



California Gold Rush Adventure

Chaperone Handbook

2019/2020 Edition

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Printed on recycled paper.

TABLE OF CONTENTS

Welcome	3
About Our Program	4-5
General Information	6-7
Typical Menu	8-9
3 R's	
Weather at CODS	10
Pack List	11
The parent chaperone Role	12
Tear Out Medical Form	13-16
In Case of Emergency	17
Chaperone Expectations Bunkhouse/ Cabin Tips	18
Student Expectations A Community of Respect	19
Health Information Medication From Home	20
2 Day Typical Schedule	21
3 Day Typical Schedule	22-23
4 Day Typical Schedule	23-24
Frequently Asked Questions	25
More Information About CODS	26
Map & Driving Directions	27



Welcome!

Dear parent chaperones,

Welcome to the Coloma Outdoor Discovery School (CODS)! We are pleased that you have decided to volunteer your time to support this educational adventure. As a parent chaperone at CODS you will be a “parent” to many students and you will play an essential role in their Outdoor School experience. We hope that your time spent here is equally rewarding.

The purpose of this handbook is to familiarize you with the policies and procedures of our school as well as your responsibilities as a chaperone. A more in-depth orientation will occur upon your arrival. If you have immediate questions or concerns, please contact your classroom teacher.

Your classroom teacher assumes a great amount of responsibility in organizing the trip to Coloma. If, for any reason you cannot attend, please let your teacher know immediately so that an alternate chaperone may be assigned.

And finally, in addition to the “pack list” found in this handbook, we ask that you bring your parental skills, a steady supply of enthusiasm, and a bit of patience. We are confident that you will become one of many chaperones who have found that their CODS experience exceeded their initial expectations.

We look forward to meeting you soon!



Sincerely,
The CODS Staff

Note: CODS does not discriminate on the basis of race, creed, color, national origin, age, disability, veteran status, marital status, sex or sexual orientation, in employment of administration or staff; the admission or treatment of visiting participants, parents or teachers; or in the operation of its educational programs and activities.



2, 3, & 4 DAY GOLD RUSH ADVENTURES

Learning about the past...changing the future.

The Coloma Outdoor Discovery School's Gold Rush program is designed for fourth graders, and is correlated with the most recent academic, cross-curricular California State Standards. Our intention is to celebrate the culture, music, and folklore of the California Gold Rush while using lessons of the past to awaken students' interest and sense of responsibility for the environment. Our staff embraces this opportunity to increase the environmental literacy of our California young'uns.

At CODS, students *live* the Gold Rush: stories, songs, skits, and characterizations all help to convey the social and economic community of early Coloma. Students will walk in the footsteps of the 49'ers, learn about the Native Peoples of the Sierra Foothills, and experience some of the challenges of surviving away from home.

All of the educational programs at the Outdoor School operate around the concept of respect: for nature, oneself, and others. Students possess responsibilities in the bunkhouse, in the kitchen, and on the trail.

A highlight of the 4 Day Program :

The Ropes Challenge program is devoted to the delivery of learning experiences that motivate students to go beyond their perceived boundaries, to work with others, to solve problems, and to achieve success both individually and within a group. Some of the activities are group events, others offer individual challenges from the ground-level, to more ambitious heights. All require a combination of trust, support, commitment, and teamwork from all involved.

Program Highlights:

☞ DAY 1: Live the life of “Greenhorns”

Create a Gold Rush encampment with the help of a “Sourdough”. Young forty-niners will get hands-on experience creating a shelter, washing laundry, baking cornbread, and of course, panning for real gold. Then, partner up for a foot stomp in’ good time at the Hoe Down! How did Miner’s get here? Was gold the only way to strike it rich? Where did a typical miner come from?

☞ DAY 2: Journey into the State Park

Students will continue their adventures into the town of Coloma and the Marshall Gold Discovery State Historic Park. Students will also learn about the Native peoples, plants and animals of the Sierra foothills on a three mile hike!

☞ DAY 3 or 4: Environmental Grade Action

On the final day, the students will talk about the forty-niners of today... themselves! Students will learn that what they need to survive today hasn’t changed much... or has it? We encourage the new “sourdoughs” to return home with ideas of how to show respect and preserve the environment where they live.

☞ 4 DAY Program Only: High Ropes Course

While securely harnessed to a belay line, participants will traverse cables, take the “Leap of Faith” or whiz down a zip line, 20 to 35 feet above the ground. Team members will act as a safety and support network while staff members encourage each participant.



GENERAL INFORMATION

☆ ABOUT CODS

Coloma Outdoor Discovery School is a non-profit, outdoor learning center which has been providing educational programs since 1990. Our residential programs offer experiences in Gold Rush Living History, Science Exploration, or *Team Discovery* High Ropes Challenge. Each year, we provide educational experiences for thousands of students from public and private organizations throughout the state.

☆ LOCATION

CODS is located in the town of Coloma, one hour east of Sacramento and just off Highway 49. Our campus sits within the Coloma Resort, a gated facility situated on a mile of riverbank adjacent to the South Fork American River. This unique location is exclusive and allows students to experience California Gold Rush history where it all began. A walk across a historic bridge allows students to visit the Marshall Gold Discovery State Historic Park which includes a replica of Sutter's Mill, the visitor's museum, numerous historical artifacts, and beautiful hiking trails.

