



PLANNING GUIDE

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We are excited to have you join us this year! This packet contains all the information and forms you will need to plan your trip to AstroCamp.

HOW TO START?

- > Read this informational packet
- > Sent relevant information to parents and teachers.
- > Review Planning Checklist
- > Complete the Program Planner

**PROGRAM
PLANNER**



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QUESTIONS? WHO TO CONTACT?

New School Orientation	Program Planning	Store/Preorder Questions
Contract Information	Number of Attendees	Lost & Found
Payment Information	Schedules/Dorm Assignments	All other general questions
Camp Dates & Adjustments	Special School Needs	
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ASTROCAMP PLANNING CHECKLIST

6 weeks before trip:

- Arrange Transportation
- Recruit Chaperones
- Communicate with Parents
- Complete Program Planner
- Complete (optional) Pre-Order Form

4 weeks before trip:

- Student Health Form collection
- Chaperone Waiver collection
- Final Payment

2 weeks before trip:

- Final Numbers
- Logistics
- Dietary Restrictions
- Communication with parents

1 week before trip:

- Prepare Chaperones
- Organize Student Health Forms by groups
- Sack lunch reminder for students

IMPORTANT DOCUMENTS AND OVERLOOKED DETAILS

- [Program Planner](#) deadline is found in the Planning Packet Email.
- Signed [Student Health Forms](#) are due upon arrival.
- [Chaperone Waiver](#) is due upon arrival.
- [Pre-Order Form](#) (optional) is due 6 weeks before arrival.

Copies of documents are found at the end of this packet



ASTROCAMP TRIP PLANNING

Planning a school trip to AstroCamp requires time and effort from dedicated teachers and responsible parents. Early preparation and communication enable us to provide a memorable experience for students, teachers, and staff.

TRIP COORDINATOR RESPONSIBILITIES

The best way to plan your trip and communicate with AstroCamp is to have one person designated as the **Trip Coordinator**. The trip coordinator should be in charge of all planning aspects of the trip and should be the only person who communicates with AstroCamp administration during the planning process. They should also oversee communicating to parents, chaperones, and students all information related to preparing for a trip to AstroCamp.

A lot of planning for your trip happens on our end as well. Please pay attention to the deadlines indicated in the **AstroCamp Planning Packet Email** to give us plenty of time to make your class schedule, assign dormitories, and schedule instructors for your groups. If you cannot meet the deadlines, we will need to assign classes for you.

For copies of our forms and more information, visit <https://astrocamp.org/teacher-resources/> or get in contact with us.

1. ARRANGE TRANSPORTATION

AstroCamp is in the small town of Idyllwild, CA in the San Jacinto Mountains. 5,500 ft in elevation.

Each group is responsible for its round-trip transportation to AstroCamp. **To honor your contract, please ensure that you schedule transportation that will work for all weather conditions.** The weather at AstroCamp is exceptionally variable, it can snow or rain anytime between October and early June. Please check the weather conditions [here](#).

We highly recommend that you only use buses/cars which have snow tires or chains available and are staffed with a bus driver that has experience driving in the rain/snow and using wheel chains. The snow can come during any month and the CHP enforces snow tires/chains if the weather calls for it.

ARRIVAL

Arrival is anytime between 11am – 12 pm

Remember to bring:

- ◇ Student Health Forms
- ◇ Chaperone Waivers
- ◇ Medications

You will be greeted by an AstroCamp staff member who will facilitate arrival procedures.

DEPARTURE

Departure is anytime between 12 – 1 pm

Allow time to:

- ◇ Load luggage
- ◇ Pick up take-out lunches

Your Program Coordinator will assist you in departure procedures.

ASTROCAMP TRIP PLANNING

2. CHAPERONES

A chaperone's role is to supervise students and keep them safe from injury.

AstroCamp instructors do not fulfill the role of "counselor". An instructor's energy is directed toward leading program activities.

We require one chaperone for each research group plus one or two extra in case of emergency. **Co-ed groups must have at least one male and one female chaperone.** Research groups are limited to 16 students per group.

CHAPERONE AGREEMENT

A visit to AstroCamp requires the cooperation of all chaperones. Teachers and parents can both fulfill the role of chaperone. Please share responsibilities and be involved in all activities.

PROGRAM

Help supervise student behavior during program. Our instructors' focus should go into teaching, not disciplining.

Be courteous to AstroCamp staff and encourage students to do the same. Comply with all instructions of the AstroCamp staff.

Keep students on time for programs. A 15-minute break will be given between classes, it is a chaperone's responsibility to facilitate bathroom and snack breaks.

STUDENT CARE

Water: Dehydration is the leading cause of illness at AstroCamp. Please encourage your students to drink plenty of water throughout the trip.

Supervision: Chaperone supervision is always required, even when students are in program areas. The gymnasium, parking lot, dorm, and meadow are available during recreation with adult supervision. Please also review and enforce the **Camper Agreement**.

