



Eco-Science Exploration

Chaperone Handbook

2019/2020 Edition

P.O. Box 484 • Coloma, CA 95613 • www.cods.org

(530) 621-2298



Printed on recycled paper.

TABLE OF CONTENTS

Welcome	3
About Our Program	4-5
General Information	6-7
Typical Menu	8-10
Frequently Asked Questions	10
Health Information	
Medication From Home	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	
Full Value Contract	19
3 R's	
Weather at CODS	20
Pack List	21
2 Day Typical Schedule	22
3 Day Typical Schedule	23-24
4 Day Typical Schedule	24-25
More Information About CODS	26
Map & Driving Directions	27



Welcome!

Dear parent chaperones,

Welcome to the 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 experience. We hope that your time spent here is equally rewarding.

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

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 parent 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 parent chaperones who have found that their experience at CODS exceeded their 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 ECO-SCIENCE EXPLORATIONS

Earth...the Great Recycler.

Using the Earth as their classroom, students will actively investigate and explore the extraordinary ecosystems, waterways and/or geology of the Sierra Nevada foothills. Exploring the Earth's cycles through hands-on activities and authentic observation opportunities, students will attain first-hand knowledge of concepts such as sustainable farming, nutrient cycles, weathering and erosion. Students will discover where our water comes from and even the astonishing aquatic life within. We expect that students will head home with the understanding that they too are connected to the Earth's systems. This program integrates Common Core and California Next Generation Science standards for 4th through the middle grades. Get ready to view the Earth in a whole new way!

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

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.

Your teacher is working hard with the CODS staff to meet the goals that are specific to your community of learners! Depending on your group's needs, the activities that you do here at CODS will vary.

They might include: group initiative games/low ropes, high ropes elements, garden science, water studies, or a geology hike. There's lots of great adventures here in Coloma, *but please know that you may not have time to do them all.*

Program Highlights:

What goes around eventually comes around!

🌀 Group Initiatives

Imaginary scenarios are created that challenge groups to plan, experiment, concentrate, and communicate. The trust formed during this segment creates the foundation needed to perform more difficult challenges.

Examples include, but are not limited to: "Peanut Butter, Booger Snot, Fire River", "Trolleys", "The Silent Opera", and "Tank."

🌀 Garden Science

- ⇒ Why is nitrogen important and how does it cycle around the Earth?
- ⇒ How can worms and chickens help sustain a healthy vegetable garden?
- ⇒ Why are bees critical to human survival and how do they live?

Using the garden as their classroom, students will explore the nitrogen cycle and learn how molecules of nitrogen travel through the ecosystem. They will get up close and personal with the CODS chicken flock and safely observe a live honeybee hive. Students will learn the secrets of composting and why sustainable farming is important for the health of the individual, the community and the Earth as a whole.

🌀 Water Science

- ⇒ What is a watershed and how do our actions affect it?
- ⇒ How does water cycle around our planet?
- ⇒ What type of creatures can we find that depend on clean water?

As scientists, students will watch in real-time how water moves through the environment. By interacting with our hands-on watershed model, students will learn how humans affect water quality and flow. Using scientific investigation, students will explore and observe our CODS' Eco campus pond for living organisms and use investigative tools to identify them. Students will then evaluate what the results mean to the plants, animals and people living in the American River watershed.

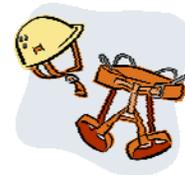
🌀 Geology Hike

- ⇒ How can geological features affect a watershed?
- ⇒ What types of rock can be found in the Sierra Foothills: igneous, metamorphic, or sedimentary?
- ⇒ How does energy travel through the ecosystem?
- ⇒ How have humans changed the face of the earth?

Students will explore the banks of the South Fork American River on foot observing the geological beauty that took millions of years to create while also investigating how energy travels through the ecosystem's living organisms. Student explorers will study the different types of rock and unique geological features that can be found in our picturesque and peaceful Coloma Valley.