☆ FACILITIES

Our bunkhouses and cabins sleep between 10-24 same gender individuals and are supervised by two or more parent chaperones. The rooms are climate-controlled and are equipped with a restroom. Additional shower houses are available for student use. Visiting teachers stay in separate, centrally located accommodations. Aside from the bunkhouses/cabins, all teaching and meeting areas are outdoors or under covered, outdoor areas. **All participants should be prepared for inclement weather!**

☆ SUPERVISION

The safety and well-being of your child is our primary concern. All students are supervised on a 24-hour basis by either the Outdoor School teaching staff, classroom teachers, and/or trained parent chaperones from your school. This allows the adult/student ratio to be 1:5 during the day and 1:8 (no more than 1:12) at night. All visiting adults will be oriented to emergency policy and procedures upon arrival at CODS.



☆ SHARING CODS

Frequently, more than one school attends CODS during the same time. In these cases, schools will remain independent for the small learning groups and for sleeping accommodations. Schools will be integrated during meals, recreation periods, and the evening program. We encourage the formation of new friendships between schools, and teachers often facilitate this process by having students write "pen-pal" letters ahead of time.

☆ **PROGRAM FEES**

Please visit our website for a current price list. Fees include room and board, instruction, program supplies, evening presenters, a souvenir bandanna, and admission to the State Park. Transportation is the responsibility of your school to the Coloma Outdoor Discovery School.

Direct costs to parents vary as student fundraising, PTA assistance, and district contributions may offset program costs in some school districts. The decision to conduct fundraising activities is usually made by the classroom teacher(s), students, and parents after receiving permission from the school administration. Your child's teacher will inform you of the exact amount due for the program and transportation after any fundraising has been collected.

Refunds, minus a 20% administrative fee, will only be given for students who fall ill within three days prior to the arrival date. The illness must be verified by the classroom teacher and reported to CODS. Refund money will be sent to your child's school.

☆ **STUDENT LETTERS**

Many teachers hand out letters from home on the second night. If you would like your child to be included, even though you will be at CODS, prepare an 1849 letter for your "greenhorn" and give it to the classroom teacher prior to your departure date.

☆ **KITCHEN PRIVILEGE (KP)**

Each meal will have an assigned group to assist with kitchen clean-up. These students will help to oversee food scrapin', plate washin', table wipin', waste weighin', and general clean-up.

☆ **STUDENT FREE TIME**

Anywhere on the schedule that you see the words "free time", students may choose from the following options:

- ⇒ Gold Panning: Eureka! There is real gold in the pay dirt.
- ⇒ Playground: Ball games (basketball, Kickball) hula hoops, and jump ropes
- ⇒ Quiet Games: In the dining area there are table games:
cards, checkers, coloring, etc.

If you'd like to bring a game or instrument from home, this is the opportunity to share your talent. Simple activities such as crossword puzzles, short stories (please no scary ones), simple crafts, mind challenges, and quiet games are also useful for down time.

☆ **MOVING OUT**

Moving out takes place *BEFORE* breakfast on departure day.

1. Please help students pack up their luggage and carry to the designated luggage spot for your school. Students will need to keep their water bottle and gold pouch on their person for final day activities.
2. Each student is 100% responsible for his/her belongings. Remind them to check the lost and found.
3. Have students help tidy up the bunkhouse or cabin (see cleaning duties posted in accommodation) and pick up any trash inside and outside.
4. Your bunkhouse will be eligible for the "clean cabin" award if the above is completed by 7:45am.

TYPICAL MENU

The CODS menu is designed to be kid-friendly, allergen-sensitive, and earth-conscious. *Menu items are organic and locally sourced whenever possible.* Food items are served individually, so participants will have choices according to their liking.

If your child needs food different from our menu (food allergies, vegan, etc.), please inform your classroom teacher. CODS is able to offer gluten-free and nut-free alternatives which must be ordered through your classroom teacher at least **3 weeks** prior to your arrival. Additionally, you may send pre-packaged supplemental food for your child. Please make these arrangements through your child's teacher. Once on-site, your teacher or designate parent chaperone will ensure your child receives the supplemental food, and will have access to refrigeration and a microwave.

As we continue to improve our menu, we send a complete ingredient list to your teacher for your convenience.

Our list of ingredients can be found on our website www.CODS.org

Coffee and tea are available at all times for adults only.

SNACK

✦ Cornbread Snack: (Day 1)

CODS cornbread contains wheat, soy, and egg. No dairy.

BREAKFAST

✦ Biscuit Breakfast: (Tuesday & Thursday)

Scrambled eggs, homestyle biscuits, turkey sausage patties, country-style potatoes, Corn Chex, Cheerios (both cereals- gluten free), instant oatmeal, seasonal fresh fruit (organic when available)

Condiments: house-made organic strawberry jam, butter pats, organic honey, house-made chunky salsa, Tapatio sauce, organic ketchup, brown sugar, organic raisins, cinnamon

Beverages: Organic 2% Milk (or soy), orange juice, hot cocoa

✦ Pancake Breakfast: (Wednesday & Friday)

Buttermilk Pancakes, natural turkey sausage links, scrambled eggs, Corn Chex, Cheerios (both cereals- gluten free), instant oatmeal, seasonal fresh fruit (organic when available)

Condiments: house-made organic vanilla maple syrup, butter pats, House-made chunky salsa, Tapatio sauce, organic ketchup, brown sugar, organic raisins, cinnamon

Beverages: Organic 2% Milk (or soy), orange juice, hot cocoa

✦ Waffle Breakfast: (4 day program only)

Waffles, turkey sausage, scrambled eggs, cold cereal (Corn Chex, Cheerios), instant oatmeal, seasonal fruit

Condiments: house-made organic vanilla maple syrup, butter pats, House-made chunky salsa, Tapatio sauce, organic ketchup, brown sugar, organic raisins, cinnamon

