

The Outdoor School Handbook



Teaching respect, inspiring wonder

2400 Hwy 154, Santa Barbara, CA 93105

(805) 686-5167

info@theoutdoorschool.org

Dear Parents and/or Guardians,

Your child is about to experience the adventure of a lifetime at The Outdoor School. They will spend four days and three nights expanding their science knowledge in nature's classroom while hiking, developing leadership and social skills, participating in special activities, campfires, and much more. We hope that you will share in their excitement about The Outdoor School and help them prepare for their time away from home. Your support and encouragement are essential for your child's success.

We hope that this book answers all your questions about The Outdoor School. If not, feel free to give us a call at (805) 686-5167 or email your questions to info@theoutdoorschool.org

Sincerely,

Ben "Mountain Goat" Spring

The Outdoor School Education Director

THE OUTDOOR SCHOOL is located across from Cachuma Lake on Highway 154 (about 20 miles north of Santa Barbara). In the event of an emergency in which you feel the need to contact or pick up your child, please contact your school/district office first. Then, during business hours (8am-4:30pm), call 805.686.5167. If not during business hours, please call your child's teacher.

Schedule

Day 1

Day 2

Day 3

Day 4

9-11 Arrivals and welcome walks	7:00 Wake-ups	7:00 Wake-ups	7:00 Wake-ups
12:00 Lunch	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
1:15-4 Curriculum Hikes	9-3:30 Cachuma Adventure Day	9-11:30 Curriculum Hikes	8:45-10:15 Curriculum Hikes
4-4:45 Recreation Time	Cachuma continued...	11:45 Lunch	10:15-11 Wrap-up activity
5:00-5:50 Cabin Time/Inspections	Cachuma continued...	12:45-1:15 Mellow Time	11:00 Lunch
6-6:50 Dinner	3:30-4:15 Rec Time	1:30-3:30 Special Activities	11:45-12 Buses Depart
7-8 Evening Activity	4:20-5:50 Showers/Inspections	3:30-4:15 Rec Time	
8-9 Campfire Program	6-6:50 Dinner	4:20-5:50 Showers/Inspections	
9:15-9:30 Bed Checks	7-9:30 Night Hikes	7-8 Campfire Program	
	9:30-9:45 Bed Checks	8-9:15 Special Activites	
		9:15-9:30 Bed Checks	

Curriculum

Your child will participate in five curriculum hikes. The hikes are designed to encourage your child to connect with nature through exploration and scientific thinking.

- *Fire Ecology Hike*: Students will gain an understanding of how fires spread and study the post-fire recovery of our native ecosystems.
- *Cachuma Lake Adventure Day*: Students will pack a lunch and spend the day exploring the ecosystems and wildlife on and around majestic Cachuma Lake.
- *Night Hike*: The night hike is always a highlight of The Outdoor School week. Activities focus on astronomy, nocturnal animals and adaptations, as well as confidence building through the famous “Courage Walk”.
- *Dynamic Earth Hike*: Students will explore why and how the Earth is constantly changing by studying eroded creek beds, searching for fossils, modeling the Solar System, and much more!
- *Closing Hike*: The Outdoor School experience will be wrapped up by exploring native Chumash culture, how these people survived in the valley, and the interactions that people, both past and present had/have with the planet.

STATEMENT OF PURPOSE

The Outdoor School facilitates the development of community and environmental stewardship in students through a direct experience with nature. We broaden students’ horizons by inspiring a sense of wonder and curiosity about our dynamic, diverse, and interdependent local and global environments.

Special Activities

Students will have the opportunity to sign up for two special activities at The Outdoor School. The students sign up in the order that they go to bed, so you might want to practice with your child now!

The following is a list of special activities that may be offered at The Outdoor School: The waterfall hike – Cachuma boat ride – archery – old man murphy – frog city – extended campfire – gladiator death ball –low ropes/challenge course – the lost redwood – survival hike – rock hopping – talking sticks – bat cave – messy relays — animal tracking – bottle rockets – and many more!

THE OUTDOOR SCHOOL STAFF

Education Director: Responsible for the day to day operations of The Outdoor School including discipline, naturalist supervision, and communication with schools.

Program Coordinator: Assists the Education Director with administrative duties and is in charge when E.D. is unavailable. Responsible for cabin leader training throughout the week.

Naturalists: Have received intensive in-service training and ongoing staff development in curriculum areas and teaching skills. They are dedicated, enthusiastic, and very energetic. Fingerprinted by the Department of Justice. CPR/First Aid certified.

Classroom teachers: Retain administrative control of students. Dispense medication, staff the health lodge, and participate in everything!

Cabin leaders/parent chaperones: Reside in the cabins with the students, assist Naturalists during curriculum hikes, special activities, meals, and campfires.