Accidents/First Aid: We do not have a nurse on staff. Please review **AstroCamp Emergency Procedures** (page 11).

Clothing: Make sure students bring and wear appropriate clothing and close-toed shoes.

DORM TIME

Enforce quiet hours (10 PM–7 AM) and order among students while in dormitories.

Horseplay in and around the dorms should be discouraged. Schools are held responsible for any property or building damage during their stay.

Please conduct daily inspections of dorm rooms. Report damaged or broken furniture or appliances to your Program Coordinator. Lock chaperone rooms if they contain valuables and keep the exterior doors locked whenever the dorm is not occupied. Make sure that all personal items are removed from dorm rooms before departure.

MEALS

Be on time for meals.

Supervise students and help AstroCamp staff during mealtimes.

Participate in meal set-ups and clean-ups.

Encourage students to maintain a quiet, orderly environment in the dining hall.

CAMP PROPERTY

Do not litter and encourage students to pick up any litter.

Keep students out of restricted areas.

A \$35 fee will be charged per bed to cover labor and costs to restore beds to their original condition if they are dismantled. Lost and unreturned keys will incur a \$10 dollar fee.

Arrange a Chaperone Meeting for all adults attending your trip. Review our [Visitor Guidelines](#) and [Chaperone Agreement](#). Print a copy of the Chaperone Waiver and have all chaperones sign it and return it. Before coming to AstroCamp.

All chaperones attending must fill out and
sign our [Chaperone Waiver](#)

Failure to do so will result in not participating
as a chaperone or in the program.

ASTROCAMP TRIP PLANNING

3. COMMUNICATE WITH PARENTS

To set your students up for success, schedule a parent meeting and go over our [Camper Agreement](#).

Print or email a copy of the [Student Health Form](#) for each student attending. A parent/guardian signature is **required** on this form for participation in AstroCamp activities.

Please give parents your school's telephone number so they may call to see if their children have arrived at AstroCamp safely. Please **do not** have parents contact AstroCamp directly, except in the case of an emergency.

CAMPER MAIL

Students can receive letters and postcards *only* at AstroCamp. Our mailing address:

Students Name c/o School Name
PO Box 3399
Idyllwild, CA 92549

PACKING FOR ASTROCAMP

PRESCRIPTION MEDICINE

Daily prescribed medicine should be sent with the student. This includes EpiPens and inhalers. Being at high elevation can cause asthma attacks, therefore it is important that students have their own inhaler.

LOST AND FOUND

To ensure lost belongings return to their owner, name tags are recommended on all belongings, especially jackets and water bottles. AstroCamp strongly recommends students do not bring items of value to camp.

If a student has lost an item, please contact our office at 951-659-6062

BEDDING

AstroCamp does not provide bedding, linen, or towels. All students must bring their own sleeping bag and pillow. Sheets and blankets for a twin bed are also acceptable.

PROHIBITED ITEMS

Dangerous items are strictly prohibited. No drugs, alcohol, matches, fireworks, or weapons of any kind.

CELL PHONES AND ELECTRONIC DEVICES

We encourage students to unplug while at AstroCamp. Cell phones are not permitted while participating in AstroCamp activities. Chaperones should be prepared to store any electronic devices in the safe located in the dorms. Cell phones used for medical purposes (i.e., insulin pump/glucose monitor, etc.) are allowed

PACKING - MUST BRING:

3-DAY TRIP

- ◇ 1 Sweatshirt & 1 Jacket
- ◇ Shoes (closed-toed)
- ◇ 3 T-shirts
- ◇ 1 Long Sleeve Shirt
- ◇ 2 Pants
- ◇ 2 Shorts
- ◇ 1 Pajama Set
- ◇ 2 Underwear
- ◇ 3 Socks
- ◇ 1 Towels & Wash Cloth
- ◇ Sleeping Bag & Pillow
- ◇ Toiletries
 - Soap
 - Deodorant
 - Shampoo
 - Toothbrush & Toothpaste
 - Sunscreen
 - Lip balm
- ◇ Flashlight
- ◇ Reusable Water Bottle

5-DAY TRIP

- ◇ 2 Sweatshirts & 1 Jacket
- ◇ 2 Shoes (closed-toed)
- ◇ 5 T-shirts
- ◇ 2 Long Sleeve Shirt
- ◇ 3 Pants
- ◇ 4 Shorts
- ◇ 2 Pajama Sets
- ◇ 4 Underwear
- ◇ 6 Socks
- ◇ 1 Towels & Wash Cloth
- ◇ Sleeping Bag & Pillow
- ◇ Toiletries
 - Soap
 - Deodorant
 - Shampoo
 - Toothbrush & Toothpaste
 - Sunscreen
 - Lip balm
- ◇ Flashlight
- ◇ Reusable Water Bottle

OPTIONAL

- ◇ Camera
- ◇ Sunglasses
- ◇ Insect Repellent
- ◇ Sunhat
- ◇ Pencil/Paper
- ◇ Money for store

PACKING FOR WEATHER

AstroCamp is 5,500 ft in elevation in the San Jacinto Mountains, our weather is extremely variable.

