



*California Gold Rush Adventure*

## **Student Handbook**

2019/2020 Edition

P.O. Box 484 • Coloma, CA 95613 • [www.cods.org](http://www.cods.org)  
(530) 621-2298



*Printed on recycled paper.*

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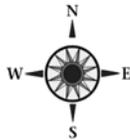
## **Welcome!**

Dear Outdoor Education Student and Family,

Your teachers have decided that in addition to learning about the Gold Rush in the classroom, they'd like you to *live* California history right where it all began—in Coloma. With the help of the Coloma Outdoor Discovery School (CODS) Naturalists, volunteer parent chaperones, and of course, your classroom teacher(s), you will experience life as a 49'er. Get ready to participate!

This booklet is for you and your family. Carefully read through your handbook with a parent so that everyone is prepared for your journey to Coloma. You will find the answers to many of your questions such as: Where is CODS? What should I bring? What are we going to be doing? Families, we'll take good care of your "greenhorns" and turn them into real "sourdoughs."

Our entire school staff is busy making plans for the arrival of your stagecoaches. We can't wait to meet you and help show you around. Should you or your parent have any other questions or concerns, please visit our website or contact your classroom teacher.



Sincerely,

Your Friends at CODS

*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 stompin’ 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 an 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.

☆ **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.

☆ **CONTACTING STUDENTS**

The best way to communicate with students at CODS is by writing! Many teachers hand out letters from home. **We ask parents to prepare an 1849 letter for their "greenhorn" and give it to the classroom teacher at least one week prior to the departure date. PLEASE DO NOT MAIL LETTERS DIRECTLY TO COLOMA.** Our e-mail is for office-related use only. In case of emergency, please call (530) 621-2298. Students *will not* be allowed to use the phone while at CODS

☆ **PARTICIPANT 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.

## **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 designated 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 detailed list of ingredients can also be found on our website  
**[www.CODS.org](http://www.CODS.org)**

## **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, vegenaïse, 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

### ✦ **Chicken Tender Dinner:** (4 day program only)

Chicken Tenders, seasoned potato wedges, mac and cheese, baby green beans

Salad Bar: organic baby spring mix, romaine and tomatoes, seasonal salad bar vegetables, sunflower seeds, croutons. Choice of ranch or balsamic dressing

Beverages: Milk (or soy), water

Dessert: Sugar cookies (Allergen cookies upon request)

## 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!



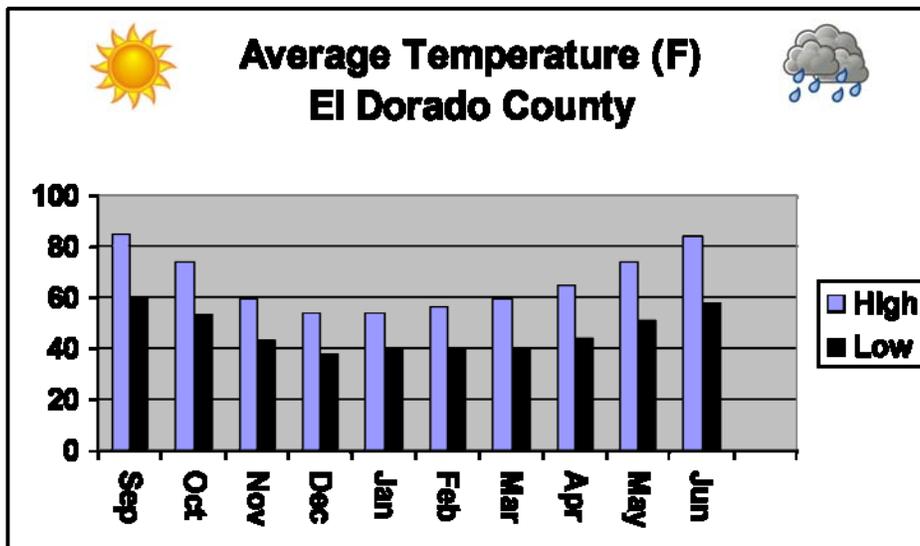
We have limited items that can go to our Bee Love Farms compost boxes, chickens and worm boxes. Such items include vegetables, paper napkins, and some fruits.

## 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**

We hope that packing for CODS will become a lesson in travel preparation and personal responsibility. Do not bring anything that you worry about getting dirty. Please limit luggage to one backpack, one suitcase or duffel bag, sleeping bag and pillow. Some things will be packed in your backpack so that you may use them as soon as you arrive.

**Label everything with your first and last name! CODS is not responsible for lost or stolen items.** Less is more – please stick to the recommended items while packing.