PACKING

Please label all clothing and luggage with your child's name (in huge letters!!!).

DRESS CODE: SCHOOL APPROPRIATE ATTIRE WITH LONG PANTS & CLOSED TOED SHOES ON ALL HIKES!

Sleeping bag and/or sheets with blankets (twin) - Pillow - Shampoo/soap - Toothpaste/toothbrush - Hair brush - Sunscreen - Towel - Chapstick - Water Bottles (2 or 3 for a total of at least 36– oz.) - Camera (disposable) - Stationery/paper/ postage - Reading book - Money (for trading post) - Flashlight - Backpack for hiking - Ear Plugs - Swimsuit (one piece – for shower) - 2 short sleeve t-shirts - 2 long sleeve t-shirts - Sweatshirt/sweater - Jacket - Rain gear (we hike in the rain so be prepared) - 4 pairs of long pants (which are mandatory for hikes and most activities) - 1 pair of shorts - Pajamas - 2 pairs of shoes/boots - Underwear - 4 pairs of socks - Hat (for sun and warmth) - Gloves (for warmth) - Dirty clothes bag

If your child's school is coming during the winter months, please send EXTRA warm clothes.

DO NOT PACK: Makeup - Cell Phones - Hair Spray - Food – Gum – Candy - Hair Appliances - Electronic Games

IF YOU HAVE ANY QUESTIONS ABOUT PACKING, YOU CAN ASK YOUR CLASSROOM TEACHER OR CALL US

DISCIPLINE POLICY

Our approach to discipline is to use positive reinforcement (STARS)– although sometimes it is necessary for students to experience consequences for poor choices and behaviors (CHECKS).

When a student exhibits negative behaviors, s/he will receive: 1st check – a warning and discussion with Naturalist of what the student did that was inappropriate. 2nd check – the student is the last person at The Outdoor School to sign up for a special activity. 3rd check – a behavior contract is created. 4th check – the student will miss a special activity and call home to have a discussion with his/her parents. 5th check – the parents and/or guardian of the child are notified and the child is sent home.

PICK-UP POLICY Any student(s) who exhibit extreme or unsafe behavior such as fighting or intentionally harming others physically or emotionally, intentionally endangering themselves or others, participating in cabin raids or other violations of personal space, stealing, bringing or using knives or controlled substances will be immediately removed from The Outdoor School and must be retrieved by the legal guardian (school administration will be responsible in the event of the guardian's unavailability). We reserve the right to adjust our policies after consulting with teachers and, though it is not our intention to remove youth from the program, we do reserve the right to have any person or persons removed from the property if their behavior is deemed dangerous or inappropriate. We do not provide refunds. Feel free to contact us if you have questions.

HEALTH INFORMATION

It is essential that you fill **The Outdoor School Student Health and Emergency form** out COMPLETELY (*no child will be able to attend The Outdoor School without this form*).

Medication Health forms will be provided by your school district. The rules regarding dispensing medication are determined by your school district, not The Outdoor School. If you have any medication questions, please contact the appropriate school district official. Please make sure that all medications are cleared (via doctor's signature on the health form)—including inhalers and epi-pens. Students needing epi-pens or inhalers are required to carry them during all hikes & activities.

Special Needs: We welcome all students at The Outdoor School. If your child has a special need (sleepwalking, bed-wetting, snoring, shyness, homesickness, health condition, dietary requirements, etc.), please do not hesitate to send her/him to The Outdoor School. Discuss any special needs your child may have with his/her classroom teacher prior to departure. If you still have concerns, please feel free to call The Outdoor School Education Director at (805) 686-5167.

If the special need involves dietary restrictions, please list substitution items on the health form. Our kitchen staff needs to know what your child can have, not simply what they cannot. You may call the Kitchen Director at (805) 686-5167.

Should your child require medical attention while at The Outdoor School, He/She will be immediately transported to the emergency room at Santa Ynez Valley Cottage Hospital. If such a case were to occur, you would be notified as soon as possible. Parents are responsible for costs/charges incurred as a result of emergency care.

PARENTAL INFORMED CONSENT AND HOLD HARMLESS AGREEMENT:

I understand that participation in The Outdoor School activities, including, but not limited to hiking, boating, archery, team building activities, active games, and sports activities involve a certain degree of risk that could result in injury or death. I have carefully considered the risks involved and give my consent for my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct, and have full confidence that precautions will be taken to ensure the safety and well-being of my child. I release the Outdoor School, their parent organization, the coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation. I approve the sharing of information on this form with professionals who need to know of medical situation that might require special consideration for the safe conducting of activities. In case of an emergency involving my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization anesthesia, surgery, or injections of medication for my child. Medical providers are authorized to disclose to the adult in charge examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities. (Consent form must be signed to participate)

Student Name: _____

Address: _____

Guardian Signature: _____

Date: _____ Telephone: _____

Health History/Emergency Treatment Form for the Outdoor School. Complete and return to your classroom teacher before leaving for The Outdoor School. Any changes to this form should be provided in

writing to the classroom teacher before arrival at The Outdoor School. The Outdoor School is owned/operated by Los Padres Council, BSA.