🌀 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, Eco-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.

☆ **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.

☆ **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 a letter and give it to the classroom teacher prior to your departure date.

☆ **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.

☆ **STUDENT FREE TIME**

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

- ⇒ 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 name tag 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.

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

- ✦ Day 1: apple or mandarin and string cheese
- ✦ Day 2 & 3: carrots, apple, and pretzels

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:** (2 & 4 day program only)
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)
- ✦ **Argonaut Pizza Lunch:** (3 & 4 day programs with science)
Organic cheese or pepperoni pizza, garden salad with organic mixed greens, cherry tomatoes, organic cucumbers, sunflower sprouts, and sunflower seeds, and a sugar cookie or Lucy's sugar cookie served with Ice water with lemon. Condiments: red pepper flakes, oregano basil and sage shaker, house made yogurt ranch dressing
- ✦ **Burger Lunch:** (3 day ropes only program)
1/3 pound beef hamburger, or vegan garden burger on a sesame seed burger bun, Monterey jack cheese slice, artisan baby romaine lettuce, organic sliced tomatoes, red onion, kosher dill pickle, sea salt kettle chips, whole fresh fruit (organic when available), sea salt kettle potato chips
Condiments: organic ketchup, organic mustard, vegenaïse,
Beverages: Lemonade with orange slices, water with lemon
- ✦ **Deli Lunch:** (Departure lunch for 3 & 4 day program only)
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

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, Tapatio 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)

- 🍴 **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)

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).

- **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.

- **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 FaceTime 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.

- **Will I be able to participate on the high ropes course?**

Potentially, If your group is scheduled to participate on the high ropes challenge course. Naturalist facilitators structure time with students as a priority. If time permits, adults will be invited to participate as well.



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.

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 Team group 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 your classroom teacher in conjunction with CODS. 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. They 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 team 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 students 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

The Naturalists at CODS model 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 the *Full Value Contract* at our school:

FULL VALUE CONTRACT

In order to create a fun, safe environment for everyone, CODS has created the Full Value Contract, an agreement to value oneself, community members and the learning experience. Please read each guideline, and sign below so you understand what is expected and accepted at CODS.



Encouragement: Because the Ropes Challenge program stretches individuals beyond their physical and emotional comfort zones, being supportive to others is essential. Each individual is responsible for using positive language and gestures.



Personal Responsibility: Individual choices and actions can make or break a team. Always come for activities on time, prepared (water bottles full and bladders empty) and dressed appropriately. Drink plenty of water, eat, and sleep to replenish your body during the active days at CODS.



Conflict Resolution: Working as a team can be challenging! Feelings of frustration are sometimes created by team building activities. You will learn ways to think about, express, and overcome your feelings in a respectful manner.



Commitment: Be prepared to give 100%! You have unique qualities and skills to contribute to the group. Set an example for your peers by being involved and following directions.



Self-Empowerment: You can go beyond your perceived limits! While at CODS, Naturalist Facilitators will encourage you to challenge yourself. For some people, this might be completing a team challenge, for others, climbing on the high ropes. Whatever the task, it is important to not underestimate the abilities of yourself or others.

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!