Beverages: Organic 2% Milk (or soy), orange juice, hot cocoa

LUNCH

- ✦ **Hike Lunch:** (Day 2)
Honey-wheat bagel, sunflower butter, whipped cream cheese, Salami (pork & beef), organic mini peeled carrots, sliced oranges, celery sticks, string cheese, pretzels, alphabet cookies, apple (organic when available)
- ✦ **Deli Lunch:** (Departure day 3 or 4)
Sourdough, wheat, or gluten free bread, natural turkey breast, whole fresh fruit (organic when available), sea salt kettle potato chips
Condiments: monterey jack cheese slices, kosher dill pickles, red onions, artisan baby romaine lettuce, organic tomatoes, organic ketchup, organic mustard, vegenaise, sunflower butter & house-made organic strawberry jam
Beverages: Lemonade with orange slices, water with lemon
- ✦ **Burger Lunch:** (4 day program only)
Hamburgers (veggie available upon request), cheese slices, potato chips, seasonal fruit. Condiments: ketchup, mayo, mustard, dill pickles, onions, lettuce, tomatoes
Beverages: Lemonade, water
Snack: Fruit

DINNER

- ✦ **Taco Dinner:** (Monday & Wednesday)
Ground chicken meat with our own seasoning, freshly made smashed pinto beans, organic brown rice with cilantro & lime, whole kernel corn, flour tortillas, corn tortillas, organic tortilla chips
Condiments: Diced tomatoes (organic when available), artisan baby romaine shredded lettuce, house-made chunky salsa, shredded cheddar & jack cheese, sour cream, Tapatío sauce, black olives, diced yellow onion
Beverages: Organic 2% Milk (or soy), water with lemon
Dessert: Freshly baked Gluten Free chocolate chip cookie or Enjoy Life chocolate chip cookie (allergen friendly)
- ✦ **Spaghetti Dinner:** (Tuesday & Thursday)
Spaghetti noodles, house-made meat sauce with chicken (mostly organic ingredients), house-made vegetarian marinara sauce (mostly organic ingredients), sourdough baguette with House-made garlic butter spread, organic baby spring mix, romaine and tomato green salad, seasonal salad bar vegetables, sunflower seeds, steamed organic broccoli florets, GF alternative available upon request: Amy's lasagna
Condiments: Italian or buttermilk ranch dressing, olive oil, romano cheese
Beverages: Organic 2% Milk (or soy), water
Dessert: Fudge Brownie or Enjoy Life double chocolate chip cookie (allergen friendly)
- ✦ **Baked Potato Dinner:** (4 day program only)
Baked russet potato, steamed broccoli, vegetarian or ground chicken chili, and a garden salad bar
Topping bar includes: shredded jack cheddar cheese, butter, chives, sour cream, bacon bits
Condiments: Italian or ranch dressing
Beverages: Milk (or soy), water
Dessert: Freshly baked Gluten Free chocolate chip cookie or Enjoy Life chocolate chip cookie (allergen friendly)

REDUCE, REUSE, RECYCLE

At CODS we promote the 3 R's and more! At meals students are encouraged to take only what they can eat in order to *reduce* food waste. But don't fear! There are opportunities for seconds and sometimes thirds on many menu items.



What do we do with all the wasted food? No matter how hard we try there is always a little bit of food waste after meals, this gets composted!



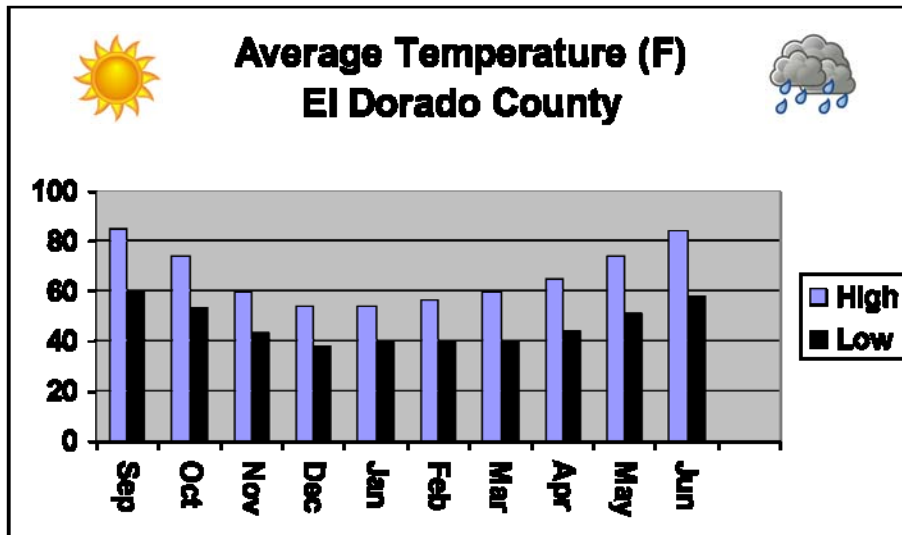
We have limited items that can go to our Bee Love Farms compost boxes, chickens and worm boxes. Such items include vegetables, paper napkins, and some fruits.

WEATHER AT CODS

The weather in the Sierra foothills is variable! During any month the weather can be chilly especially at night. Bring a warm jacket, hats and mittens if the forecast predicts temperatures below 60 degrees. Be prepared for anything in winter and early spring... but by May we are usually dipping our bandanas in cold water! We suggest "layering" clothing to accommodate cool mornings and warmer afternoons.

