



*Eco-Science Exploration*

## **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.*

## TABLE OF CONTENTS

|  |       |
|--|-------|
| Welcome                                    | 3     |
| About Our Program                          | 4-5   |
| General Information                        | 6-7   |
| Typical Menu                               | 8-10  |
| Frequently Asked Questions                 | 10    |
| Health Information<br>Medication From Home | 11    |
| 3 R's<br>Weather at CODS                   | 12    |
| Pack List                                  | 13-15 |
| 2 Day Typical Schedule                     | 16    |
| 3 Day Typical Schedule                     | 17-18 |
| 4 Day Typical Schedule                     | 18-19 |
| Full Value Contract                        | 20    |



## **Welcome!**

Dear Outdoor Education Participant Student and Family,

Your teachers have decided that they would like you and your classmates to be challenged on a whole new level. CODS has two exciting experiences that you will soon be a part of – Ropes Challenge and Science. *Ropes Challenge* is an exciting physical, mental, and emotional growth experience on the ropes course. This program is designed to increase each individual's self esteem and skills in communication, problem-solving, team development, and leadership in a safe and fun atmosphere. If your teachers chose our science program, they have decided that in addition to learning in the classroom, they'd like you to *experience* science right where it is taking place—outside.

With the help of CODS educational Naturalist Facilitators, volunteer Parent Chaperones, and of course, your classroom teacher(s), you will experience challenge education at its finest, you will see our amazing Earth in a whole new way. Get ready to participate!

This booklet is for you and your family. Carefully read it so that you are 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 do?

Our entire school staff is busy making plans for the arrival of your school. 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 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 4<sup>th</sup> 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, Science Exploration, or 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 from 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 cabins/ bunkhouses 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 toilet and sink. Additional shower houses are available for student use. Visiting teachers stay in separate, centrally located accommodations. Aside from the cabins and a small clubhouse, all teaching and meeting areas are outdoors or under covered, outdoor areas.

**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 adults will be oriented to emergency policy and procedures upon arrival at CODS.



### ☆ **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 a letter for their “science explorer” 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 ext. 321 Between the hours of 8:30am-4:30pm, after 4:30pm call (530) 621-2298 ext. 318. Students *will not* be allowed to use the phone while at CODS.

### ☆ PROGRAM FEES

Please visit our website for a current price list. Fees include room and board, instruction, and program supplies. 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.

*After confirming attendance with your teacher no later than 1 month prior to your scheduled trip, a refund (minus a 20% administrative fee) will only be granted for students who fall ill within three days prior to the arrival date. The illness must be verified by a classroom teacher and reported to CODS. Refund money will be sent directly to your school.*

### ☆ 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.

### ☆ PARTICIPANT EXPECTATIONS

Behavior at CODS is guided by the Full Value Contract. Naturalist Facilitators model these expectations and reinforce positive behavior, however, even with the best intentions, people make mistakes! The behavior in question will be made aware to the individual so that s/he 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 individual, classroom teacher and Program Director. As a last resort, parents will be contacted and required to come and pick up their child.

### ☆ KITCHEN PRIVLEDGE (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 of the kitchen.



## **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**

- ✦ 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, 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)

🦋 **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**

- **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.

**If scheduled to participate in the High Ropes Course see questions below:**

- **Do I have to try the high ropes course?**

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?**

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

- **When do we get to try the high ropes course?**

Your Naturalist is planning your program schedule, they can tell you when you climb once you get here! You may even be a climber on the first day!

### **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.***

## 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!



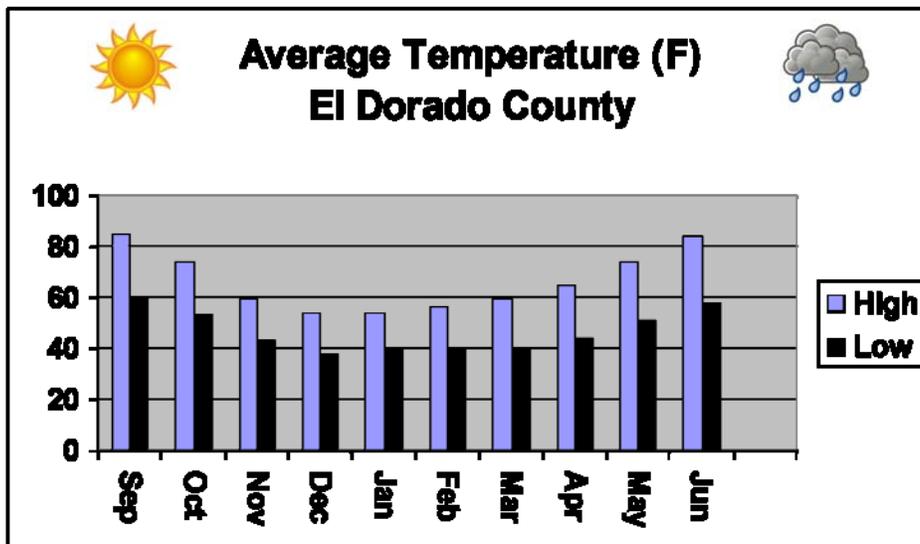
We have limited items that can go to our Bee Love Farms compost boxes, chickens and worm boxes. Such items include vegetables, paper napkins, and some fruits.

## 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 required. 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**

- 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 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

**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>   |   |
|----------------|---|
| 10:30/11:30am  | 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  |
| <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,<br>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**

| <b>DAY 1</b>    |   |
|-----------------|---|
| 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!                                  |
| 8:45- 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- 12:00pm | Activity session 2  |
| 12:00- 1:00pm   | Lunch: Science Pizza Lunch or Ropes Burger 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  |

| <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 Team Activities with their Naturalist<br>Teachers and Chaperones remain for departure meeting followed by a Deli Lunch<br>Clean Cabin Announced at Lunch |
| 12:00 (Fri 1pm) | Load Cars/ Buses &<br>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***

| <b>DAY 1</b>    |   |
|-----------------|---|
| 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!                          |
| 8:45- 9:30pm    | Hygiene and get ready for bed                         |
| 9:30pm          | Lights Out  |
| 9:45pm          | 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–<br>4:00pm    | Day 2: Activity Session 2 & 3, with Lunch (Pizza or Burger)<br>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)<br>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  |
| <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<br>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.**

## **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.

I \_\_\_\_\_ (please sign), have read the Full Value Contract, and agree to make decisions that will reflect the above guidelines while at CODS. I understand that I may be dismissed from participation for refusing to follow through with my contract.