Student Name: _____

Birth date: __ / __ / __ Sex: __ Age: __

Home address: _____ City, _____

State: __ Zip: _____ Home Phone: _____

School: _____

Emergency Numbers (fill in completely): 1. Custodial parent/guardian: _____

Cell: _____ Day phone: _____ Night phone: _____

2. Second parent/guardian: _____

Cell: _____ Day phone: _____ Night phone: _____

3. Emergency Contact: _____

Cell: _____ Day phone: _____ Night phone: _____

INSURANCE INFORMATION: Is the student covered by family medical/hospital insurance? Yes/No

If so, indicate carrier or plan name _____ or Group # _____

Family Doctor: _____ Phone #: _____

Medications (please list all medications currently being taken by student): _____

Severe Allergies Requiring Interventions: Yes/No Bees Food Other: _____

Epi Pen? Yes/No If yes, what for? _____

Allergies? Yes/No Please specify? _____

Asthma? Yes/No Inhaler? Yes/No If yes, date and severity of last attack: _____

Heart Condition? Yes/No Comments: _____

Diabetes? Yes/No Comments: _____

Epilepsy? Yes/No? Comments: _____

Frequent sever headaches/fainting? Yes/No Comments: _____

Prone to bedwetting? Yes/No? Comments: _____

Prone to sleepwalking? Yes/No Comments: _____

Date of last tetanus: __/__/__

Allergies? Yes/No: Please list all known and describe reaction and management to reaction: _____

Activity Restrictions? Yes/No Comments: _____

Other? Please use this space to provide any additional information about your child's behavioral, physical, or emotional needs that will help us to better serve them: _____

Talent Release

I hereby assign and grant to The Outdoor School and staff the right and permission to use and publish photographs/film/videotapes/electronic representations and/or sound recordings made of my child and I hereby release The Outdoor School and staff of any and all liability from such use and publication. I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of The Outdoor School and staff. I specifically waive any right to any compensation I may have for any of the foregoing.

Student name: _____ Parent/Guardian: _____ X

REFUND POLICY

A student that attends The Outdoor School in conjunction with their public or private school will owe the respective fees appropriated for each student (Outdoor School rate is \$288.00 per student) payable by the student's guardian. For the guardian this rate may fluctuate depending on other costs designated by the attending institution (such as transportation fees). This payment by the guardian is due to the child's public or private school at the appropriate date designated by that institution. The institution will then owe The Outdoor School for the number of students that attend OR must pay for 90% of the contracted number of students (if contracted enrollment goes below 90% of the expected student population designated on the contract).

In the event that a student attends the Outdoor School and must go home for a major circumstance (such as illness, death in the family, medical emergency) the Outdoor School reserves the right to charge for the dismissed student(s) in full; partial; or forgiven (non-charged) amount.

A student leaving within the first 24 hours of programming will typically be forgiven the due amount or be charged a partial fee of $\frac{1}{4}$ the 4 day rate.

Sending Mail To Your Child

Please mail letters at least a week ahead of time to ensure that your student receives the mail – it will be passed out during breakfast. Please include the name of your child's school and the dates of attendance. **DO NOT** mail packages or express mail; it will not arrive to the school in time. If your child will be sending letters home, please provide them with an appropriate amount of self-addressed stamped envelopes. Outdoor School postcards with stamps are available at the Trading Post. Due to administrative restraints we cannot receive emails for students.

Send Mail To:

The Outdoor School

Student Name

2400 Hwy 154, Santa Barbara, CA 93105

School Attending

* Children are not allowed to call home except in emergencies. Parents should call The Outdoor School **ONLY** in case of an emergency. Social calls are not permitted.

The Trading Post (prices include tax)

<i>Bandana</i>	<i>\$4.31</i>
<i>Lip Balm</i>	<i>\$4.58</i>
<i>Beast Baby (stuffed animals w/ ODS shirt)</i>	<i>\$10.78</i>
<i>Camera</i>	<i>\$16.16</i>
<i>ODS Beanie</i>	<i>\$15.09</i>
<i>ODS Postcard (postage included)</i>	<i>\$2.16</i>
<i>ODS T-Shirt</i>	<i>\$12.93</i>
<i>ODS Sweatshirt</i>	<i>\$29.09</i>

Make checks or money orders to: The Outdoor School. You can also order online at:

WWW.THEOUTDOORSCHOOL.ORG

*All proceeds go to our scholarship program