What happens if it rains while we're in Coloma? We are an OUTDOOR School and try to conduct almost every part of our program, even if it rains. In case of extreme weather conditions, we will not be able to open the high ropes course, and will conduct alternative activities instead. Please come prepared to be outside in the rain if you are traveling to Coloma in any month.

Please refer to the average temperature chart while packing



PACK LIST



Do not bring anything that you worry about getting dirty and make sure you pack “weather appropriate” attire. Please limit luggage to one backpack, for daytime use, and one suitcase/duffel bag, sleeping bag & pillow.

Label everything with your name. CODS is not responsible for lost or stolen items.

Don't forget these essential items:

- 2 pairs **closed-toe** walking shoes required
- Flash light
- Shower shoes
- Hair band to put long hair back (when serving food)
- Warm sweater/ jacket
- Washcloth, towel & soap
- Day use back pack
- Water bottle (32oz recommended)
- Sleeping bag
- Pillow
- Weather appropriate clothes for each day of your program
- Long pants for hike day required

Winter items:

- Warm coat
- Warm hat
- Gloves or mittens
- Waterproof outer layer and boots
- Extra socks

Highly recommended items:

- Game, craft, read aloud book or other quiet activity for students while in bunkhouse/cabin
- Cell phone or travel alarm
- Twin size fitted sheet
- Camping pad to supplement provided mattress
- Gold pouch if you are a returning chaperone
- Sharpie (great for labeling items)
- Re-useable coffee mug
- Earplugs
- Wristband, pump spray or lotion insect repellent (spring)

Do Not Bring:

- Alcoholic beverages or recreational drugs
- Candy or gum
- Weapons
- Open-toe shoes or sandals
- Things of great value that could get lost or stolen

THE PARENT CHAPERONE ROLE AT CODS

Departure for Outdoor School- Please meet the classroom teacher(s) and students at the designated time. If you are driving a vehicle, check with your teacher for any special instructions and please honor our arrival times. We will have someone assigned to greet you at 10:30am on Mon/Tues and 11:00am on Wed/Thurs. At this time, we will direct the students and give instructions for luggage and parking. Please try to arrive together if carpooling.

In Your Instructional Groups- After orientation at the Coloma Outdoor Discovery School, you will join your “town” of students. Each Gold Rush town is comprised of approximately 15 students, your Naturalist, you, and another parent chaperone. You will oversee either the girls or boys of this group (about 8 children) for the whole trip to Coloma. Here’s what your role entails:

- ⇒ **Participant-** We invite you to learn right along side with the students! In fact, the quality of their (and your) experience will increase with your enthusiastic participation.
- ⇒ **Naturalist Assistant-** Your Naturalist is a highly trained individual who is prepared to be your town leader, however, please be willing to help him or her with supervising and refocusing students.
- ⇒ **TSP Assistant-** *Trained School Personnel (TSP) from your child’s school will be in charge of administering student medications, including over-the-counter medications.* For emergency purposes, you will carry confidential student medical forms on your person at all times (unless otherwise noted by personnel from your school). Chaperones are not responsible for carrying or administering student medications (unless for your own child).

In The Bunkhouse/ Cabin- Room assignments are determined by CODS and in conjunction with your classroom teacher. If it is important for you to be placed in a bunkhouse with your child of your same gender, please let your classroom teacher know at least three weeks prior to the trip. CODS will try to honor your request, but we do not make any guarantees. Your responsibilities in the bunkhouse/cabin will include:

- ⇒ **Promoting Respect-** Please carry on the theme of being considerate of others and their property. We ask students to remove their shoes prior to entering the bunkhouse/cabin.
- ⇒ **Supervising-** Please ensure that your assigned students are under a watchful eye at all times. Unsupervised students are not permitted to return to the cabin/ bunkhouse. Please make sure that students do not have any food, electronics, or medications (other than epi-pens or inhalers) on their person or in the cabin/ bunkhouse.
- ⇒ **Preparing-** CODS is the first trip away from home for many of our students. They will need help with hygiene, rolling sleeping bags, selecting appropriate clothing, packing their backpacks for the day, etc.

At Meals- Students will sit in their town groups in the kitchen. Each chaperone has a role for each meal, and this schedule will be given to you during orientation.

VIDEO/PHOTO RELEASE: I (Name of parent) _____ give permission for Coloma Outdoor Discovery School to include video footage or photos of me in their informational and promotional materials.

Signature: _____ Date: _____

If participating in the Ropes Challenge Course, please read and sign

RISKS	PREVENTION
Getting hit by a falling object.	Be alert. Look up before walking near or under course. Wear your helmet at all times!
Hair, clothing or jewelry getting caught in pulleys or other parts of the Challenge Course.	Tie long hair back. Remove rings, dangling earrings, watches, etc. and wear proper clothing.



Adult Release and Medical Information Form



PLEASE PRINT IN INK

School Name:	Date of Attendance:	Group #:
Name:	Date of Birth:	
Physician (if applicable):	Physician's Contact Number:	
Insurance Company (if applicable):	Policy #:	
Attaching a copy of your insurance card is recommended but not required.		
In case of emergency, please contact:		
1) Name:	Relation:	
Home Phone:	Work Phone:	
2) Name:	Relation:	
Home Phone:	Work Phone:	

Do you take any prescription medications that we should be aware of?

Medication:	Dosage:	Frequency:

Do you have a condition or illness such as diabetes, asthma, allergies (food, bee stings, etc.) or other, which we should be aware of? If so, please explain (use the back of this form if necessary):

If necessary, should First Aid be given? Yes _____ No _____

What is the approximate date of your last Tetanus Shot? ____/____/____ (Not required)

15

I hereby authorize Coloma Outdoor Discovery School to provide medical, nursing or surgical care, including care rendered through the nearest physician or hospital for any emergency which may arise while I am in attendance at the Coloma Outdoor Discovery School. I will assume full financial responsibility for all medical, nursing, or surgical care, including transportation.