Our outdoor activities do not stop when it rains or snows. [Please check the weather for Idyllwild](#) before arrival and plan accordingly.

RAIN

- ◇ Windbreaker/Waterproof jacket
- ◇ Waterproof shoes or an extra pair of shoes
- ◇ Extra socks
- ◇ Waterproof pants or extra pants

SNOW OR TEMP BELOW 55°

- ◇ Winter coat
- ◇ Hat/Beanie
- ◇ Waterproof gloves
- ◇ Snow boots/waterproof shoes
- ◇ Extra socks
- ◇ Long-sleeve T-shirt

CAMPER AGREEMENT

The Camper Agreement is for the safety of all AstroCamp visitors and staff and should be shared with all students attending AstroCamp.

- 1. Stay with your school:** No camper may leave the camp property without the head chaperone and AstroCamp administration's knowledge.
- 2. Participate:** All campers must report to and participate in their scheduled activities. If a camper must leave the immediate program area, (e.g., to visit the first aid room) they must inform the instructor and be accompanied by an adult chaperone.
- 3. Wear shoes:** Shoes must always be worn while in program areas. Please bring close-toed shoes for outdoor activities.
- 4. Play safely:** Do not throw rocks, pinecones, snowballs, or any other objects. Do not climb trees or buildings. No rough play of any kind is allowed.
- 5. Be on time:** Arrive on time and be prepared for all programs and meals.
- 6. Seek help with problems:** If you are injured or have a problem seek chaperone help immediately.
- 7. Personal property:** Personal belongings are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.
- 8. Respect quiet hours:** Quiet hours are maintained from 10:00 PM to 7:00 AM.
- 9. Follow dorm rules:** Only enter the dorm assigned to your group and only enter when you have adult supervision. Do not bring food inside. The staff residences are off-limits, *except in case of emergency.*

Note: *AstroCamp reserves the right to dismiss individuals or groups who violate the rules and regulations outlined here. No refunds will be rewarded to individuals or groups who are dismissed from AstroCamp early as a result of violating rules or regulations.*



ASTROCAMP TRIP PLANNING

4. PROGRAM PLANNING

We offer two varieties of programming; three- or five-day session.

Three Day Programs: 8 day sessions; 2 evening sessions

Five Day Programs: 16 day sessions; 4 evening sessions

Our classes directly align with the core framework used to develop the Next Generation Science Standards.

Our curriculum focuses on physical sciences, astronomy, and adventure. We offer the ability to choose classes to fit your school district's current curriculum. Below you will find descriptions of all the classes offered at AstroCamp.

If you have questions about the classes, [please contact AstroCamp](#).

STEM ACTIVITIES

General Science and States of Matter

Atmosphere & Gases: In our most requested class, we learn about planetary atmospheric conditions and states of matter. Hands-on experimentation allows students to learn about temperature, pressure, density, and other gas properties.

Electricity & Magnetism: Explore the properties of electricity and magnetism by experimenting with magnets, static electricity, and electric current in a multitude of hands-on activities.

Lights & Lasers: Learn about the physical properties of light by experimenting with lasers, ultraviolet lights, spectrum glasses, an infrared camera, a phosphorescent wall, and more!

Planetary Sciences: Take a tour and study the extreme environments of the solar system through the lens of exciting, hands-on experiments. Bernoulli's Principle, Acid-Base Reactions, Atmospheric Spectra, and Planetary Motion are just some of the exciting concepts covered.

Micrometeorites: Learn about meteors, meteorites, asteroids, and comets. Use magnets and microscopes to collect and identify possible micrometeorites at AstroCamp.

Simulation classes

Microgravity: Learn about buoyancy and experience the challenge of constructing a mock satellite in a neutrally buoyant environment. *Swimsuit and towel required.*

Expedition Valles Marineris: Simulate research on the surface of Mars with our interactive touch-screen computers and auto-belay rock wall. Learn about Mars and one of the larger canyons in the solar system.

Building/Engineering

Building & Launching Rockets (*2 class periods*): Use what you know about forces and the laws of motion to design and build a model rocket. Launch your own rockets powered by water and pressurized air. *Each student needs to bring a 2-liter soda bottle with a standard size opening.*

Cosmic Lander: Learn about the challenges of space travel while designing and building your own "cosmic lander." (Construct something that will protect a water balloon from a two-story drop.) Test its ability to survive landing on simulated planetary surfaces.

Daytime Astronomy

Planetarium: Enter our planetarium dome and learn about the circumpolar rotation of the stars and constellation myths. Learn about the size and scale of the universe, life cycles of stars, and gravitational forces in our vortex room.

Solar Studies: Use solar telescopes and lenses to view sunspots, prominences, and solar flares. Learn about the properties of the sun, solar radiation, and solar energy.

