

Crew Orientation 9th Grade

Mineral Bar Campground

Tuesday September 17th – Friday September 20th 2019



The SAEL Crew Orientation is a significant experience for all students. The Crew Orientation will provide Crews with an opportunity to camp, hike, and team build together. It is an integral part of our school program. Crew growth, character assessments, and reflections will occur. Students will also practice adventure skills like backpacking, cooking, and shelter building.

Campground Location:

Mineral Bar Campground is located in the Auburn State Recreational Area. It is on the east side of the North Fork of the American River, where the Colfax Iowa Hill Road crosses the river (off the Iowa Hill Road).

Dates: Tuesday September 17th – Friday September 20th 2019

Who's going? All 9th graders, their respective Crew Advisors, and other SAEL staff (See Personnel for details below).

Pick-up: Students will depart from the SAEL campus by school bus. Students should attend school at the usual time at 9.20am.

Drop-off:

Students will return to the SAEL campus by school bus on Friday afternoon. Students will be picked-up by the bus from the Mineral Bar Campground at 11:00am. The bus will transport students back to the SAEL campus and arrive at 12.00pm. Students will then return to SAEL for the weekly Community Meeting and be dismissed at the usual time of 1.33pm.

Food:

Students will be provided with all main meals. Students should bring their own snack foods. Students will be preparing and cooking their own meals together as a Crew. Please fill out the Extended Medical Form in detail to ensure we are properly informed of all food allergies.

Medication:

All medication must be detailed on the Extended Medical Form AND on the Medication Required During School Hours Form. These forms must be fully filled out and on file in the SAEL Main Office in advance of fieldwork. This includes asthma inhalers. Students should check in their meds with Mr. Berry on the morning of the trip to ensure our records match the bottle dosage, prescription, and correct medication type. ANY medication (prescription or over the counter) requires an official doctor's note or prescription to be on file in the main office for it to be allowed with us on fieldwork.

Safety:

Mr. Berry is Wilderness First Responder certified. This means he is First Aid, CPR, and AED certified. He has specific training to respond to emergency medical situations in the backcountry. There will be 5 adults present. This means there will be an 12 students to 1 adult ratio. Mr. Berry also has practical experience planning and executing student backpacking and camping experiences. He will be directing this program using the latest best practices in Adventure Education.

Swimming:

Swimming will only take place in small groups and under the direct supervision of Mr. Berry who is a certified in Swift Water Rescue. Students may cool off in shallow river locations under the supervision of CREW teachers. Swimming will only take place when a certified water safety adult is present.

Sleeping:

We have several campsites booked at the Mineral Bar campground location. Crews will be camping and sleeping together in the same general campground area, but Crews will be separated by gender. Crew Advisors (and other SAEL staff) will support the experience to ensure everyone is properly monitored. This means Crew students of different genders will not share a shelter and will not be allowed into each other's shelters at any time. We will ensure all bathroom use can happen in separated official bathrooms at the campground and with privacy in the backcountry while hiking. If families have questions, concerns, or would like to discuss gender identity and how this plays a role in the field, please reach out to Mr. Berry directly, if you have not already.

Personnel:

Mr. Berry will be the Field Director. He will organize and coordinate this experience and all Crew activities. Ms. Bird, Ms. James, Ms. McCaffrey, and Mr. Geraldo will participate and supervise as Crew Advisors. Ms. Crane will be the main point of contact back at SAEL. She may also visit the campground location. She will keep her phone on at all times in order to receive updates from Mr. Berry's regular cell phone or the SAEL Satellite Phone, if needed. Families will also be able to contact her in emergency situations only.

Parent/Guardian Contact:

We ask that families do not visit students during this fieldwork. (We know it is farther away this time, but parents have still pulled it off before!). This is a school program that is intended to support student growth and achievement. It is essential that students are allowed to be fully immersed in the experience. Please do not intend on seeing or speaking with your child during this experience, unless it is an emergency in which case you should contact Ms. Crane. **NO REGULAR CONTACT WILL BE MADE TO HOME UNLESS IT IS AN EMERGENCY. Please also do not expect regular updates from any personnel in the field or Ms. Crane as the experience develops unless it is an emergency.** There may be some positive social media posts with pictures, but these are not intended to be official updates for families that are coming at any regular interval. Please reach out to Ms. Crane if you have questions or concerns about this policy.

Gear:

All Adventure equipment will be provided for students who do not have their own. However, students are **encouraged to bring and use their own gear.**

Gear that can be provided by SAEL includes:

- Backpack
- Sleeping bag
- Ground sheet
- Sleeping pad
- Shelter / Tent
- Headlamp (with extra batteries)
- Cooking stove, pot, cooking fuel, cooking utensils. (SAEL provides all cooking equipment)
- 1 water bottle
- Bug repellent

Personal Gear (TO BE BROUGHT BY THE STUDENT):

- Bowl, spoon, fork
- Hat, sun screen (sunglasses if you have them)
- 1 pair of long pants (preferably of an athletic material; not jeans)
- 1 pair of athletic shoes, sneakers, or hiking boots
- 1 t-shirt
- 1 long sleeve shirt
- 2 pairs of socks
- 2 pairs of underwear (1 sports bra for girls)
- Tooth brush / toothpaste

- 1 Water bottle
- Rain jacket / Rain Poncho

Students should bring in all gear they plan on taking on our Crew Orientation. Please bring in any personal and adventure gear, on **Monday, September 16th**. We will use our Crew class period to complete a "GEAR CHECK" to ensure all students have the necessary gear and equipment. We will then make sure to send students home with a list if they forgot anything. Please do not wait until the day of Crew Orientation to bring in gear. We need to do a proper GEAR CHECK to ensure the safety of our group.

Activities include:

- Hiking and navigation
- Natural history lesson of the American River and Canyons
- Crew team builders
- Leave No Trace (LNT) mini-lessons
- Cooking
- Shelter building and knots
- Journaling and reflection

What not to take:

- **Knives/utility tools with knives**
- Matches/lighters, fire starting equipment
- All banned/illegal/controlled substances or anything outlined as inappropriate for school in our SAEL Student and Family Handbook and/or Ed Code. All school rules apply in the field as it is school.
 - Electronics*

*Chromebooks, or any personal or school electronic devices are not NECESSARY on this trip. SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK.

SAEL accepts no responsibility for lost or damaged electronics/gear.

Phone Coverage and Safety:

Students may not take or use cell phones on the Crew Orientation. There is some cell phone coverage at our base camp location, but this is not guaranteed. Mr. Berry has a Satellite Phone that will allow us to always communicate with the group in the field. We do not want students or parents to depend on daily check ins. Pictures may be posted on Facebook and the website, but daily calls will not be made home. We want students to be working with their Crews and focused on being immersed in the experience and in nature. If a parent needs to contact a student for an emergency, please call Principal Erica Crane (at SAEL during regular school hours or on her cell phone after hours). If there is any issue in the field, Mr. Berry will contact Ms. Crane and she will contact families. If your child contacts you while she or he is on Crew Orientation, please encourage them to stop contacting you and to turn the

phone in to Mr. Berry. There will be a waterproof bag that we can use to cover phones in the field, but **SAEL accepts no responsibility for lost or damaged electronics on Crew Orientation.**

Contact Information: SAEL: 530-268-2200

Principal Erica Crane's Cell Phone (for emergencies only after school hours): (203)-725-8875