



**~ Island Bound Camp ~
A TallShip Sailing Program
2011**

Dear Parents,

Welcome to the Ocean Institute's **~Island Bound Camp~** aboard the tallship *Spirit of Dana Point*. Under the direction of Captain Jim Wehan, your child will become a crewmember of *Spirit of Dana Point*. On Day 1, the ship's crew will introduce the "hands" to shipboard life through a number of activities designed to prepare them and the ship for the voyage. *Spirit of Dana Point* will slip her mooring lines on the morning of Day 2 and set sail for Catalina Island. While sailing, your child will be introduced to traditional seafaring skills, including watch standing, navigation, sail handling, marlinespike seamanship, and helmsmanship. Our time at Catalina Island will be spent kayaking, snorkeling, hiking, as well as learning about the unique island and marine ecology. Please note that on Day 1 your child will spend 6 hours at the Ocean Institute and then return on the morning of Day 2 with their gear for the sailing voyage to Catalina.

Each participant will be required to demonstrate the ability to swim during a swim test at the island, in order to participate in snorkeling.

Each participant should wear comfortable clothing appropriate to each day's activities and weather. **Closed-toed and closed-heeled shoes are required at all times while at the Ocean Institute and aboard *Spirit of Dana Point*.**

Check-in time on Day 1 is between 10:00 AM and 10:15 AM; pick-up that same afternoon is 4:00 PM.

- On Day 1, your child should bring a snack, sack lunch, sunscreen, and bottled water. Please label everything with your child's name, including the water bottle.

Check in time on Day 2 is 8:00AM, please be prompt to avoid delays in our departure,

Check out time on Day 4 is promptly at 3:00PM

Please note that there will be no adult supervision before 10:00 AM or after 4:15 PM on Day 1 and after 3:15 PM on Day 4.

For the safety of your child, picture identification is required for pick-ups. In addition, for anyone to pick up your child **including the parent or guardian**, you must complete the enclosed authorization form.

We have included the following forms in this packet:

- Acknowledgement of Risk
- Student Medical Form
- Administration of Medication
- Release of Camper

There must be a completed **Medical Form, Acknowledgement of Risk, and Release of Camper** form for each child attending this program. If your child requires any prescription or over-the-counter medication during the day, you must have the Administration of Medication form(s) completed by your doctor. The medication must be in the original container with clear instructions on both schedule and dosage. Please

call if you have any questions. These forms can be turned in at the Ocean Institute front desk until the Friday before your camp week, or brought in during the check-in process on the first day of camp.

During registration on the first day of camp we will ask you to identify your primary phone number so that we can quickly reach you in event of an emergency. Ocean Institute instructors are all certified in CPR and first aid. Our staff will treat accidents or illness that require first aid. In the event of a major accident, we will dial 911. This includes, but is not limited to, any accident where your child experiences a loss of consciousness, has major bleeding, or has possible broken bones. Depending on the nature of the incident, we will apprise you via phone or in person during check out. If it appears that your child has an illness or injury that is not an emergency, but possibly should be seen by a doctor, we will contact you immediately.

Similar to the policy followed by schools, the Ocean Institute prohibits campers from bringing any of the following to camp: electronic devices such as iPods or electronic games; sports equipment, including skateboards, boogie boards and surfboards; knives or any other weapons; alcohol; non-prescription drugs, and illegal drugs or substances. Cell phone use is prohibited during camp hours. Please be aware that pets are not allowed on campus. We highly discourage parents from sending any valuable personal belongings with their child. The Ocean Institute is not responsible for the loss or damage of any item.

We are looking forward to sharing an exceptional experience with your child this summer. If you have any questions about the program, please call me at (949) 496-2274, extension 209 or via email at jwilliams@ocean-institute.org.

Fair Winds,

Jody Williams
Maritime Sailing Coordinator

Activities by Day:

Please note that the below activity schedule is subject to adjustment (subject to wind, weather, tides and the *whims of the Captain*). Enjoy!