ASTROCAMP ADVENTURE

Hiking

Day Hike (*1 class period*): Explore AstroCamp's forest trails and learn about local flora and fauna.

Extended Day Hike (*2 class periods*): Take a longer and more in-depth hike through AstroCamp's forest trails.

Full-Day Hike (*4 class periods*): A full day of hiking and exploration around AstroCamp's forest trails. Learn about the geology, remote sensing, and the natural history of the Idyllwild area. Lunch on the trail will be included. *For 5-day groups only.*

Ropes Course

Initiatives: Build teamwork, trust, cooperation, and communication skills by participating in problem-solving activities as a group. **A prerequisite for any of the following ropes course activities.**

Challenge your fears in these four high ropes elements. These physically and mentally rigorous activities require trust, communication, and teamwork.

Vinewalk: Balance on a tightrope while using hanging "vines" high in the trees.

Powerpole: Climb up a telephone pole and lunge for a hanging tetherball.

Sky Coaster: Swing through the air after classmates raise you up via a pulley system.

Zipline: Climb up a cargo net, then zip 700 feet across a meadow.

EVENING CLASSES

Space Night: Take a short night hike up to one of the Telescopes Viewing Areas in our signature evening program. Learn how to use binoculars and telescopes to view deep-sky objects. Each group gets their own telescope station consisting of 2 telescopes and 5 binoculars. View images taken with our digital telescope cameras (CCD). Activities include sensory awareness games, stargazing, and constellation stories.

Space Night is a combination of our **Night Hike** and **Telescope Viewing** programs.

Night Hike: Take an hour-long night hike and play sensory awareness games.

Telescope Viewing: Spend an hour learning to use binoculars and telescopes to view deep-sky objects.

Astro Olympics: Compete in a series of relay-type games in this fun and active program.

Interstellar Auction: Plan and bid for extrasolar planets and the materials needed to colonize them in an exciting auction. Group cooperation and compromise is required for this thought-provoking activity.

Messier Madness: Learn about types of deep space objects. A group scavenger hunt will take place. *Please bring flashlights.*

Space is Right: Students participate in AstroCamp's version of the popular game show The Price is Right! Take your best guess at answering questions about the size and scale of the objects in our universe.

Whirling Windmills: Generate electricity by harnessing the power of the wind with your own windmill design. Test and improve your windmill as many times as possible and see if we can produce enough power to light up a tower!

School Night: If you have your own night program or movie in mind, we will provide audio/visual resources and facilities. Please let us know which resources you will need so we can reserve them for you.

Astro Jeopardy (5-day groups only): Test your knowledge in this AstroCamp version of the popular game show.

ASTROCAMP DORM LIFE

AstroCamp has five dormitories, named in theme with the flora of the San Bernadino National Forest.

WILLOW

CEDAR

PINE

OAK

MANZANITA

Each unit is dorm-style housing with views of AstroCamp property. Students might see wildlife strolling outside their dorm.

AstroCamp will contact you with your dorm assignments via email once your [Program Planner](#) has been submitted. You will receive a floor map and roster.

Dorm assignments are based on the size of your school and gender breakdown there are any last-minute additions or special accommodations, please call our office at 951.959.6062, or contact schedule@astrocamp.org.

- Dorm assignments are split by gender and barred by double doors or floors.
- Schools will never share the same accommodations with another school.

Please contact AstroCamp if you have students who are non-binary. We respect gender identity and want every student to feel comfortable.

Dorm Rooms

Each room varies depending on the dorm. Most rooms consist of two bunk beds and a single bed or three bunk beds.

Chaperone rooms vary by dorm. Details of chaperone room arrangements are presented in the dorm assignments email's dorm map.

Bathrooms

Each split will have a proportional bathroom to share with the floor and are equipt with private stalls and showers with curtains/doors.

Students must pack a towel and toiletries. We do not accommodate bathroom accessories outside of soap and paper towels.

AstroCamp does not provide linens, towels, or toiletries. If a student or chaperone does not bring their accommodations, please contact AstroCamp.

DINING HALL INFORMATION

All AstroCamp meals are served buffet-style three times a day. We accommodate most dietary restrictions.

SPECIAL NEEDS ACCOMMODATIONS:

Vegetarian options are available at each meal.

Gluten-Free options are available upon request.

Kosher: We do not accommodate kosher, but we can provide vegetarian options as an alternative.

Nut Allergies: No nuts are served with meals, and peanut oil is not used in cooking. However, some foods are labeled as being processed on equipment that also has processed foods containing nuts. Our cookies are processed in facilities that contain nuts. Please don't eat them if you have a nut allergy.

Food Labels: We can provide labels for you to read on the day foods are prepared. Due to possible menu or supplier changes, we cannot send you label information ahead of time.

Questions: Our cooks are available during mealtimes to answer questions and accommodate special dietary needs. Please talk with them if you have any concerns or special requests.