Signature _____ Date: _____

If you have not authorized medical treatment by your signature on the above line, please state your reasons and sign below:

Signature _____ Date: _____

Turn over to complete

Injuries or discomfort caused by improper use of harness.	Have harnesses checked by two different staff members.
Scrapes, cuts, and/or splinters.	Climb within abilities. Wear proper clothing.
Serious injury and/or death.	Wear proper safety gear. Make sure belayer is ready before you climb.
Bee Sting	Remain calm, listen and follow CODS' staff directions when near honey bee hives or any type of stinging insect.

I, _____, have read the above and fully understand the rigorous nature of the Challenge Course experience and the risks associated with it. I also realize that additional risks and/or dangers not outlined above may exist.

Signature: _____ Date: _____

**Tear Out, Fill In, and Return
to your classroom teacher 2 weeks before your trip date.**

During The Evening Program- An Evening Naturalist will be the main CODS facilitator after 4:00pm each day. This person will be in charge of dinner and the evening program. What can you do to help? Please participate, supervise and watch for respectful behavior.

At Night- The Evening Naturalist will review lights out (9:30pm) and quiet time (9:45pm) with the students before their good-night dismissal. Please let us know if you need any assistance. We are prepared to replace light bulbs, lend towels, and answer any questions. The Evening Naturalist will make sure everything is peaceful before heading home at 10:00pm. Your classroom teacher has primary responsibility to handle ill students and emergency situations between 10:00pm-7:30am.



IN CASE OF AN EMERGENCY:

- In case of a medical emergency, use 24-hour emergency phone in the Med Hut to **DIAL 911**. Tell them you are in the bunkhouses or cabins at the Coloma Resort. Give the emergency personnel the individual's medical information form.
- If you aren't sure if you have an emergency situation, alert your classroom teacher and consider phoning the Marshall Hospital emergency line: **(530) 626-2678**.
- Consult the individual's medical information form. If the individual is a student, have the classroom teacher call a parent/guardian for advice.
- **For students:** If the teacher in charge elects to personally transport the student for non-emergency medical care as requested by the parent at home, please assign another adult to accompany the student and make sure he/she has the medical information form- this allows permission to treat the child and provides related medical history. Directions to Marshall Hospital are located in the red folder in the Med Hut.



Marshall Hospital, **(530) 622-1441**
1100 Marshall Way, Placerville, CA 95667

For non-health related emergencies involving the facilities (plumbing, power, etc.),

Call Scott at: **(203) 733-3272**

CHAPERONE EXPECTATIONS

You are not in this alone! Everyone here works as a team: CODS Naturalists and administrators, the kitchen and maintenance staff, classroom teachers, and the students too! You will be busy, but previous parent chaperones have found the responsibilities manageable. Your role is *essential* to our program and we appreciate your support. In order to maintain the professionalism of CODS and to ensure a safe and positive environment for all participants, you will be expected to honor the following guidelines:

- **Tobacco, recreational drugs and alcohol are not permitted on the CODS campus.**
- Role-model student guidelines: Please do not have/use gum, candy, or electronic devices. Open-toe shoes are not allowed.
- Travel in groups of three. A group of three consists of two (2) students and one (1) adult, or two (2) adults and one (1) student.
- Use positive and appropriate language.
- Avoid conversations related to personal or controversial topics.
- Respect student modesty and privacy in the bunkhouse.
- Limit physical contact with the students (aside from general assistance and supervised activities).
- Ensure that assigned students are supervised at all times.
- While cell phone reception is NOT guaranteed, please limit your cell phone use to your break time when you are NOT supervising children.
- This is a three-day commitment. For the consistency of our program, please do not request to leave for any duration of time.

BUNKHOUSE/CABIN TIPS

- **Supervising several greenhorns overnight is often the biggest challenge for parents. Over the years, we have found the following tips to be very helpful for our chaperones:**
- **Students may switch bunks during the trip per chaperone approval.**
- **Rock Paper Scissors is the universal problem solver.**
- **All students need to talk with inside voices when inside the cabin/ bunkhouse. Please be considerate and keep the noise level down.**
- **All student items should be kept in luggage until needed.**
- **Use outside bathrooms as a group and inside bathrooms as individuals.**
- **All students should have all items ready before leaving the cabin/ bunkhouse.**
- **Replacement linens/sleeping bags can be found in the Med Hut.**
- **Bringing books and a craft/project to keep student hands busy during foot-on-bunk time or just before bed-time is well worth your effort.**
- **NO pillow fights, bunkhouse raids, midnight snacks, etc.**
- **NO GHOST STORIES.**



STUDENT EXPECTATIONS

Behavior at the Coloma Outdoor Discovery School is guided by respect: for nature, self, community members, the facility, and leaders. Students will wear a red bead on their gold pouches representing a commitment to the above. The Naturalists at CODS model these forms of respect and reinforce positive behavior. However, even with the best intentions, people make mistakes!

The behavior in question will be made aware to the student so that he/she can make an improvement. If the condition persists and the quality of education for others in the group is being compromised, a discussion will take place between the student, classroom teacher and CODS Program Director. As a last resort, parents will be contacted and required to come and pick up their student.