Day 1

- Welcome and Introductions
- Safety and Behavior Expectations
- Random Crew Assignments
- Ship Orientation
- Line Handling and Raising Sail
- Prepare Ship for Voyage

Day 2

- Random bunk assignment
- Review of Safety Procedures
- Sail to Catalina
- Stand Watch, Helmsmanship, Navigation
- Swim Test
- Evening Science Program

Day 3

- Ship Chores
- Snorkeling
- Kayaking
- Marine Science Activity
- Hike
- BBQ on Catalina
- Surprise Evening Activity

Day 4

- Sail to Dana Point
- Ship Chores
- Knot Tying

**Ocean Institute Multi Day Sailing Program
CLOTHING AND SUPPLY LIST**

Required Items:

- 1 sleeping bag in waterproof (plastic) bag
- 1 set of sleepwear (attire that can be worn outside, e.g., sweats)
- 1 pair of long pants
- 1 pair shorts
- 1 sweatshirt
- 1 heavy jacket
- 1 long-sleeved shirt
- 1 short-sleeved shirt
- 2 pair underwear
- 2 pair closed- toed shoes (appropriate for hiking)
- 3 pair socks
- 1 hat (must block the sun)
- 1 swim suit
- Towel
- sunscreen (waterproof is best)
- toiletry kit (toothbrush and paste, comb, brush, deodorant, etc.)
- water bottle (these can be filled on the boat)
- plastic bag for wet articles
- rain gear (ponchos or trash bags work well)

Optional Items:

- flashlight / headlamp
- camera (expensive cameras are not recommended; they could easily get wet or go overboard)
- sunglasses
- book
- warm hat
- motion sickness medication (start taking the night before if you think you will need it)
- very small pillow (remember space is limited)

Do Not Bring:

- **Illegal Substances, alcohol, valuables, or fishing gear, weapons of any kind**
- **Food of any kind (except for Day 1). Absolutely no gum!**
- **Personal electronics such as music/video players, cell phones, radios, computers, etc.**
- **Curling/flat irons, hair dryers, make up, etc.**

Remember:

- Plan to get dirty and possibly wet, and pack accordingly. Remember that space is limited on a tallship so, **pack only the necessities. All gear must be stowed on your own bunk.**
- Mark all items with your name! The weather in Southern California is usually very good. However, it is possible to have rain, fog, wind, and chilly temperatures. Please remember to bring warm clothes and dress in layers, as it will be cool in the mornings and at night.

ACKNOWLEDGEMENT OF RISK AND WAIVER FOR ALL PARTICIPANTS

Welcome to the Ocean Institute! We want you and everyone to have a memorable and safe experience.

The Ocean Institute's environment, vessels, facilities, and activities are unique and different from your usual surroundings and activities. There are many inherent risks, dangers, and hazards and everyone must exercise caution at all times in order to avoid or minimize the risk of damage, injury, and death.

Examples of these risks, dangers, and hazards include, without limitation: (a) walking and standing surfaces that may be wet, slippery, moving, irregular, unstable, and rough; (b) open areas such as hatches into which someone could fall; (c) low or irregular lighting, or no lighting at all; (d) objects and equipment that could fall on someone; (e) low ceilings; (f) ropes, chains, and other items that could strike or entangle someone; (g) extreme and variable physical, weather, and ocean conditions, including darkness, sun glare, storms, and hot and cold temperatures; (h) vessels, docks, buildings, ladders, and stairs from which someone could fall; (i) vessels and docks that could pitch, roll, capsize, flood, collide, and sink; (j) gaps between a vessel and a dock that could open or close suddenly and unpredictably; (k) possible encounters with wildlife and plants; and (l) unavailability of medical attention and treatment.

If you attend and Ocean Institute activities, then you must exercise caution at all times to protect yourself and others from these risks, dangers, and hazards. If children or other persons under your care attend any Ocean Institute activities, then discuss these risks, dangers, and hazards with them as they too must exercise caution at all times.