Packing Meals for Students with Special Dietary Needs:

We have limited refrigerator space in the kitchen for pre-packed meals, and we **can** heat prepared meals for people upon request. School chaperones are responsible for retrieving meals from the kitchen and may use a microwave to heat these meals.

ARRIVAL DAY LUNCH

Students should bring their own lunch to AstroCamp on arrival day—we do not provide arrival day lunches.

DEPARTURE DAY LUNCH:

We provide departure day lunches. Two weeks prior to your trip to AstroCamp, please inform AstroCamp of any dietary restrictions. Sandwiches can be adjusted to accommodate dietary needs.

- Turkey/Cheese Croissant Sandwich
- Dietary Needs Sandwich
- Bag of Chips
- Oreos
- Juice

BREAKFAST

LUNCH

DINNER

DESSERT

Dining Hall Rules:

1. Do not remove any food or tableware from the dining hall
2. Supervise your students during mealtimes. One adult should be sitting at each table
3. The cereal station is available during breakfast only.

MONDAY

Spaghetti
GF Pasta
Baked Pasta
Meatballs
Marinara Sauce (GF)
Green beans (GF)
Garlic Bread
Vegan & GF Meatballs

Cookies
GF Cookies

TUESDAY

Eggs (GF)
Sausage Links (GF)
Potatoes (GF)
Waffles
Banana Bread
Veg Sausage
Vegan Pancakes
GF Pancakes

Corn Dogs
Veggie Dogs
French Fries (GF)
Mac & Cheese
Soups
Salad
GF Hot Dog / Bun

Baked Chicken (GF)
Chicken Nuggets
Rice (GF)
Broccoli (GF)
Corn (GF)
Biscuits
Vegan Nuggets

Ice Cream (GF)

WEDNESDAY

Eggs (GF)
Sausage Patties (GF)
Tator Tots (GF)
Pancakes
Cinnamon Rolls
Veg Sausage
Vegan Pancakes
GF Pancakes

****5 Days only****
Cheese Pizza
Pepperoni Pizza
Salads
GF Pizza
****3 Day****
Sack Lunches

Taco Meat (GF)
Pinto Beans (GF)
Cheese Enchilada
Chicken Taquito (GF)
Spanish Rice (GF)
Fritos (GF)
Vegan Taco Meat (GF)
Corn Tortilla (GF)

Rice Crispy Treat (GF)

THURSDAY

Eggs (GF)
Sausage Links (GF)
Potatoes (GF)
French Toast
Mini Muffins
Veg Sausage
Vegan Pancakes
GF Pancakes

Hamburgers (GF)
Veggie Burgers
French Fries (GF)
Salads
GF Buns

Baked Chicken (GF)
Chicken Tenders
Mashed Potatoes (GF)
Corn (GF)
Stir-Fry Veggies (GF)
Dinner Rolls
Vegan Nuggets

Pudding (GF)

FRIDAY

Eggs (GF)
Sausage Patties (GF)
Tator Tots (GF)
French Toast Sticks
Danish
Veg Sausage
Vegan Pancakes
GF Pancakes

Sack Lunch
Turkey Sandwich
Chips (GF)
Oreos
Lemonade
Special needs Sandwich

Spaghetti
GF Pasta
Baked Pasta
Meatballs
Marinara Sauce (GF)
Green beans (GF)
Garlic Bread
Vegan & GF Meatballs

Cookies
GF Cookies

SATURDAY

Eggs (GF)
Sausage Links (GF)
Potatoes (GF)
Waffles
Cinnamon Rolls
Veg Sausage
Vegan Pancakes
GF Pancakes

Hot Dogs
Veggie Dogs
French Fries (GF)
Mac & Cheese
Salad
GF Hot Dog / Bun

Baked Chicken (GF)
Chicken Nuggets
Rice (GF)
Broccoli (GF)
Corn (GF)
Biscuits
Vegan Nuggets

Ice Cream (GF)

SUNDAY

Eggs (GF)
Sausage Patties (GF)
Tator Tots (GF)
Pancakes
Mini Muffins
Veg Sausage
Vegan Pancakes
GF Pancakes

Sack Lunch
Turkey Sandwich
Chips (GF)
Oreos
Lemonade
Special needs Sandwich

The following foods are available at each meal in addition to the hot dishes listed above.

Breakfast Cold cereals, yogurt, fresh fruit, oatmeal, assorted baked goods

Lunch/Dinner Salad Bar

All Meals Milk, juices, water

Arrival Day Bananas & apples for snacks

RULES & EXPECTATIONS

GENERAL VISITOR GUIDELINES

1. **Emergencies:** Please review the **Emergency Procedures** below. Go over these procedures with all AstroCamp attendees.
2. **Smoking Area:** AstroCamp and the surrounding forest is a high fire-risk environment. We strive for a smoke-free campus, but adult smoking is allowed in the designated area only (behind the Chaperone Lounge). Smoking inside buildings is strictly prohibited.
3. **No weapons/fireworks:** Weapons or fireworks of any kind are prohibited on campus.
4. **Wildlife:** Protect all animals and plant life. Do not feed animals, and do not collect wildlife, plants, or other natural objects.
5. **Children must be always supervised:** Most accidents occur during free time, so please monitor your students. The gym, parking lot, dorm, and meadow are available during free times only with chaperone supervision. AstroCamp equipment may not be used without staff supervision except for designated free time areas.
6. **Technology:** Please advise students not to bring cell phones, laptops, MP3 players, gaming systems, or other electronic devices that will be disruptive to our program and the experience of AstroCamp visitors. If students bring any electronic devices, they should be collected by chaperones and held until departure. AstroCamp is not responsible for lost or stolen items.
7. **Valuables:** Personal belongings, jewelry, money, and other valuables are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.