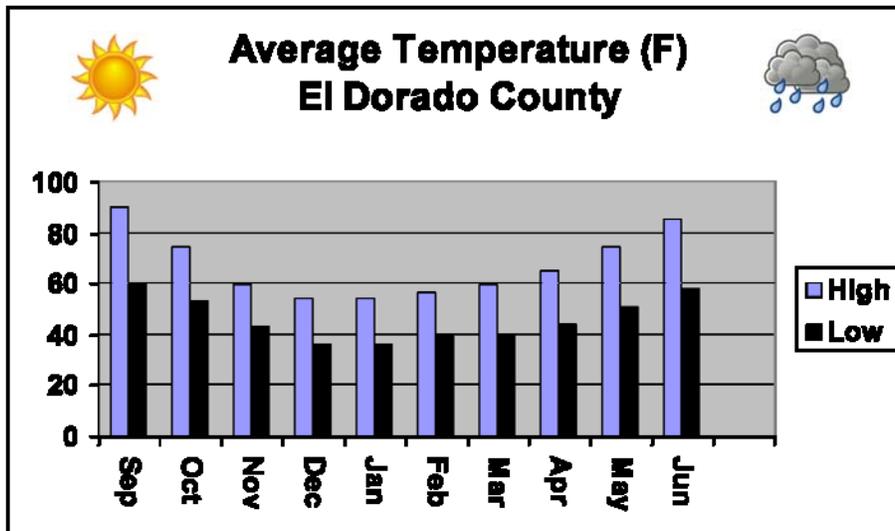
We have limited items that can go to our Bee Love Farms compost boxes, chickens and worm boxes. Such items include vegetables, paper napkins, and some fruits.

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
- 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
- Things of great value that could get lost or stolen

2 DAY TYPICAL SCHEDULE

DAY 1	
10:30/11:30am	Arrive at CODS, Use the restroom, Unload luggage
11am-12:30pm	Adults to orientation, bring lunch
11am-3:50pm	Students to start activity session 1, bring lunch
3:50pm	All present for the first Team Meeting
4:30pm	Move into 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- 8:15pm	Construction Challenge! Then straight to...
8:15- 8:45pm	Campfire, We love campfires!
8:45- 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	Activity session 2 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/11:30am	Arrive at CODS, Use the restroom, Unload luggage
On arrival	Adults to orientation, bring lunch
Arrival- 3:50pm	Students to start activity session 1, bring lunch
3:50pm	All present for the first Team Meeting
4:30pm	Move into 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/ Chaperone free time
6:50pm	Meet in the Kitchen
7:00- 8:15pm	Evening Activity 1 (Ex: Construction Challenge)
8:15- 8:45pm	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- 12:00pm	Activity session 2
12:00- 1:00pm	Lunch: Science Pizza or Ropes Hamburger Lunch
1:00-4:00pm	Activity session 3
4:15- 5:15pm	Feet on bunk time
5:15pm	Meet for evening dinner announcements
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time/ Chaperone free time
6:49pm	Meet in the Kitchen
7:00- 8:15pm	Evening Activity 2 (Ex: Geology Presentation)
8:15- 9:30pm	Optional Shower Time, Hygiene and prepare 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 Team Activities with their Naturalist Teachers and Chaperones remain for departure meeting followed by a Deli Lunch Clean Cabin Announced at Lunch
12:00 (Fri 1pm)	Load Cars/ Buses & Say Goodbye

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
On arrival	Adults to orientation, bring lunch
Arrival- 3:50pm	Students to start activity session 1, bring lunch
3:50pm	All present for the first Team Meeting
4:30pm	Move into 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/ Chaperone free time
6:50pm	Meet in the Kitchen
7:00- 8:15pm	Evening Activity 1 (Ex: Construction Challenge)
8:15- 8:45pm	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 & 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	Day 2: Activity session 2 & 3, with Lunch (Pizza or Burger) Day 3: Activity session 4 & 5, with a Hike Lunch
4:15– 5:15pm	Feet on bunk time
5:15pm	Meet for evening dinner announcements
5:30pm	Dinner, free time to follow
6:20pm	Teacher Time/ Chaperone free time
6:50pm	Meet in the Kitchen
7:00pm	Evening Activity 2 (Ex. Night Time Activities) Evening Activity 3 (Ex. Geology Presentation)
8:15– 9:30pm	Optional Shower Time, hygiene and get ready for bed
9:30pm	Lights Out
9:45pm	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.

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.

Gold Rush History—Travel back in time, to 1849... Our living history program, designed for 4th grade, celebrates 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.

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!