Each student will have the following guidelines included in his/her student handbook. Please assist us in promoting a *community of respect* at our school:

A COMMUNITY OF RESPECT



Respect for Nature: Everything in nature has a purpose, so please leave natural things where they are unless guided by a Naturalist. A stick may be a home; a rock could be protecting something else. Picking flowers takes away that plant's ability to produce seeds and return next season. Use trails to avoid unnecessary erosion.



Respect for Oneself: Drink plenty of water, eat, and sleep to replenish your body during the active days at Outdoor School. Don't get hurt by doing something inappropriate like pushing, fighting, or tree climbing. Come for activities dressed appropriately, with water bottles & a pencil. Shoes must be worn at all times. If you are feeling bad or have injured yourself, tell someone in charge.



Respect other community members: Only go in your own bunkhouse during your visit and only when a parent chaperone is there. Respect the property of others as you wish your own things to be respected. Stay on schedule so others don't have to wait for you. Seek ways to be helpful and caring.



Respect for the Coloma Outdoor Discovery School facility: Remember that other adventurers will be using this site after you. Do your best to leave it in the best possible condition. Keep your eyes peeled for litter and signs of people that don't share your high level of respect.



Respect for Leaders: The staff and parent chaperones are dedicated to making your adventure an enjoyable and memorable one. Please be attentive, follow directions and boundary guidelines at all times. Be enthusiastic and ask questions for better understanding.

HEALTH INFORMATION



- ✚ The information we request will help to ensure that your child's personal needs are met. All information disclosed to the Discovery School is strictly confidential and every effort is made to guarantee that only those staff persons and chaperones who are directly responsible for your child's safety are informed about personal medical information. Contact information will be used in situations of clarification, discipline, illness or emergency. Securely attach a separate piece of paper to the medical form should you need to elaborate on any special medical circumstances.

MEDICATION FROM HOME

- ✚ Medications, including over-the-counter medications, can only be administered by designated trained personnel, usually a teacher, from your child's school, provided that the Medical information and Release Form is signed by an authorized health care provider and the parent/guardian.
- ✚ **The Coloma Outdoor Discovery School *does NOT* stock any over-the-counter medications including:** antiseptic and/or topical ointments, poison oak remedies, vitamins, insect bite remedies, allergy remedies (Benadryl, etc.), cold remedies, and non-aspirin substitutes. These medications, as well as prescriptions, must be included on the Medical Information and Release Form and packaged individually in pharmacy-prepared containers (with only the amount to be administered) and given directly to personnel at your school. Medication labels must include: student's name, health care provider, name of medication, dose of medication, as well as method and time of administration.
- ✚ Students can be permitted to carry inhalers and epi-pens provided that the authorized physician has verified that the student is competent to self-administer medication or per your schools policy.



★ PARENTS ★

Please complete the Medical Information and Release Form given to you by your classroom teacher. This form is required by CODS and will be collected two weeks prior to the trip date.

2 DAY TYPICAL SCHEDULE

DAY 1	
10:30am	Arrive at CODS, Use the restroom, Unload luggage
11am-12:30pm	Adults to orientation, bring lunch
11am-3:50pm	Students to live the Gold Rush, bring lunch
3:50pm	All present for the first Town Meeting
4:30pm	Move into Bunkhouses/Cabins and get prepared for evening program
5:00pm	Fire drill, then straight to...
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time (chaperones on a break)
6:50pm	Meet in the Kitchen
7:00- 8:00pm	Hoe-Down! Then straight to...
8:00- 8:30pm	Campfire, We love campfires!
8:30- 9:30pm	Hygiene and get ready for bed
9:30pm	Lights Out
9:45pm	Quiet time, Good Night
DAY 2	
6:45am	Rise and Shine! Hygiene, cleanup & move out
7:50am	Head to kitchen for breakfast
7:55am	Meet for breakfast in kitchen
9:00am	Meet your Naturalist in kitchen, Clean cabin award will be announced
9:00am-12:45pm	Explore the State park with a hike lunch
12:45pm	Load cars/ Bus and say goodbye
1:00pm	Departure

We may amend parts of this schedule due to fluctuating departure/arrival times of individual schools, weather restrictions, or other unforeseen circumstances.

3 DAY TYPICAL SCHEDULE

DAY 1	
10:30am (11am Wed)	Arrive at CODS, Use the restroom, Unload luggage
11:00am– 12:30pm	Adults to orientation, bring lunch
11:00am– 3:50pm	Students to live the Gold Rush, bring lunch
3:50pm	All present for the first Town Meeting
4:30pm	Move into Bunkhouses/Cabins and get prepared for evening program
5:00pm	Fire drill, then straight to...
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time (chaperones on a recess)
6:50pm	Meet in the Kitchen
7:00– 8:00pm	Hoe-Down! Then straight to...
8:00– 8:30pm	Campfire, We love campfires!
8:30– 9:30pm	Hygiene and get ready for bed
9:30pm	Lights Out
9:45pm	Quiet time, Good Night
DAY 2	
7:00am	Rise and Shine! Hygiene, Be ready for breakfast with backpack
7:55am	Meet for breakfast in kitchen
9:00am	Meet your Naturalist in kitchen
9:00am– 4:00pm	Hike the Monroe Ridge and explore the State Park with a hike lunch
4:15– 5:15pm	Feet on bunk time with optional shower time
5:15pm	Meet for evening dinner announcements
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time (chaperones on a recess)
6:50pm	Meet in the Kitchen
7:00pm	Native American Presenter
8:30– 9:30pm	Hygiene and get ready for bed
9:30pm	Lights Out
9:45pm	Quiet time, Good Night

DAY 3	
6:45am	Rise and Shine! Hygiene, cleanup & move out
7:50am	Head to kitchen for breakfast
7:55am	Meet for breakfast in kitchen
9:00am	Students begin closing activities with their naturalist Teachers & chaperones remain for departure meeting
10:15am (Fri 10:45am)	All Present for the Final Town Meeting followed by a Deli lunch, Clean Cabin Award Announced
11:45am (Fri 12:15pm)	Load Bus and Say Goodbye
12:00pm (Fri 12:30pm)	Departure

We may amend parts of this schedule due to fluctuating departure/arrival times of individual schools, weather restrictions, or other unforeseen circumstances.

