

St. Margaret's School River Day Program

Near the beginning of each year, St. Margaret's takes time to allow each student to explore one region of the Rappahannock and Chesapeake Watershed from the origins of the river to the Atlantic Ocean. This year we will each class will spend at least one overnight September 17-19 in the following locations.

8th Grade—To the Headwaters at Shenandoah National Park

9th Grade—Exploring the flowing Rappahannock near Fredericksburg, VA

10th Grade—Enjoying the Tidal Rappahannock, near Tappahannock, VA

11th Grade—Learning about the Chesapeake Bay on Tangier Island

12th Grade—Out to the Ocean at Virginia Beach, VA

Following is a packing list for all classes except for 11th grade. For 11th grade students please see waiver and form for the packing list.

One pair of **water shoes** or **Teva-like water sandals** with a back strap

One pair of comfortable walking shoes or hiking shoes

Change of clothes

Sleeping bag

Pillow

Toiletries

Towel

Sun block

Notebook or journal

Water bottle

Optional

Hat or cap

Flashlight or headlamp

Please no ipods or mp3 players, electronic games, or valuables.

For 9th, 11th and 12th grade, there is a waiver for parents to sign.



Chesapeake Bay Foundation

*Resource Protection
Environmental Education*

Dear Parents/Guardians:

Your child will soon be participating in a Chesapeake Bay Foundation (CBF) education program. CBF is a private, non-profit conservation organization dedicated to “Save the Bay” with bay-wide programs in environmental education and resource protection. CBF’s environmental education program introduces people to the wonders of the watershed and works to heighten sensitivity, increase knowledge, and empower citizens to take positive action toward the Bay’s restoration. CBF’s educators take more than 40,000 students and teachers into the field annually. From one-day canoe and workboat trips to weeklong stays at one of our learning centers, the philosophy is the same: ***To care for the environment, you must love it. To love it, you must know it. To know it, you must experience it.***

While on the trip your child will be participating in a variety of outdoor activities—like pulling a trawl, marsh mucking, canoeing, planting trees, or dredging for oysters—where they may get **WET** and **MUDDY**. Dressing appropriately and being prepared for an outdoor experience will help make this challenging trip rewarding and fun. Please read the enclosed *Participant Information* to better prepare your child with what to wear, what to bring and expected behavior for the trip.

In addition, please complete and return the enclosed *Health Form* to the classroom teacher prior to the trip date. The health form provides us with valuable medical information about your child and includes a photographic waiver if you do not want photos taken of your child while on the trip published in Chesapeake Bay Foundation materials. **Please make sure the Health form is returned to your child’s teacher, as no one will be permitted to participate in the field trip without a completed *Health Form*.**

Sincerely,

Chesapeake Bay Foundation
Education Program Manager

Health History, Continued

2. Complete the following:

a. Are there any specific activities to be encouraged, limited or avoided? YES NO

If, yes please explain: _____

b. Is participant able to swim? YES NO Circle level of ability: beginner intermediate advanced

c. Does participant have a current tetanus shot? YES NO Date of shot: __/__/__

d. List current medications (please send with directions if to be administered during trip):

e. I give permission for me/ my child to be administered the following as needed for minor discomfort while on a CBF educational field trip: (check all that apply)

Tylenol Advil Cough drops Sudophin Antacid other: _____

f. Do you/your child have any special dietary considerations? YES NO

If yes, please provide detailed information: _____

g. Provide any other important health related information about yourself/ your child:

PLEASE READ AND SIGN THE FOLLOWING:

This health history provided in this document is correct so far as I know. I understand that participation in Chesapeake Bay Foundation activities is entirely voluntary. I understand that the CBF field trip may involve: swimming, boating (by canoe, sail, and/or motor), hiking, camping, fishing and other outdoor activities and sports. I know and understand the risks and dangers involved in the above-named activities and I know and understand that unanticipated dangers might arise. I hereby release CBF from any responsibility for injury which might occur as a result of participation in CBF activities. I give permission for _____ to participate in all field trip activities, except as noted. I, also, give permission to authorized personnel to carry out such emergency diagnostic and therapeutic procedures as may be necessary for me/or my child, and also permit such treatment procedures to be carried out at, and by the local hospital(s) for me/or my child in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

Parent/guardian signature **OR** adult participant signature

Date

Your child will be participating in many exciting educational activities with the Chesapeake Bay Foundation. We sometimes use students' names, voices and/or photographs of students in connection with audio video productions, articles, or press releases, but not as an endorsement. Please sign in the space below if you agree to grant to the Chesapeake Bay Foundation permission to use you or your child's name, voice, and picture in connection with any of their audio-video productions, articles, or press releases.

