



Science and Outdoor Education School

Student Packet (2016)

Dear Parents & Students,

Your student's visit to Pathfinder Ranch is sure to be filled with new experiences and memories. Since we are committed to providing a safe and fun learning environment, we need your help in preparing your student for his/her visit. Please carefully review this packet and return all of the necessary forms to your trip coordinator. If any form is not completely filled out, your student might not be able to participate in activities until the missing sections/forms are completed and faxed or emailed to Pathfinder Ranch. Enclosed you will find the following information and forms:

Activities & Classes – This page describes the overall camp experience and classes we offer, but we work with each trip coordinator to create a specialized itinerary for your group.

Food & Medical Services – This page addresses many frequently asked questions regarding food services, dietary restrictions, health services, and medications at Pathfinder. The page also includes our limitations. Please visit our website for more information, and contact your trip coordinator if your student requires special accommodations or has any restrictions.

Student Information Form – It is essential that this form be properly completed. Unsigned and/or incomplete forms will prevent your student from participating until the completed form is received by Pathfinder staff. Be sure to include dietary restrictions and physical limitations.

Medication Order Form – For Benadryl, Tylenol, and/or ibuprofen, **DO NOT** complete a Medication Order Form. Pathfinder's infirmary stocks these basic medications and Pathfinder health staff has a physician's standing orders to administer them as needed. For all other medications, the completed Medication Order Form must accompany the medications in their original containers and not be expired, in order to be administered.

Student Behavior Form – This form outlines the behavioral expectations of your student while at Pathfinder. Both you and your student must read and sign this form. Students with major behavioral issues will be sent home at the discretion of the trip coordinator and/or school administrators.

Equipment List – Please be sure to send your student with the listed essential gear. The weather varies drastically in the mountains, so double check the weather link (<http://pathfinderranch.com/ranch-weather/>) on our website right before the trip. It is critical that your child is prepared for his/her visit.

Please contact your trip coordinator with questions regarding your student's upcoming trip or visit our website at www.pathfinderranch.com for more information. See you soon!

Sincerely,

Ryan Mayeda
Outdoor Education Director



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ACTIVITIES & CLASSES

Pathfinder Ranch is proud to offer a broad and engaging curriculum. Following is a list of the classes that we offer, but the trip coordinator will decide which of these classes your students will participate in. Please visit our website (<http://pathfinderranch.org/science-classes-info/>) for a full description of each class.

Arrival Day

Students must bring a sack lunch to eat on their arrival day. Check with your trip coordinator to determine if the school will provide these sack lunches. Pathfinder staff will provide all other meals from arrival day dinner to departure day lunch. After this sack lunch, students split into their study groups and receive an orientation to campus and our policies/procedures.

Academic Classes

Cultural History, Earth's Resources, Ecology, Permaculture, Wilderness Skills, and Wildlife

Adventure Activities

Archery, Canoeing, ExCEED (Equine-Centered Experiential Education), Hikes, Horseback Riding, Horsemanship, Ascent (Alpine Tower, Climbing Wall, Rock Climbing), and Team Challenge

All Group Activities & Evening Programs

Astronomy, Catapults, Electives, Free Time (Recess), Lorax & Town Meeting, Mad Science Fair, Night Hike, Predator & Prey, Skit Night, Weather

For the safety of participants and staff, individuals should NOT participate in Adventure Program activities (see list above) if any of the following conditions apply:

- Over 250 lbs in body weight (only applies to Horseback Riding and Ascent activities)
- Pregnancy (only applies to Horseback Riding and Ascent activities)
- Cardiac disease
- Received an organ transplant
- Currently experiencing abdominal organ enlargement (e.g. Mononucleosis)
- Active orthopedic and/or joint problems (e.g. Rheumatoid arthritis, recent fracture or sprain, or current sutures or staples)
- History of head, neck, or back injuries
- Any condition that a physician has determined creates a limitation to physical activity or if you think that participating in Adventure Program activities will aggravate any previous medical condition

Contact the Recreation Director at 951-659-2455 ext 19 with further questions or concerns about participating in Adventure Program activities.



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FOOD & MEDICAL SERVICES

Pathfinder food service staff strives to accommodate as many special diets as possible including gluten free, vegetarian, no shellfish, no pork, lactose free, and mild nut allergies. We cannot accommodate severe nut allergies, because we serve some food items that are processed in facilities that also process nut products. If your child has severe nut allergies, multiple food restrictions, or something not listed, please contact our food service staff at 951-659-2455 ext. 28 to discuss options.

Pathfinder health staff is available 24 hours a day to address basic first aid, minor illnesses, and distribute student medications. Pathfinder health staff **does not** provide care for chronic injuries or illnesses such as type 1 diabetes and severe cystic fibrosis. If a student requires special care, please contact your trip coordinator to discuss care options and make proper arrangements before your student's trip. If you decide to attend and care for your child, it is critical you go through all the steps with the trip coordinator to be a chaperone. If you have additional questions or requests from our health staff, please call 951-659-2455 ext. 22.