EMERGENCY PROCEDURES

All AstroCamp instructors are Red Cross First Aid and CPR certified. All staff is trained in emergency procedure protocol and should be reached in case of injury or illness.

1. **Be Prepared:** Discuss AstroCamp emergency protocol with your chaperones and students. In case of an emergency, remain calm. Wait for instruction from AstroCamp staff and cooperate with their directions.
2. **Fire Emergencies:** If anyone sees a fire, immediately call 911. Report to the main office for further instruction.
3. **Administering Medication:** It is the responsibility of chaperones to administer regular medications to students. Communicate with parents about dosages and schedules of medications. To assist you, we provide a refrigerator and safe for storage. If other medications need to be given, consult the student's health form and record any medication administered in the First Aid Logbook (located in the first aid room).
4. **First Aid:** It is the responsibility of chaperones to always supervise children, especially during recreation time, to prevent injury or accidents. Chaperones are also responsible for first aid treatment of injured children.
 - > **Minor injury:** If a minor injury occurs during program time, let your instructor know before bringing the child to the first aid room for treatment. Before administering treatment, always check the student's health form, and record any treatment given in the First Aid Logbook (located in the first aid room).
 - > **Serious injury:** If a serious injury occurs, first call 911 for professional assistance. Be prepared to give the dispatcher information on the type of injury, your location, the victim's age, and the victim's condition. An adult will remain with the injured individual while another person reports to the main office.
5. **Contacting Parents:** It is the On-Site Lead Chaperone's responsibility to contact parents as soon as possible about any serious medical needs that a student may have.



STUDENT HEALTH FORM

School: _____

Please Print

Student Name Last: _____ First: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian: _____ Cell Phone: _____ Work Phone: _____

Email: _____ Address: _____ City: _____ State: _____ Zip: _____

Height: _____ Weight: _____ Student Age: _____ Student Date of Birth: _____

Emergency Contact: _____ Health Insurance Co: _____

Address: _____ Policy No: _____

City: _____ Phone: _____

Phone: _____ Family Physician: _____ Phone: _____

Relationship to Student: _____ Date of Last Tetanus: _____

DIETARY NEEDS: VEGETARIAN VEGAN LACTOSE-INTOLERANT GLUTEN-FREE OTHER

CHECK OFF: All applicable health issues: FOOD ALLERGIES: Please Describe:

- | | | | | |
|--|---|---|---|---|
| <input type="checkbox"/> Allergies* | <input type="checkbox"/> Allergy – Bee Sting* | <input type="checkbox"/> Asthma | <input type="checkbox"/> Backaches/Weak Back | <input type="checkbox"/> Bowel/Bladder Problems |
| <input type="checkbox"/> Car/Sea Sick | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Epilepsy/Convulsive Disorder | <input type="checkbox"/> Hay Fever | <input type="checkbox"/> headache |
| <input type="checkbox"/> Heart Trouble | <input type="checkbox"/> Poison Oak | <input type="checkbox"/> Sinus Issues | <input type="checkbox"/> Respiratory Problems** | <input type="checkbox"/> Sleep Walking |

*Is your child currently prescribed an EpiPen for allergies? YES NO . If YES, the EpiPen must accompany your child to camp in order to participate in activities.

**Does your child require an inhaler(s) on a daily basis and/or for exercise-induced activities? YES NO . If YES, the inhaler(s) must accompany your child to camp in order to participate in activities.

Please specify with (Y) YES or (N) NO for each medication that can be administered to your child.

- | | | |
|--|---|---|
| <input type="checkbox"/> Pepto Bismol (upset stomach) | <input type="checkbox"/> Milk of Magnesia (for constipation) | <input type="checkbox"/> Ibuprofen (minor aches pains; fever) |
| <input type="checkbox"/> Throat Lozenge/Cough Drop | <input type="checkbox"/> Benadryl (allergy) | <input type="checkbox"/> Caladryl (for skin rash) |
| <input type="checkbox"/> Acetaminophen (headaches/elevated Temperatures) | <input type="checkbox"/> Bonine/Meclizine/Dramamine (motion sickness) | |

Is the student required to take regular medication?

YES NO

☆ All medications are administered by the chaperones from the student's school. Please provide instructions (dose) for administration of medication.