Parent / Guardian signature or adult participant signature

Name (printed)

Please check here if you do NOT wish to receive mail from the Chesapeake Bay Foundation.



EDUCATION PROGRAMS PARTICIPANT INFORMATION

APPROPRIATE CLOTHING FOR WEATHER CONDITIONS IS ESSENTIAL!

For most programs the entire trip will take place outside or on the water. On the Bay it can feel *at least 10° - 15° F cooler* than on land. In cool weather, bring extra warm, layered clothing, a hat and gloves. You may remove layers if needed, but you'll be glad to have them!

RESIDENTIAL CENTER PACKING LIST

CLOTHES

- Clothes for 3 days (pants, long and short sleeve shirts, sweatshirts, fleece)
- One outfit for marsh mucking (long sleeve shirt, pants, and tennis shoes that will get really muddy)
- Closed-toed shoes for the boat
- Rain gear, ponchos are okay (**EVEN IF RAIN IS NOT FORECASTED**)

TOLIETRIES

- Toothbrush/toothpaste
- Towel

WARM WEATHER

- Brimmed hat
- Shorts
- One pair of lightweight pants for the bugs

GEAR

- Sleeping bag
- Pillow
- Plastic bag to bring home wet clothing
- Water bottle
- Bandana to use as a napkin
- Pen and journal
- Flashlight
- Sunglasses

COLD WEATHER

- Warm, hooded waterproof coat
- Warm hat, gloves, scarf
(wool & fleece are best)
- Layers of clothing (for warmth)
- Waterproof footwear

OPTIONAL

- T-shirt for fish printing
- Teva-type sandals for canoeing
- Flip flops for inside the buildings
- Disposable camera

MUDDY CLOTHES CANNOT BE DISCARDED AT THE CENTER!

CERTIFICATIONS, LICENSES, INSURANCE and INSPECTIONS:

- √ All CBF trip leaders are certified in first aid and life saving methods annually (Wilderness First Response).
- √ All boat captains are licensed by the United States Coast Guard to operate a power boat.
- √ CBF carries liability insurance for any occurrence on land and water.
- √ All CBF vessels are inspected annually by the Coast Guard to be seaworthy.

CANCELLATIONS DUE TO WEATHER:

CBF trips will only cancel in the case of *severe* weather (extreme heat/cold, lightning, or high winds).

Chesapeake Bay Foundation program staff will contact teachers or group leaders in case of a cancellation due to severe weather.

CBF EDUCATION PROGRAM REGULATIONS:*GENERAL (ALL PROGRAMS)*

1. No radios, tape/CD players, video games.
2. Non-skid, closed toe shoes must be worn at all times.
3. No smoking, alcoholic beverages, or illegal drugs allowed.
4. No pets.
5. No guests (infant, child or adult)
6. No horseplay or racing.
7. Chesapeake Bay Foundation is not responsible for lost, damaged, or stolen valuables.

BOAT SAFETY

1. All minor participants must wear life jackets at all times- including while getting on and off boats.
2. While on boats all participants must obey the captain.
3. Get on and off the boat one at a time; per the captains' instruction.
4. Keep hands and feet inside the boat at all times, especially while the boat is leaving or coming into the dock.

ISLAND FACILITIES

1. Do not walk on any other dock other than the county dock of Chesapeake Bay Foundation, unless accompanied by a chaperone. Use a buddy system when walking around the island during free time.
2. Do not ride on motorbikes or cars.
3. House phone is for STAFF ONLY. No unauthorized use. No public telephone is available.
4. No food allowed in dorm rooms.
5. All biological specimens must remain in the lab.
6. All relics of historical value will remain at the facility.
7. Do not enter any bedroom other than your own, unless invited by staff.
8. Participants are responsible for any damage done to the facility. All damages will be reported to school authorities or the sponsoring organization for proper disciplinary action and monetary reimbursement.

CBF TRIP LEADERS HAVE THE RIGHT AND RESPONSIBILITY TO CANCEL A TRIP IN PROGRESS IF UNSAFE ACTIVITY BY PARTICIPANTS WARRANTS IT!