CPR certified. All staff is trained in emergency procedure protocol and should be reached in case of injury or illness.

1. **Be Prepared:** Discuss AstroCamp emergency protocol with your chaperones and students. In case of an emergency, remain calm. Wait for instruction from AstroCamp staff and cooperate with their directions.
2. **Fire Emergencies:** If anyone sees a fire, immediately call 911. Report to the main office for further instruction.
3. **Administering Medication:** It is the responsibility of chaperones to administer regular medications to students. Communicate with parents about dosages and schedules of medications. To assist you, we provide a refrigerator and safe for storage. If other medications need to be given, consult the student's health form and record any medication administered in the First Aid Logbook (located in the first aid room).
4. **First Aid:** It is the responsibility of chaperones to supervise children at all times, especially during recreation time, to prevent injury or accidents. Chaperones are also responsible for first aid treatment to injured children.
 - **Minor injury:** If a minor injury occurs during program time, let your instructor know before bringing the child to the first aid room for treatment. Before administering treatment, always check the student's health form, and record any treatment given in the First Aid Logbook (located in the first aid room).
 - **Serious injury:** If a serious injury occurs, first call 911 for professional assistance. Be prepared to give the dispatcher information on the type of injury, your location, the victim's age, and the victim's condition. An adult will remain with the injured individual while another person reports to the main office.
5. **Contacting Parents:** It is the On-Site Lead Chaperone's responsibility to contact parents as soon as possible about any serious medical needs that a student may have.

RULES & EXPECTATIONS

Chaperone Agreement

A visit to AstroCamp requires the cooperation of all chaperones. Please share responsibilities and be involved in all activities. We require that you bring at least one chaperone for every 16 students, plus 1 extra in case of emergency.

- 1. Student Care:** The top priority of chaperones is to supervise students and keep them safe from injury or harm.
 - **Water:** Dehydration is the leading cause of illness at AstroCamp. Please encourage your students to drink plenty of water throughout the trip.
 - **Supervision:** Chaperone supervision is required at all times, even when students are in program areas. The gymnasium, parking lot, dorm, and meadow are available during recreation with adult supervision. Please also review and enforce the **Camper Agreement**.
 - **Accidents/First Aid:** Please review **AstroCamp Emergency Procedures** (page 9).
 - **Clothing:** Make sure students bring and wear appropriate clothing and close-toed shoes.
 - **Masks are required until CDC guidelines are updated.**
 - **Birthdays:** If any of your students is having a birthday during your trip to AstroCamp, let us know! We will have a special treat available for them.
- 2. Dorms:** Enforce quiet hours (10 PM-7 AM) and order among students while in dormitories. Please conduct daily inspections of dorm rooms. Report damaged or broken furniture or appliances to your PC. Lock chaperone rooms if they contain valuables and keep the exterior doors locked whenever the dorm is not occupied. Make sure that all personal items are removed from dorm rooms before departure.
- 3. Meals:** Supervise students and help AstroCamp staff during mealtimes. Participate in meal set-ups and clean-ups. Encourage students to maintain a quiet, orderly environment in the dining hall.
- 4. Camp Property:** A \$35 fee will be charged per bed to cover labor and costs to restore beds to their original condition if they are dismantled. Lost and unreturned keys will incur a \$10 dollar fee.

Camper Agreement

The Camper Agreement is for the safety of all AstroCamp visitors and staff and should be shared with all students attending AstroCamp.

- 1. Stay with your school:** No camper may leave the camp property without the head chaperone's and AstroCamp administration's knowledge.
- 2. Participate:** All campers must report to and participate in their scheduled activities. If a camper must leave the immediate program area, (e.g., to visit the first aid room) they must inform the instructor and be accompanied by an adult chaperone.
- 3. Wear shoes/mask:** Shoes are required to be worn at all times while in program areas. Please bring close-toed shoes for outdoor activities. Masks are required until CDC guidelines are updated.
- 4. Play safely:** Do not throw rocks, pinecones, snowballs, or any other objects. Do not climb trees or buildings. No rough play of any kind is allowed.
- 5. Be on time:** Arrive on time and be prepared for all programs and meals.
- 5. Seek help with problems:** If you are injured or have a problem seek chaperone help immediately.
- 6. Personal property:** Personal belongings are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.
- 7. Respect quiet hours:** Quiet hours are maintained from 10:00 PM to 7:00 AM.
- 8. Follow dorm rules:** Only enter the dorm assigned to your group and only enter when you have adult supervision. Do not bring food inside. The staff residences are off limits, *except in case of emergency.*

Note: AstroCamp reserves the right to dismiss individuals or groups who violate the rules and regulations outlined here. No refunds will be rewarded to individuals or groups who are dismissed from AstroCamp early as a result of violating rules or regulations.