WHAT IMPORTANT MEDICAL NEEDS SHOULD ASTROCAMP BE AWARE OF? PLEASE EXPLAIN IN DETAIL. (Attach additional sheet if necessary.)

IMPORTANT: A signature at the bottom of this form by a parent or legal guardian is required for participation at ASTROCAMP.

EMERGENCY MEDICAL CONSENT: The Student's medical conditions and information stated on this application is complete and correct. I give permission to the ASTROCAMP camp staff and School chaperones to, (1) administer the Student's routine medications listed in this Application, as well as needed medications and over the counter medications for minor illness or discomfort; (2) in case of a medical emergency to provide appropriate first aid for minor injuries; and (3) seek further treatment from local physicians or hospitals if the medical condition warrants. In the event I cannot be reached in an emergency, I also give permission to the physician selected by ASTROCAMP or the School chaperone to examine, diagnose, and treat or secure proper treatment for the Student and hospitalize, and to order injection and/or anesthesia and/or surgery for the Student, as the physician shall determine proper and necessary under the circumstances. A photocopy of this Authorization shall be as valid and may be accepted as the original. This completed Application may be photocopied by ASTROCAMP and released to the physicians or hospitals if requested. This Consent is given pursuant to the provisions of California Family Code §6910. **CONSENT AND RELEASE OF**

LIABILITY: I, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of ASTROCAMP facilities, services, equipment and premises ("Facilities") and any participation in ASTROCAMP programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease, including but not limited to exposure to, contracting, or spreading COVID-19 or any virus. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document. In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that ASTROCAMP, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs. I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees. In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs. I give permission for ASTROCAMP to use any photographs, video, or interview taken at camp to be used to illustrate, report, promote or advertise ASTROCAMP or Guided Discoveries programs or camps.

Signature: _____ Please Print Name: _____ Date: _____

Parent/Legal Guardian

Rules for acceptance and participation in Guided Discoveries, Inc. programs are the same for everyone without regard to race, color, national origin, sex, or handicap.

Guided Discoveries — AstroCamp

CHAPERONE RELEASE AND WAIVER OF LIABILITY: (Please copy)

We are pleased that you have volunteered to be a chaperone for your group's upcoming trip to a Guided Discoveries program. We are looking forward to your visit and are confident that you will find the experience worthwhile. Chaperones are critical to the success of the program. While you will have a lot of fun, being a chaperone is hard work and is a big responsibility.

Safety is of paramount concern, but despite training, safety measures and emergency procedures, many of the activities in and around camp carry some inherent risk. It is for this reason that we must insist that each chaperone read the enclosed Release and Waiver of Liability, agree to its terms, sign and date the form. The completed form should be returned to the group leader well in advance of the trip.

WE REGRET THAT WITHOUT SIGNING THE RELEASE AND WAIVER OF LIABILITY, YOU WILL NOT BE ABLE TO ACT AS A CHAPERONE, PARTICIPATE IN THE PROGRAM, OR BE ON CAMPUS.

Following is information describing the nature of the activities of our various programs, and of your responsibilities as a chaperone. Should you have any questions or need any additional information about the risks involved, skills or physical demands required, please call the Program Director of the facility you will be attending.

We are confident of your understanding and cooperation and that you will have a rewarding and memorable experience.

Role of Chaperones:

- Be an active part of the program, including participating in activities such as hiking, sport climbing, and ropes courses. Some hikes may be strenuous. Please note: due to time/equipment constraints, there may be times that chaperone participation is limited. We cannot guarantee that each chaperone will get the opportunity to fully-complete every activity.
- Supervise students during meals. Sit at tables with students, help to control noise and facilitate a pleasant dining experience.
- Supervise students in dorms. Sleep in campers' dorm, enforce dorm hours, limit general horseplay, conduct bed checks and supervise housekeeping.
- Supervise recreational activities, such as volleyball, football and Frisbee during free time. Limit general horseplay in order to prevent injuries.
- During classes, assist instructors in the control, discipline and overall safety of the students.
- Supervise sick or injured children. For minor injury or illness, a chaperone escorts the student to the first aid room, which is stocked with medication and supplies. Chaperones must consult the student's medical form before administering first aid.

CHAPERONE WAIVER for ALL ADULT ATTENDEES

WE REGRET THAT WITHOUT SIGNING THE RELEASE AND WAIVER OF LIABILITY, YOU WILL NOT BE ABLE TO ACT AS A CHAPERONE, PARTICIPATE IN THE PROGRAM, OR BE ON CAMPUS.

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Safety is of paramount concern, but despite training, safety measures and emergency procedures, many of the activities in and around camp carry some inherent risk. It is for this reason that we must insist that each chaperone read the enclosed Release and Waiver of Liability, agree to its terms, sign and date the form. The completed form should be returned to the group leader well in advance of your trip.

Following is information describing the nature of the activities of our various programs, and of your responsibilities as a chaperone. Should you have any questions or need any additional information about the risks involved, skills or physical demands required, please call the Program Director of the facility you will be attending.