4 DAY TYPICAL SCHEDULE

DAY 1	
10:30am	Arrive at CODS, Use the restroom, Unload luggage
11:00am– 12:30pm	Adults to orientation, bring lunch
11:00am– 3:50pm	Students to live the Gold Rush, bring lunch
3:50pm	All present for the first Town Meeting
4:30pm	Move into Bunkhouses/Cabins and get prepared for evening program
5:00pm	Fire drill, then straight to...
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time (chaperones on a recess)
6:50pm	Meet in the Kitchen
7:00– 8:00pm	Hoe-Down! Then straight to...
8:00– 8:30pm	Campfire, We love campfires!
8:30– 9:15pm	Hygiene and get ready for bed
9:15pm	Lights Out
9:30pm	Quiet time, Good Night

DAY 2 & 3	
7:00am	Rise and Shine! Hygiene, Be ready for breakfast with backpack
7:55am	Meet for breakfast in kitchen
9:00am	Meet your Naturalist in kitchen
9:00am- 4:00pm	Hike the State Park! & hike lunch OR Climb the High Ropes with a Burger Lunch
4:15- 5:15pm	Feet on bunk time with optional shower time
5:15pm	Meet for evening dinner announcements
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time (chaperones on a recess)
6:50pm	Meet in the Kitchen
7:00pm	Night 2: Native American Presenter Night 3: Construction Challenge
8:30- 9:15pm	Hygiene and get ready for bed
9:15pm	Lights Out
9:30pm	Quiet time, Good Night
DAY 4	
6:45am	Rise and Shine! Hygiene, cleanup & move out
7:50am	Head to kitchen for breakfast
7:55am	Meet for breakfast in kitchen
9:00am	Students begin closing activities with their naturalist Teachers and chaperones remain for departure meeting
11:00am	Lunch, Clean Cabin Award Announced
11:45am	Load Bus and Say Goodbye
12:00pm	Departure

We may amend parts of this schedule due to fluctuating departure/arrival times of individual schools, weather restrictions, or other unforeseen circumstances.

FREQUENTLY ASKED QUESTIONS

- **Will I have any breaks?**

Be prepared for an active schedule! chaperones receive a 30 minute “recess” each evening during teacher time. This is a good opportunity for showering. Wi-Fi is available to you to check your messages at this time.

- **Why can't I be in my child's group?**

Outdoor school is an opportunity to *grow* for many children. We've found that students perform better when independent from mom and dad. Your child will appreciate you supporting others and the two of you will have times to connect: at meals, free time, during the evening program, and in the bunkhouses (if specifically requested).

- **Is there poison oak at CODS?**

There is poison oak along the trail in the State Park. For this reason, we request that students hike in long pants. The students will learn about both helpful and harmful plants along the trail.

- **Where's the hot tub?**

Yeah right! You won't find anything in our literature containing the words “relaxing” and “getaway”, however, your responsibilities at CODS are shared and reasonable. We guarantee a fulfilling experience.

- **How demanding is the Monroe Ridge Hike Day?**

You have from 9am to 4pm to explore the State Park and hike the trail. The hike is moderate and taken at a 4th grade appropriate pace. The day can be physically demanding for certain adults as it involves 5 to 6 miles total of walking with a moderate elevation gain of approximately 800 ft.

- **Is there cell reception at CODS?**

Cell reception is not guaranteed. *There are no payphones on campus; however, Wifi is available to check email or Skype® your family members.* Please refrain from using electronic devices while supervising students as you will be asked to put your cell phone on airplane mode while supervising students.

- **4 Day Program: Will I be able to participate on the high ropes course?**

Potentially. Naturalist facilitators structure time on the high course with students as priority. If time permits, adults will be invited to participate as well.

MORE INFORMATION ABOUT CODS

Ropes Challenge—Did you know we offer additional programs? This program allows both individuals and groups to be challenged through a series of initiatives that begin on the ground and progress to more ambitious heights. This program is ideal for organized groups of 15 or more people, grades five to adult.



Science Program- Did you know that our naturalists love to lead fourth, fifth and sixth graders through active investigations involving the American River watershed, water/life cycles, and the ecosystems that sustain life on Earth? Students will explore our Eco Campus, honey-bee hives, live chickens, and pond area!

Coloma Resort- Coloma Resort, home of CODS, is a full-service campground that offers site reservations when our school is not in session. Return with your family during the summer and enjoy activities such as: tubing, fishing, rafting, and of course...gold panning! Visit www.colomaresort.com for more information.

Coloma Resort General Store- Forget something? The store offers convenience items, souvenirs, and non-alcoholic beverages. The best time to visit the store is just after your hike or on your final day. *parents only, please! Shopping is NOT part of our fun-filled academic program.*

Our Naturalists- People often inquire about our wonderful staff. Our Naturalist team is carefully selected from applicants who have a minimum of a BA or BS and 6 or more months teaching experience. Naturalists participate in a comprehensive training, yet, the strength of our program comes from the unique talent and energy that each contributes.