Program Name: _____ Program Date: _____

Participant Information

Last Name: _____ First Name: _____

Birthdate: _____

Guardian Information

Last Name: _____ First Name: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

If you attend any Ocean Institute activities, and/or if others under your care attend any Ocean Institute activities, then by checking the box below you, on behalf of yourself and such other persons, shall be deemed to have read and understood this document and to have irrevocably waived any and all claims against the Ocean Institute and its directors, officers, employees, contractors, volunteers, agents, and insurers for damage, injury, accident, illness, or death occurring during or by reason of such activities.

Additionally, I authorize the use of photos taken of me and others under my care by the Ocean Institute for its promotional purposes.

As the Parent/Guardian, I have read and agree to the statements made on this document.

Signature

Date

RELEASE OF CAMPERS

At the Ocean Institute, our primary concern is the safety and well-being of the children who attend our programs. To ensure the safety of our campers, we follow the following procedures for Check-In and Check-Out at summer camps:

1. Day campers **must** be signed in and out by an **adult** each day on the appropriate form.
2. All campers will ONLY be released to an authorized person. Parents/guardians must complete and sign a form (see below) authorizing release of the camper to anyone. **Photo identification (such as a Driver’s License) is required before a camper will be released to any individual.**
3. If a custodial parent requests that a camper not be signed out to a non-custodial parent, such a request must be in writing.
4. When a last-minute change occurs in who will be picking up a camper, the new instructions are to be verified with the camp director from an authorized person on the “Release of Camper” form. Custodial parents are welcome to add names to the “Release of Camper” form during the course of the week.
5. No camper may leave camp at any time without prior authorization from the custodial parent and the camp director.

Authorized Release of Camper Form

Camper _____ Program Date _____

Custodial Parent / Guardian’s Name _____

Custodial Parent / Guardian’s Name _____

I hereby authorize the following other persons to pick up my child from camp:

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

Signature of Custodial Parent / Guardian: _____

Date signed: _____

Camper's Name: _____

STUDENT MEDICAL FORM

PLEASE PRINT CLEARLY

I/We, the parent(s) or guardian(s) of the participant named below, wish to register my/our child in the Ocean Institute's _____ Program. Dates attending _____ to _____.

Participant's Name (Last) _____ (First) _____

Home Phone (____) _____ Birth date ____ / ____ / ____

Address _____ City _____ State ____ Zip _____

In case of emergency, please notify: Parent(s)/Guardian(s) Name _____

Address _____ City _____ State ____ Zip _____
(if different from above)

Daytime Phone Number (____) _____ Cell Phone (____) _____

Alternate Person in case of emergency, please notify: _____ at (____) _____

Name of Family Physician _____ Phone Number _____

This camper is covered by family medical/hospital insurance Yes _____ No _____

Medical Insurance Company _____ Phone Number _____

Subscriber _____ Policy Number _____

PARTICIPANT HEALTH INFORMATION

1. Does the participant have any physical or medical conditions or restrictions? Yes ____ No ____

If so, please describe: _____

If your child has a special medical or physical condition, have your physician write a note indicating agreement that the participant is fit enough to fully participate in the program and to also include any special instructions.

2. Is your child subject to any of the following? Please circle:

Homesickness Car/motion sickness

3. Does your child have any dietary requirements or restrictions? Yes ____ No ____

If so, please describe: _____

4. Does your child have any allergies that may be of concern? Yes ____ No ____

If so, please describe the severity: _____

5. Has the participant recently been ill or exposed to any communicable diseases? Yes ____ No ____

Camper's Name: _____

If so, please explain: _____

- 6. Does your child have asthma? Yes _____ No _____
- If yes, will your child carry a rescue inhaler during the camp session? Yes _____ No _____
- If yes, does your child need staff help to use that rescue inhaler? Yes _____ No _____
- If yes, what triggers your child's asthma? _____

7. Immunization History:

Is your child fully immunized against diphtheria, tetanus, pertussis (DTaP or Tdap); mumps, measles, rubella (MMR); polio (IPV)? Yes _____ No _____

Date (month & year) of your child's most recent tetanus immunization _____

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: _____ Date: _____

- 8. Does this child take medication are a routine basis? Yes _____ No _____

MEDICATION

In order for your child to receive any prescription medication during the _____ program, an **ADMINISTRATION OF MEDICATION** form must be completed by a parent or guardian and your child's physician. For prescription medication, a form must be completed for each medication prescribed for the period your child will attend the program. The prescription container must be clearly labeled with the following information:

- a. Participant's full name
- b. Physician's name
- c. Physician's phone number
- d. Name of medication
- e. Dosage
- f. Expiration date of Rx.