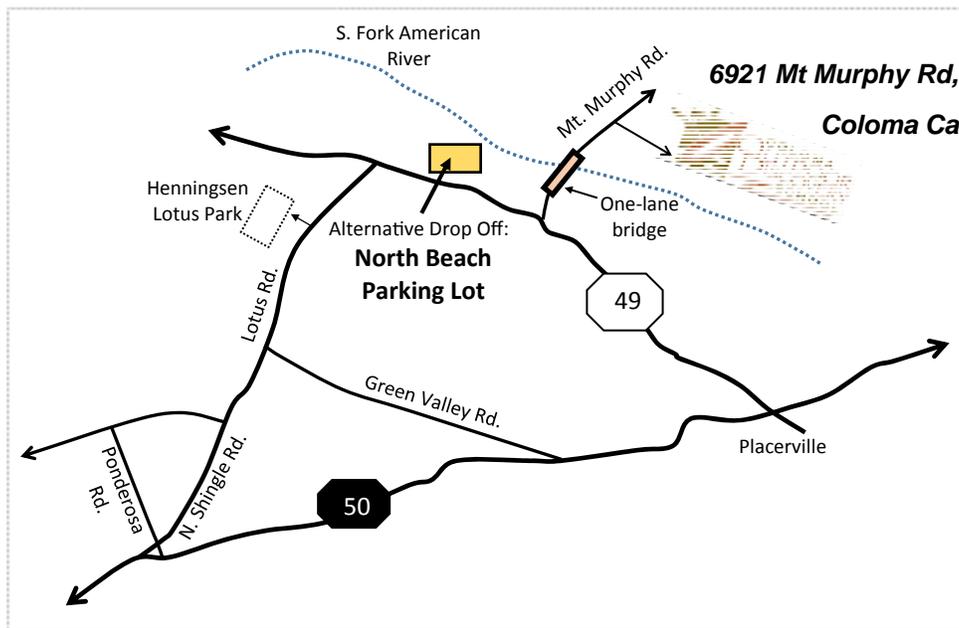
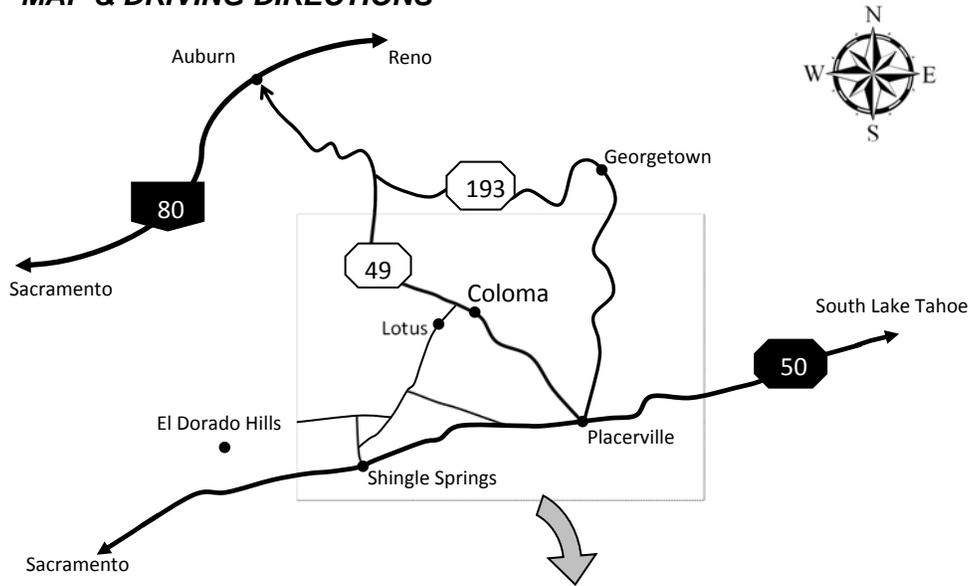
Find us on Facebook  **and Follow us on Twitter**  - Keep up to date by joining us on Social Media! Please share your ideas relating to pre or post program tips, examples of student eco-actions, or your favorite tidbits from your experience!

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
- 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.