



SUMMER EARTH STUDIES RULES AND SAFETY PROCEDURES

The success and enjoyment of this exciting course is completely dependent on our safety and injury prevention. Students, teachers, and chaperones must be aware of the dangers inherent in this kind of trip and be fully prepared to minimize those risks through pre-trip preparation and reasonable caution and care during the course. Some of the dangers are falls, cuts, bruises, blisters, leg sprains, pulled muscles, broken bones, illness, food poisoning, dehydration, snake and insect bites or stings, allergic reactions, sunburn, getting lost, molestation, drowning, vehicle accident, lightning strike, and other unforeseen or unpredictable events. At the discretion of the course supervisory team, a serious violation of rules or safety procedures could result in immediate termination of student participation in the course and a return home at parent expense.

Here are some safety rules and guidelines organized by activity categories.

General

No teasing, pushing, or shoving, especially in locations where a fall could cause injury.

Use cell phones only when and how instructed by teacher/chaperone.

Carefully use prescribed medications and only with teacher/chaperone knowledge.

Follow all dress codes or rules.

Follow all teacher/chaperone/guide instructions on conduct and safety.

Maintain an open communication with teachers/chaperones about your physical and mental condition during the trip.

You must have in-force family health insurance coverage.

You must have excellent swimming skills to do any water activities like swimming in the swimming pool or river rafting

Absolutely no use of alcohol or illicit drugs are allowed on this course.

Keep a list of the teachers and chaperones cell phone numbers so that you can communicate with them when needed.

Take care of yourself. An illness or injury affects not only you, but everyone else on the trip.

Transportation

Seatbelts must be buckled and worn appropriately at all times in vehicles.

Loud noises, talking, and laughing in the vehicles must be controlled in such a way that the driver can concentrate on safe driving.

Hikes or Outdoor Activities

Dress appropriately with good shoe support and available rain gear.

Stay on hiking trails and always watch your footing.

Keep a full body length away from the edge of all cliffs.

Do not lean or sit on rails or fences near cliffs.

Maintain a “student sandwich” during hikes. Teachers or chaperones must be at the front and rear of every hike.

Keep a safe distance from all wild and domestic animals. Talk to the teachers/chaperones about that safe distance.

Find reasonable and immediate cover during lightning storms.

All students should have a small medical kit with pain analgesic, ankle wrap, band aids, sunscreen, antiseptic wipes, antihistamine, or if needed, an epi-pin.

Drink only bottled water or safe water sources after consulting with teacher/chaperone.

Drink plenty of water, at least 1 gallon of water in the desert each day.

Do not eat wild plants without consulting teacher/chaperone.

Avoid out-of-control running.

Use sunscreen and sunglasses where and when appropriate.

Have parent-approved swimming skills before swimming or rafting.

Free and Dining Time

Stay in groups of 4 or more students. Stay with your group and never wander off alone. Let teachers/chaperones know what you are doing at all times.

Be aware of your own dietary restrictions and select food cautiously. Eat healthy food.

Do not socialize with individuals outside of our group unless approved by teacher/chaperone.

Have parent-approved swimming skills before swimming.

Hotels

Follow all rules and curfews given by the teachers/chaperones.

Never leave your room after curfew.

Do not enter a room of the opposite sex unless a teacher/chaperone is present. Leave the door open when visiting students in another room.

Have parent-approved swimming skills before swimming.

Enter a swimming area feet-first and only from a height less than 3 feet above the water.

Do not socialize with individuals outside of our group unless approved by teacher/chaperone.

Get a healthy full night sleep every night.

Be thoughtfully quiet, keep and leave room clean, live out of your bag, and stack used towels in the bathroom on the last morning of our stay.

Teachers and Chaperones

They will maintain several medical kits for use during transportation, outdoor activities, and free time.

They will each carry a walkie-talkie during outdoor activities, hikes, and free time.

They will each keep a list of hospital and medical facilities that are closest to our travel locations.

At least one supervisor will take first aid and CPR training during course preparation.

General Hygiene and Good Health Practices

Please bathe regularly and use an antiperspirant deodorant daily.

In regards to Covid-19 concerns, the teachers and director will decide under what circumstances group members will be required to wear a mask and follow CDC safety guidelines.

Wash your hands with soap and water for 20 seconds as often as possible and use hand sanitizer.

Touch public surfaces as little as possible but if you do, please wash or use hand sanitizer as soon as possible.

Keep your hands and fingers away from your eyes, nose, and mouth as much as possible.

If you need to cough or sneeze, please do so into your elbow sleeve, a handkerchief or facial tissue, but definitely facing away from all others.