Each medication must be in a separate container.

In order for your child to **bring** and receive any non-prescription medication (headache remedies, upset stomach remedies) during the program, an **ADMINISTRATION OF MEDICATION** form must be completed by a parent or guardian and your child's physician. Any non-prescription medication you send with your child must be in the original container and clearly labeled with your child's name. **No child will be allowed to take any non-prescription medication unless this form is completed, with a physician's signature, and the medication is sent to the program with the teacher-in-charge.**

9. What have we forgotten to ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program.

AUTHORIZATION AND CONSENT FOR PARTICIPANT TREATMENT

- 1. Parents will be notified immediately when a child becomes injured or seriously ill, and aid will be according to the parent's wishes. Arrangements will be made with the parent(s) to pick up their child if desired.
- 2. A child will not be released during the program to anyone other than parent or guardian except on written or verbal request by the parent or guardian.

Camper's Name: _____

3. I/We _____ do hereby authorize the Ocean Institute staff as agents for the undersigned to consent to any x-ray examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the California Medical or Dental Practices Act on the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at office of said physician or said hospital.

It is understood that this **authorization is given** in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of aforesaid agents to give specific consent to any and all such diagnosis, treatment, or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of Civil Code of California. This authorization shall remain in effect until _____ (date) unless revoked sooner in writing and delivered to said agents.

Signature of Adult Participant or Parent/Legal Guardian of Child

Date

OR

If it is desired that no medical treatment be given to the participant please provide the necessary instruction and sign here.

Signature of Adult Participant or Parents/Legal Guardian of Child

Date

Camper's Name: _____

ADMINISTRATION OF MEDICATION, PAGE 1

Dates Attending _____

The nature of the program requires that all children participate in a variety of learning and social activities involving vigorous walking and hiking. Standardized, well-balanced meals are provided.

It is understood that the Ocean Institute is not legally obligated to administer medication to my/our child, and therefore, I/we agree to hold the Ocean Institute and its personnel free from any and all responsibility for the results of such medication, or the manner in which it is administered and to indemnify each of them against the loss of reason of any civil judgment arising out of these arrangements which may be rendered against them.

INSTRUCTIONS

No one is to administer medication to any child without authorization of the parent(s) or guardian(s). If you wish your child to receive medication you must fill out Part I: Prescription Medication and/or Part II: Non-Prescription Medication. These forms will be kept with the medication. **A parent/ guardian and physician's signature is required for each of these sections.**

Part I: Prescription Medication

MEDICATION 1

Diagnosis _____ Date of Examination _____

Medication Prescribed _____ Dosage _____

Schedule and Method of Administration _____

Comments _____

Physician's Signature _____

Parent(s)/Guardian(s) Signature _____

MEDICATION 2

Diagnosis _____ Date of Examination _____

Medication Prescribed _____ Dosage _____

Schedule and Method of Administration _____

Comments _____

Physician's Signature _____

Parent(s)/Guardian(s) Signature _____

Camper's Name: _____

ADMINISTRATION OF MEDICATION, PAGE 2

Dates Attending _____

Part II: Non-Prescription Medication

MEDICATION 1

Medication _____ Dosage _____

Reason for Administration on Medication _____

Schedule and Method of Administration _____

Comments _____

Physician's Signature _____

Parent(s)/Guardian(s) Signature _____

MEDICATION 2

Medication _____ Dosage _____

Reason for Administration on Medication _____

Schedule and Method of Administration _____

Comments _____

Physician's Signature _____

Parent(s)/Guardian(s) Signature _____

MEDICATION 3

Medication _____ Dosage _____

Reason for Administration on Medication _____

Schedule and Method of Administration _____

Comments _____

Physician's Signature _____

Parent(s)/Guardian(s) Signature _____