## **PARENTS CHECKLIST**

- Send check payable to child's school to classroom teacher
- Complete, and return medical form to classroom teacher
- Make sure your child has packed "weather appropriate" clothing— clothing that can be layered is imperative!
- Place name tags on luggage—make sure all items are labeled!
- Prepare any medications and turn into classroom teacher at least 2 days in advance of your trip.
- Pack a first day sack lunch—please prepare healthy, low-sugar food and use minimal packaging (please keep nut free)

## **STUDENT: WHAT TO PACK IN YOUR DAY PACK**

- No backpack with wheels
- Sack lunch for arrival day
- Water bottle (16 to 32 oz) Bring 2 when its Hot!
- Waterproof rain coat or Poncho
- Pencils
- Lip balm
- Hat or beanie
- Sunscreen

### **WHAT TO PACK IN YOUR LUGGAGE FOR ALL PROGRAMS:**

#### **Don't forget these essential items:**

- Sleeping bag
- Pillow
- 2 pairs **closed-toe** walking shoes. No skate shoes
- Day use back pack (SEE PACK LIST ABOVE)
- Water bottle (32oz recommended)

#### **Winter / Rain items:**

- Warm coat
- Warm hat
- Gloves or mittens
- Waterproof boots
- Extra socks



**2 DAY 1 NIGHT PROGRAM**  
**ADDITIONAL ITEMS TO BRING**

- 1 pair long pants
- 1 pair of shorts (when hot)
- 2 sets underwear
- 2 t-shirts
- 2 pair socks
- Book (optional)
- Fitted single-size mattress sheet (optional)
- Flashlight (optional)
- Hair brush/comb & hairband (if needed)
- Laundry bag or plastic bag
- Wristband or pump spray insect repellent
- Sleepwear
- Toothbrush & paste
- Warm sweatshirt or jacket
- Washcloth towel (optional)

**3 DAY 2 NIGHT PROGRAM**  
**ADDITIONAL ITEMS TO BRING**

- 2 pairs long pants (1 pair required for hiking, 1 clean pair for evening program)
- 1 pair of shorts only when hot (Shorts are not permitted on Hike Day)
- 2-3 sets underwear
- 2-3 t-shirts
- 3 pair socks
- book (optional)
- Fitted single-size mattress sheet (optional)
- Flashlight (optional)
- Hair brush/comb
- Hair band to put long hair back
- Laundry bag or plastic bag
- Wristband or pump spray insect repellent
- Sandals or flip-flops (for shower use only)
- Sleepwear
- Swimsuit (for showering only)
- Toothbrush & paste
- Warm sweater/sweatshirt or jacket
- Washcloth, towel & soap

**4 DAY 3 NIGHT PROGRAM**  
**ADDITIONAL ITEMS TO BRING**

- 2 pairs long pants (1 pair required for hiking, 1 clean pair for rest of program)
- 2 pair of shorts only when hot (Shorts are not permitted on Hike Day)
- 3-4 sets underwear
- 3-4 t-shirts
- 4 pair socks
- book (optional)
- Fitted single-size mattress sheet (optional)
- Flashlight (optional)
- Hair brush/comb
- Hair band to put long hair back
- Laundry bag or plastic bag
- Wristband or pump spray insect repellent
- Sandals or flip-flops (for shower use only)
- Sleepwear
- Swimsuit (for showering only)
- Toothbrush & paste
- Warm sweater/sweatshirt or jacket
- Washcloth, towel & soap

***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
- Shoes and socks

Thank you in advance for your tax deductible gift.

**Do Not Bring:**

Snacks/candy/gum, recreation equipment (unless it is for donation: footballs, Frisbees, baseballs, etc.), electronic devices (cell phone, radio, iPod, video camera, video games, etc.), money, hair drier, curling iron, chemical hand warmers, pets, jewelry, make-up, watches, knives, matches, walking sticks, perfume, slip-on or open-toed shoes (except for showering purposes), skate shoes, or things of great value that could be lost or stolen.

## **2 DAY TYPICAL SCHEDULE**

<b>DAY 1</b>	
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
<b>DAY 2</b>	
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**

<b>DAY 1</b>	
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
<b>DAY 2</b>	
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

<b>DAY 3</b>	
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***

<b>DAY 1</b>	
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

<b>DAY 2 &amp; 3</b>	
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! with a 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
<b>DAY 4</b>	
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 find REAL GOLD?**

Eureka! There is real gold in that pay dirt, but it's up to you to find it!  
We'll give you the gold vial... good luck!

- **Is there any free time?**

Yes! Anywhere on the schedule you see the words "free time," you may choose from the following options: field games, quiet table games and gold panning.

- **Will I see wild animals?**

Maybe. We share our campus with many foothill critters: deer, squirrels, raccoons, skunks, foxes, snakes, and hawks, just to name a few. Your best chance to see wildlife is on the journey through the State Park.

- **Do I get to shower? (3 and 4 day programs only)**

Absolutely, just check your typical program schedule for assigned optional shower time. At CODS students wear their swimsuits and take one minute showers. If the weather is cold, we don't recommend washing your hair.

- **Do I have to try the high ropes course? (4 day programs only)**

CODS believes in "Challenge By Choice." This means that you get to decide your challenge... Because every person is different, challenges are different. We'll encourage you to try something you've never tried before.

- **Do people ever fall while on the high ropes course? (4 Day Program Only)**

Rarely. However, if someone were to fall, he or she is securely harnessed to a belay line, and does not fall to the ground.

## ***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](http://www.colomaresort.com) for more information.



## 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.***

## 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.

I, \_\_\_\_\_ (please sign),

*promise to behave respectfully while at  
Coloma Outdoor Discovery School.*



*Please recycle this booklet.*