DINING HALL INFORMATION

Prior to each meal, an AstroCamp instructor will meet schools to go over meal procedures and give announcements. Please review the following dining hall information. If you have any other questions, please call AstroCamp at (951) 659-6062.

Dining Hall Rules:

1. Do not remove any food or tableware from the dining hall.
2. Supervise your students during meal times. If possible, one adult should be sitting at each table.
3. The cereal station is available during breakfast, but is off limits when breakfast is over.

Special Needs Accommodations:

Vegetarian options are available at each meal.

Gluten Free options are available upon request.

Kosher: We do not accommodate kosher, but we can provide vegetarian options as an alternative.

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 factories that contain nuts. Please don't eat them if you have a nut allergy.

Food Labels: We can provide labels for you to read on the day foods are prepared. Due to possible menu or supplier changes, we cannot send you label information ahead of time.

Questions: Our cooks are available during meal times 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. School chaperones are responsible for retrieving meals from the kitchen and may use a microwave to heat these meals.

Departure Day Lunches:

Our departure day lunches consist of:

- Turkey/Cheese Croissant Sandwich
- Bag of Chips
- Oreo Cookies
- Juice

Two weeks prior to your trip to AstroCamp, please inform AstroCamp of any dietary restrictions for departure day lunches. Sandwiches can be adjusted to accommodate dietary needs.

DINING HALL INFORMATION

Astrocamp Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	STAFF ONLY	Eggs GF Sausage Links GF Potatoes GF Waffles Banana Bread Veg Sausage Vegan Pancake GF Pancake	Eggs GF Sausage Patties GF Tator Tots GF Pancakes Cinnamon Rolls Veg Sausage Vegan Pancake GF Pancake	Eggs GF Sausage Links GF Potatoes GF French Toast Mini Muffins Veg Sausage Vegan Pancake GF Pancake	Eggs GF Sausage Patties GF Tator tots GF French Toast Stix Danish Veg Sausage Vegan Pancake GF Pancake	Eggs GF Sausage Links GF Potatoes GF Waffles Cinnamon Rolls Veg Sausage Vegan Pancake GF Pancake	Eggs GF Sausage Patties GF Tator Tots GF Pancakes Mini Muffins Veg Sausage Vegan Pancake GF Pancake
L U N C H	STAFF ONLY	Corn Dogs Veggie Dogs French Fries GF Mac & Cheese Soups Salads GF Hot Dog / Bun	Sack Lunch **For 5 Days only** Pizza Cheese Pepperoni Salads GF Pizza	Hamburgers GF Veggie Burgers French Fries GF Salads GF Bun	Sack Lunch Turkey Sandwich Chips GF Oreos Lemonade Salads GF Sandwich	Hot Dogs GF French Fries GF Veggie Dogs Mac & Cheese Salads GF Bun	Sack Lunch Turkey Sandwich Chips GF Oreos Lemonade Salads GF Sandwich
D I N N E R	STAFF ONLY	Baked Chicken GF Chicken nuggets Rice GF Broccoli GF Corn GF Biscuits Salad Bar Vegan Nuggets GF Pasta GF Meatballs	Taco Meat GF Pinto Beans GF Cheese Enchilada Chicken Taquito GF Spanish Rice GF Fritos GF Salad Bar Vegan Taco meat GF GF Corn tortilla	Baked Chicken GF Chicken Tenders Mashed Potato GF Corn GF Stir-Fry Veggies GF Dinner Rolls Salad Bar Vegan Nuggets	Spaghetti Baked Pasta Meatballs Marinara Sauce GF Green Beans GF Garlic toast Salad Bar Vegan Meatballs GF Pasta GF Meatballs	Baked Chicken GF Chicken nuggets Rice GF Broccoli GF Corn GF Biscuits Salad Bar Vegan Nuggets GF Pasta GF Meatball	STAFF ONLY
DESSERT	Cookies GF Cookie	Ice Cream GF	Rice Crispy Treat GF	Pudding GF	Cookies GF Cookie	Ice Cream GF	

