

SAFETY RULES FOR FIELDGUIDES PROGRAMS

FIELDGUIDES is run in a cooperative family style atmosphere; let FIELDGUIDES' staff members know if you need help, if you are not feeling well, if you're homesick, if someone is mistreating you, etc.. They can help you.

Stay within the boundaries during "freetime", and stay near your group leader when hiking. Stay on the trail.

If you become lost stay where you are, shelter yourself from the elements, and call out loudly every few minutes.

Never cross a highway or busy road without direct adult supervision. Beware of cars on park roads, and always get out of the way of vehicles.

Wear shoes at all times, unless the instructors tell you that you may take your shoes off. Never wear sandals.

Do not touch or feed any animals. Stay away from all animals. Tell an adult if you find an animal in camp.

Don't climb trees or cliffs; stay well back from the edge when near the top of cliffs. Don't jump from rocks or logs.

During "freetime" do not go to the creek or onto the beach without a chaperone. No swimming is allowed. Don't wade or play at the water's edge. Don't get your clothes or shoes wet.

Check yourself often for ticks. If you are bitten by a tick have one of FIELDGUIDES' staff members remove it. It is important that you do this to reduce your risk of infection or disease from the bite. Don't spray insect repellent in tents, cars, or other enclosed spaces.

No running in camp. No running on the trails or at night.

Only chaperones may get sports equipment from the supply tent. Be careful when playing volleyball, Frisbee, wiffle ball, badminton, or other games. Be especially alert if the game involves the use of bats or racquets.

Drink plenty of liquids.

No weapons or knives are allowed. No playing with fire. No liquid filled light sticks are allowed.

Keep the door to your tent closed when no one is inside. Keep your tent clean. Don't go in anyone else's tent. Tents are only for sleeping, storing gear, and for changing clothes; they are not for socializing or playing in.

Stay out of the kitchen area unless you have been asked to help there.

Always wash your hands after going to the restroom, before meals, and before helping to prepare meals.

Dress warmly for dinner and nighttime activities. When it is dark use your flashlight and walk with caution.

At night awaken a chaperone if you need to go to the restroom.

If your group visits the tidepools, be very careful. Watch your footing and move slowly; the footing is very slippery. Stay close to your group leader. Do not enter sea caves.

Do not eat any wild plants. Try to avoid poison oak and nettles.

Do not bring fuel burning lanterns or battery-powered curling irons. Do not use space heaters in tents.

Student medicines must be in the possession of authorized school representatives - not students. No illegal drugs, tobacco, or alcoholic beverages are permitted.

No fighting, wrestling, rough housing, or chasing of one another is allowed. No rock throwing is allowed.

Do not tease or "put down" other students.

Chaperones supervise students during "freetime", play and recreation periods, while students are getting ready for bed, at night, and at other times as directed by FIELDGUIDES' staff. At night the chaperones quiet the students down, and if need be, they escort students to the restroom in the middle of the night. If chaperones need help or are unclear about FIELDGUIDES' policies or procedures they should talk to the Site Director or other staff members.

Have a good time!