STUDENT FORMS

- Please **complete and sign** the *Student Information Form* along with the *Student Behavior Form*. Incomplete forms will prevent your student from participating, and they may have to leave immediately.
- **Prescription (Rx) medication** must be accompanied by a *Medication Order Form* that is signed by a physician. The pharmacist's label must be legible and display the patient's full name.
- **Over-The-Counter (OTC) medication** must be accompanied by a *Medication Order Form* that is signed by a physician OR a parent/guardian.

IMPORTANT INFORMATION

- Pathfinder Ranch has standing orders, approved by a physician, to administer **Benadryl, Tylenol, and ibuprofen** as needed, which we have in the infirmary. **DO NOT** send these three medications unless the medication is to be administered in a manner other than as directed on the manufacturer's label, or it is to be administered on a regularly scheduled basis.
- **ALL MEDICATIONS MUST BE IN THEIR ORIGINAL CONTAINERS.**
- **DO NOT** send expired medications.
- All student medications will be locked up, and administered only by Pathfinder Ranch health staff. The one exception is if a student has an emergency albuterol inhaler, which they will keep with them at all times.
- A medication order on-file at school can be used for **EMERGENCY MEDS** (e.g. Epi-pen, inhaler, nebulizer).
- Please mark albuterol **INHALERS** with the student's name using **PERMANENT MARKER**. Inhalers must be non-expired and inside the original prescription box. Emergency inhalers will be issued to the students to whom they belong, on the first day, to carry with them at all times.
- All medications and *Medication Order Forms* should be transferred to Pathfinder Ranch health staff by the trip coordinator upon arrival.
- For any treatment a parent/guardian does not want for their child, they must submit to Pathfinder staff a signed statement specifying the action to be taken should the student need care or treatment.



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STUDENT INFORMATION FORM

SCHOOL NAME: _____

STUDENT NAME: _____ BIRTH DATE: _____
LAST FIRST M.I.

HOME ADDRESS: _____
STREET ADDRESS CITY STATE ZIP

1. PARENT/GUARDIAN: _____

HOME PHONE: _____ CELL PHONE: _____ WORK PHONE: _____

2. PARENT/GUARDIAN: _____

HOME PHONE: _____ CELL PHONE: _____ WORK PHONE: _____

ADDITIONAL EMERGENCY CONTACT: _____ PHONE: _____

HEALTH HISTORY

Pertinent medical history and/or current medication(s): _____

Any allergies and/or dietary restrictions: _____

Date of most recent tetanus shot (mm/yy) ___ / ___

Any camp activities from which the camper should be exempted for health reasons: _____

Any condition(s) requiring medication, treatment, or special restriction/consideration while at camp: _____

I **DO NOT** grant permission for my child to ride horses and/or participate in any horse-related activities.

Only mark the box if you do not grant permission. *Permission is granted if box is left BLANK.*

Parent/Guardian Authorization: This information is correct, to the best of my knowledge. The student named above is considered physically, mentally and emotionally fit by me and able to participate in all authorized activities prescribed in the camp program agenda, except for those specified activities that I have listed as exclusions above. I understand that my child may be photographed while at Pathfinder Ranch and these images may be used in promotional materials. I am aware that the activities at Pathfinder Ranch may be physically challenging and, because of the setting, certain natural risks and hazards may exist. I agree to indemnify and hold harmless Pathfinder Ranch and its employees, servants and agents from and against all claims, loss, injury, death or liability resulting from, arising out of, or in any way connected with the above mentioned activity. I hereby attest that all immunizations required for school are up to date. I give permission to the camp health staff and/or trained personnel to administer prescribed, emergency, and OTC medications per Dr. standing orders. I also hereby give permission to the physician selected by Pathfinder Ranch to order any X-rays, routine tests and treatment necessary for the proper maintenance of my child's health. In the event that I should be unavailable in an emergency, I hereby give permission to the physician selected by Pathfinder Ranch to hospitalize, secure proper treatment for, and to order injections and/or anesthesia and/or surgery for my child as named above.

SIGNATURE: _____ DATE: _____

PATHFINDER RANCH MEDICATION ORDER FORM

Name of Student: _____ DOB: _____ School: _____ Trip Dates: _____

Rx Medications: Doctor's signature required. Place meds in their original containers.
OTC Medications: Doctor OR parent/guardian's signature required. Place meds in their original containers.