The following foods are available at each meal in addition to the hot dishes listed above:

Breakfast: Cold cereals, yogurt, fresh fruit, oatmeal, assorted baked goods

Lunch/Dinner: Salad Bar

All Meals: Milk, juices, water

Arrival Day: Bananas and apples available for snacks



STUDENT HEALTH FORM

School: _____

****You may hit TAB to go between fields

Student Name: Last: _____ First: _____ Gender: <input type="checkbox"/> M <input type="checkbox"/> F	
Address: _____ City: _____ State: _____ Zip: _____	
Parent/Guardian: _____ Cell Phone: _____ Work Phone: _____	
Email: _____ Address: _____ City: _____ State: _____ Zip: _____	
Height: _____	Weight: _____ Student Age: _____ Student Date of Birth: _____

Emergency Contact: Address: _____ City: _____ State: _____ Phone: _____ Relationship to Student: _____	Health Insurance Co: _____ Policy No: _____ Phone: _____ Family Physician: _____ Phone: _____ Date of Last Tetanus: _____
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IMPORTANT: A signature at the bottom of this form by a parent or legal guardian is required for participation at AstroCamp.

EMERGENCY MEDICAL CONSENT: The Student's medical conditions and information stated on this application is complete and correct. I give permission to the AstroCamp 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 AstroCamp 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 AstroCamp 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, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of AstroCamp facilities, services, equipment and premises ("Facilities") and any participation in AstroCamp programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) disease including exposure to, contracting, or spreading COVID-19. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that AstroCamp, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees"), will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

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

SIGNATURE: _____

Parent/Legal Guardian

Please Print Name: _____ **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.

DIETARY NEEDS:

Vegetarian ☐ Vegan ☐ Lactose-Intolerant ☐ Gluten-Free ☐ Other ☐

FOOD ALLERGIES: Please Describe:

CHECK OFF: All applicable health issues:

- | | |
|--|---|
| <input type="checkbox"/> Allergies* | <input type="checkbox"/> Allergy - Bee Sting* |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Backaches/Weak Back |
| <input type="checkbox"/> Car/Sea Sick | <input type="checkbox"/> Bowel/Bladder Problems |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Epilepsy/Convulsive Disorder |
| <input type="checkbox"/> Hay Fever | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Heart Trouble | <input type="checkbox"/> Poison Oak |
| <input type="checkbox"/> Sinus Issues | <input type="checkbox"/> Respiratory Problems** |
| <input type="checkbox"/> Sleep Walking | <input type="checkbox"/> 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 by checking off each medication that can be administered to your child.

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Pepto Bismol (upset stomach) |
| <input type="checkbox"/> | Milk of Magnesia (for constipation) |
| <input type="checkbox"/> | Ibuprofen (minor aches/pains; fever) |
| <input type="checkbox"/> | Throat Lozenge/Cough Drop |
| <input type="checkbox"/> | Benadryl (allergy) |
| <input type="checkbox"/> | Caladryl (for skin rash) |
| <input type="checkbox"/> | Acetaminophen (headaches/elevated temperatures) |

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 ASTRO CAMP BE AWARE OF? PLEASE EXPLAIN IN DETAIL.

(Attach additional sheet if necessary.)

Guided Discoveries – AstroCamp

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, and ropes courses. 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 comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease, including but not limited to exposure to, contracting, or spreading COVID-19 or any virus. I understand these risks are inherent to participation in the Program and are a part of engaging in the type of outdoor sports and activities which are a major component of the Program's activities. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document. 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 any personal injury, property damage, disability, death, sickness or disease, and other damage and expense which may result from my presence, participation, and or use of equipment in the Program, whether caused by the negligence of GDI, its agents, employees, landlords, lessors, or representatives, (the "GDI Parties"), or otherwise.

I hereby agree to Release, Waive, Discharge and Promise Not to Sue the GDI Parties, and each of them for any liability to me, my heirs, next of kin, and personal representatives, arising from any loss, damage claim, or cause of action that may result from my presence, participation, and or use of equipment in the Program or activities incidental thereto, and any injury, disability, illness, or disease 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