We are confident of your understanding and cooperation and that you will have a rewarding and memorable experience.

*****GUIDED DISCOVERIES, INC.*****
CAMP PARTICIPANT'S RELEASE AND WAIVER OF LIABILITY

This Release and Waiver of Liability is made in consideration of Guided Discoveries, Inc., ("GDI") consent to my request to be present, participate in and use the equipment at a GDI camp and programs, (the "Program").

I have been informed of the nature and activities of the Program in which I will participate which include camping, hiking, swimming, diving, boating and transportation to and from the Program. I understand there are numerous risks associated with my presence, participation and use of equipment, which comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease, including but not limited to exposure to, contracting, or spreading COVID-19 or any virus. I understand these risks are inherent to participation in the Program and are a part of engaging in the type of outdoor sports and activities which are a major component of the Program's activities. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document. I have investigated the Program and know the types of activities in which I will engage, and I am not aware of any physical, emotional, or mental problem or limitation that would prevent or impair my participation or increase the risks involved.

With this knowledge, I accept and Assume the Risk and Full Responsibility for any personal injury, property damage, disability, death, sickness or disease, and other damage and expense which may result from my presence, participation, and or use of equipment in the Program, whether caused by the negligence of GDI, its agents, employees, landlords, lessors, or representatives, (the "GDI Parties"), or otherwise.

I hereby agree to Release, Waive, Discharge and Promise Not to Sue the GDI Parties, and each of them for any liability to me, my heirs, next of kin, and personal representatives, arising from any loss, damage claim, or cause of action that may result from my presence, participation, and or use of equipment in the Program or activities incidental thereto, and any injury, disability, illness, or disease to my person or property, including death, whether caused by the negligence of the GDI Parties or otherwise.

I further agree to indemnify, save, and hold harmless the GDI Parties and each of them, from and against any loss, liability, damage, or expense, including attorney's fees, they may incur as the result of my breach of this Agreement.

This Agreement is intended to be as broad and inclusive as permitted by, and shall be construed and governed under, the law of the State of California. If any part of this Agreement is held to be invalid the remaining terms shall remain in full force and effect.

PERTINENT MEDICAL INFORMATION

Please list any medical conditions that may be important during your stay with Guided Discoveries:

DIETARY RESTRICTIONS:

Vegetarian___ Vegan___ Lactose-Intolerant___ Gluten Free___ Other___

FOOD ALLERGIES/OTHER: Please Describe:

Please list any pertinent medications:

Emergency Contact: _____

Address: _____

City: _____ State: _____

Phone: _____ Relationship: _____

I Have Read and Understand this Agreement and its Legal Consequences and Agree to Be Bound by its Terms.

Participant's Name (Print)

Participant's Signature

Date

School Name

TO _____
Dates of Attendance

ASTROCAMP SCHOOL PREORDER FORM

School Name: _____

Trip Dates: _____

If you would like to preorder items, please fill out this Preorder Form with the quantity/size of sweatshirts and t-shirts for your school, and turn in 6 weeks prior to your trip. We use those 6 weeks to purchase from our manufacturer anything we need to fulfill your order.

Payment is due upon arrival to AstroCamp. Please write **ONE** check payable to AstroCamp, and include your school's name somewhere on it.

NOTICE: A fee of \$30 will be assessed on all returned checks.

Send Preorder Form to:

Fax/Email

Secretary@astrocamp.org. -OR-

Fax: 951-659-9843

Mail to:

Astrocamp c/o Cathy Regalado

PO Box 3399

Idyllwild, CA 92549

All clothing comes in adult sizes

Hooded Sweatshirts (\$30)		
Size	Quantity	Total \$
Small		
Medium		
Large		
X-Large		
XX-Large (\$32 per item)		
Short Sleeve T-Shirts (\$15)		
Small		
Medium		
Large		
X-Large		
XX-Large (\$32 per item)		
GRAND TOTAL:		

Your preorder will be delivered to your dorms by dinner on Arrival Day.

We can ship your preorder to you via UPS (please call for shipping & handling fees).

AVAILABLE FOR PURCHASE AT ASTROCAMP*

Note: Parents may send cash or checks with their children payable to Astrocamp for in-store purchase. If a check amount exceeds the amount spent on store purchases, we will give a cash refund.

Hooded Sweatshirt	\$30.00	Carabiners	\$4.00
PJ Bottoms	\$22.00	Astronaut Icecream	\$4.00
T-Shirts	\$15.00	Plastic Water Bottle	\$3.00
Glowing Astro Frisbee	\$15.00	Chapstick	\$2.00
Baseball/Beanie Hat	\$12.00	Post Cards	\$1.00
Nalgene Bottles	\$15.00	Gatorade	\$1.00
Beanie Critters	\$8.00	Pencils	\$0.50

**Products and prices are subject to change*

We cannot guarantee your school's request if you don't meet our deadline.