Opportunity Reaching Everyone (O.R.E.)- Each year CODS, is committed, through the "ORE" Program, to offer a number of scholarships to students who are unable to attend our amazing, experiential learning programs because of their financial limitations. The objective is to provide a "lucky strike" for teachers who have exhausted all resources. ORE is unable to accommodate every request and many attending schools must cancel their experiences due to lack of funding. If you, your workplace, or someone you know, might be interested in sponsoring a student, classroom, or school, please contact us!

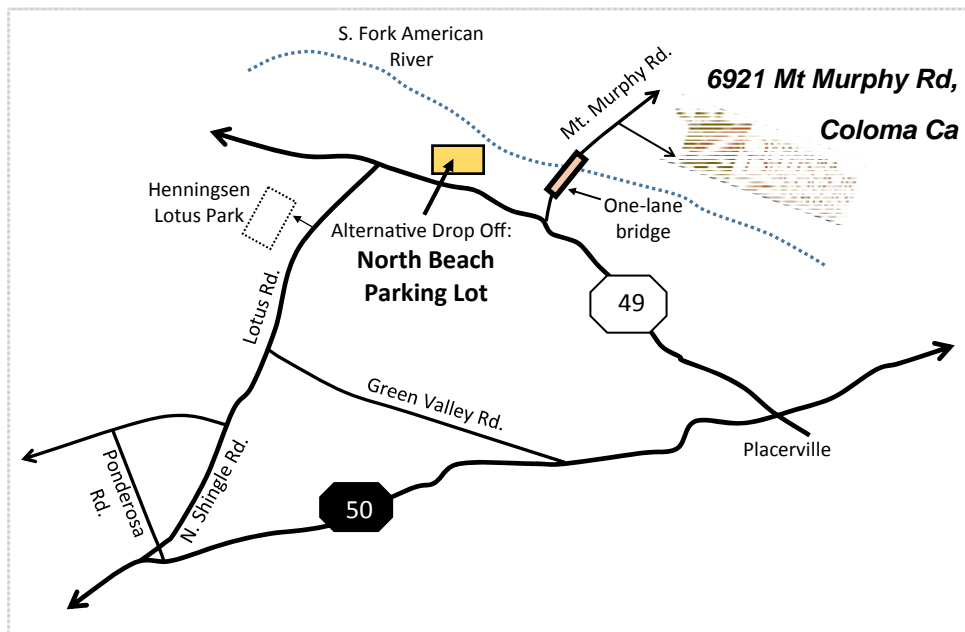
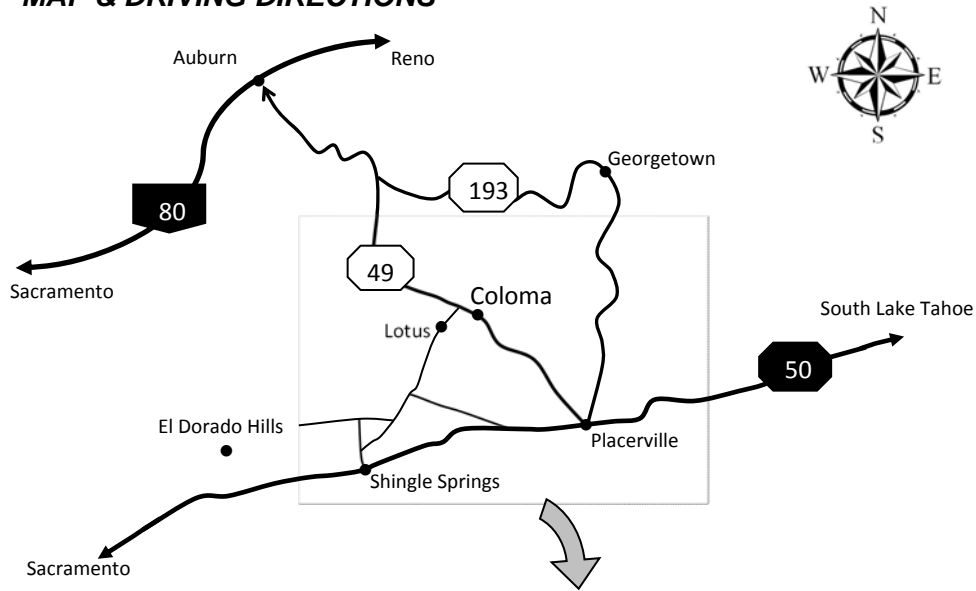
Find us on Facebook  **and Follow us on Twitter**  - Keep up to date by joining us on Social Media! Please share your ideas relating to pre or post program tips, examples of student eco-actions, or your favorite tidbits from your experience!

Donations: We are always excited to receive new or used donations for our students' use. We find the following extremely helpful:

- Free time equipment: balls, jump ropes, board games, card games
- Warm jackets
- Rain coats or ponchos
- Re-usable water bottles
- Student sized backpacks
- Closed-toe shoes and socks

Thank you in advance for your tax deductible gift.

MAP & DRIVING DIRECTIONS



From Hwy 50:

Take Hwy 50 east toward S. Lake Tahoe. Exit at Ponderosa/North Shingle Rd (about 30 miles east of Sacramento). Turn left over Hwy 50 and make an immediate right on North Shingle Rd. North Shingle will become Lotus Rd. Follow Lotus Rd. to Highway 49. Turn right on Highway 49 and drive ¾ mile to Mt. Murphy Rd (just after Sutter’s Mill) and turn left. Cross over the one-lane bridge and make an immediate right into Coloma Resort. Please check in at the office to the left of the wooden gate.