TO BE COMPLETED BY A PHYSICIAN, PARENT OR GUARDIAN

Medication: _____ Amount to be given: _____

Freq: Daily BID TID QID PRN Times: AM ___ PM HS
BID, TID, QID = 2x, 3x, or 4x daily *PRN = as needed* *AM=after breakfast* *PM=after dinner* *HS=bedtime*

Route: by mouth by inhalation by intranasal spray topically

Rx # or Lot #: _____ Exp. Date: _____ # in bottle: _____

Medication: _____ Amount to be given: _____

Freq: Daily BID TID QID PRN Times: AM ___ PM HS
BID, TID, QID = 2x, 3x, or 4x daily *PRN = as needed* *AM=after breakfast* *PM=after dinner* *HS=bedtime*

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Route: by mouth by inhalation by intranasal spray topically

Rx # or Lot #: _____ Exp. Date: _____ # in bottle: _____

FOR PATHFINDER USE ONLY						
TIME	MON	TUE	WED	THR	FRI	
AM						
PM						
HS						
# left in bottle: _____						
TIME	MON	TUE	WED	THR	FRI	
AM						
PM						
HS						
# left in bottle: _____						
TIME	MON	TUE	WED	THR	FRI	
AM						
PM						
HS						
# left in bottle: _____						

Physician's Stamp

Physician Signature: _____ **Date:** _____

I hereby give permission to Pathfinder Ranch to administer, to my child, the medication(s) listed above.

Parent/Guardian Signature: _____ **Date:** _____

Initials: _____ Signature: _____ Name: _____

Initials: _____ Signature: _____ Name: _____

Health Director
Program Asst.

For Pathfinder Use Only



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Student Behavior Form

1. I agree to **RESPECT MYSELF** by:
 - Having a positive attitude
 - Always trying my hardest
 - Trying new things
 - Finding an adult to help me when I am scared or sick
2. I agree to **RESPECT OTHERS** including:
 - Pathfinder staff
 - All other students
 - All chaperones
 - Classroom teachers and other faculty
3. I agree to:
 - Be a good team member, sharing, and taking turns
 - Listen and follow directions
 - Do my share of work
 - Respect other peoples' belongings
 - Not fight, bully, tease, or use bad language
4. I agree to **RESPECT** the **NATURAL & BUILT ENVIRONMENT** by:
 - Keeping places CLEANER than I found them
 - Remembering that we are visitors to the home of the plants and animals at Pathfinder Ranch
 - Not misusing or vandalizing the buildings or equipment at Pathfinder Ranch
 - Not throwing or kicking things (rocks, pine cones, sticks, snow, etc...)
5. I agree to learn and have fun while being **SAFE**:
 - Staying with my group
 - Making sure I am with an adult at all times
 - Walking at all times
 - Following directions
6. I understand that if I choose to behave inappropriately, the following steps may be taken:
 - Behavior improvement request by an adult
 - Warnings and discussion with classroom teacher
 - Final warning and a call to my parents/guardians
 - My parents/guardians called to take me home

I have read this form and agree to follow these behavior expectations. I understand that I could be sent home if I fail to follow them. I understand that my school's behavior expectations and discipline policy applies during my school's field trip to Pathfinder.

Student's Name Printed _____ School Name _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

By signing this form, I the parent/guardian of the aforementioned student, agree to provide or arrange for immediate transportation from Pathfinder Ranch if for any reason departure from camp is recommended for my son/daughter.



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EQUIPMENT LIST

IMPORTANT NOTES

- Sack lunch on arrival day is provided by participants (students and adults) and/or the school. Pathfinder provides meals from arrival day dinner to departure day lunch.
- Students must be able to carry ALL of their luggage.
- Pack all clothing and gear in one suitcase or duffel bag. Sleeping bag should be carried separately. Do not bundle luggage, because it makes packing the buses/vehicles very difficult.
- Label all personal items and expect them to possibly get lost, dirty, and/or broken.
- Our mountain weather varies widely, so check the weather reports (<http://pathfinderranch.com/ranch-weather/>) a few days prior to determine if you'll need the extra cold weather and/or warm weather gear.

ESSENTIAL GEAR

CLOTHING

- Tennis Shoes/ Boots- 2 Pair
- Warm Socks- 2 Pair/Day
- Underwear- 1 Pair/Day
- Long Pants- 3 Pair
- Short or Long Sleeve Shirts- 1/Day
- Sweaters or Sweatshirts- 2
- Warm Jacket
- Rain Gear
- Hat (Sun Protection)

DORMITORY EQUIPMENT

- Thick Sleeping Bag
- Pillow
- Pajamas
- Towel
- Body Soap
- Dry Shampoo/Conditioner
- Sunscreen
- Chapstick
- Toothbrush and Paste
- Comb/Brush
- Other Hygiene Items

OTHER IMPORTANT ITEMS

- Sack Lunch (Arrival Day)
- Water Bottle/Canteen With Name
- Pencil or Pen
- Day Pack (Drawstring or Backpack)
- Watch

COLD WEATHER GEAR

- Extra Sweater or Sweatshirt
- Thermal Underwear
- Warm Gloves
- Winter Hat (e.g. Beanie)
- Scarf
- Thick Winter Jacket

WARM WEATHER GEAR

- Shorts- 2 Pairs

OPTIONAL LIST

- Plastic Bags (Laundry)
- Shower Sandals
- Sunglasses
- Camera
- Watch
- Reading Book, Playing Cards, Or Quiet Game

ITEMS NOT ALLOWED

- Phone
- Candy, Gum, or Snacks
- Radio
- Electronic Games
- Blow Dryers
- Curling Irons
- Aerosol Sprays
- Knives/Weapons