

SEACAMP San Diego Parent Information  
**What Not to Bring to SEACAMP**

**ELECTRONICS**

Any electronics brought to camp are brought at your own risk. Should you choose to bring a radio/CD/mp3 player it is for personal use only – it must have headphones/earplugs. TVs/DVD players and PCs/laptops are not permitted. Your school’s paperwork will let you know the cell phone policy for your particular session. For some groups personal cell phone use is not permitted during students’ stay at camp; phones brought to camp will be turned off and turned in – they will be returned on departure day. Other groups may have a limited use policy; cell phones will be collected and turned off throughout the day – they will be accessible once per day during free time. There is no accommodation for charging electronics at camp. **Any lost/left electronic items found at camp may be returned for a flat \$50.00 shipping fee.**

**DRUGS/ALCOHOL/WEAPONS**

Any student using alcohol, tobacco, drugs or committing any illegal act will be sent home immediately at the parent or guardian’s expense.

Possession of any items which may be considered dangerous (i.e. knives, etc.) or behavior which may compromise the safety of others will not be tolerated.

**MISCELLANEOUS**

No roller blades, skates, skateboards, surfboards or skim boards will be allowed at SEACAMP. If brought, SEACAMP will ship the items home at the parent or guardian’s expense.

**What to Bring to SEACAMP**

This is a complete list of items from your Registration Packet, Information Form B. Bring enough clothing for the duration of your camp session.

*Please note all clothing and gear should be clearly marked for identification purposes.*

**BEDDING**

Sleeping Bag\*

\*Other bedding (i.e. quilt or bedspread and a top sheet) is acceptable. Be aware that bedding should be securely packed for flights or bus rides.

Fitted Bottom Sheet (twin size)

Pillow

**CLOTHING**

- |  |   |
|--|---|
| <input type="checkbox"/> Shorts        | <input type="checkbox"/> Pajamas                      |
| <input type="checkbox"/> Long pants    | <input type="checkbox"/> 2 pair of shoes              |
| <input type="checkbox"/> Shirts        | <i>(one pair with closed toes that can get wet)</i>   |
| <input type="checkbox"/> Hat           | <input type="checkbox"/> Sunglasses w/ lanyard        |
| <input type="checkbox"/> Swim suit X 2 | <input type="checkbox"/> Jacket*                      |
| <input type="checkbox"/> Socks         | <input type="checkbox"/> Sweat / fleece/ track pants* |
| <input type="checkbox"/> Day/back pack | <input type="checkbox"/> Sweatshirt*                  |
| <input type="checkbox"/> Underwear     |   |

*\*Yes, we mean both a jacket and sweats! It can get chilly by the water!*

## What to Bring to SEACAMP (cont'd)

### TOILET ARTICLES

- |   |                                       |   |
|---|---------------------------------------|---|
| <input type="checkbox"/> Toothbrush       | <input type="checkbox"/> Shampoo      | <input type="checkbox"/> Personal items                 |
| <input type="checkbox"/> Sunscreen/lotion | <input type="checkbox"/> Comb/brush   | <input type="checkbox"/> Prescription medicine*         |
| <input type="checkbox"/> Soap             | <input type="checkbox"/> Shower towel | <input type="checkbox"/> Non - Prescription medication* |
| <input type="checkbox"/> Toothpaste       | <input type="checkbox"/> Beach towel  |   |

\*Please make sure you have let us know what medications your student will be bringing (Registration Form A in your packet)

### MISCELLANEOUS

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Notebook for journal                    | <input type="checkbox"/> Pens/Pencils |
| <input type="checkbox"/> 2 plastic bags for dirty or wet clothes | <input type="checkbox"/> Water Bottle |

### MONEY

Please note: all meals, lodging, and tours are covered in the package, therefore the only money the students would need will be for purchases of souvenirs, etc. Students should have enough money for any purchases they choose to make. We recommend no more than \$75.00 in cash.

### OPTIONAL ITEMS

- Camera and camera accessories
- Books, cards and games
- Stationary and stamps

### PERSONAL WATER GEAR

SEACAMP will provide all students with wetsuits, masks, snorkels, fins, and boogie boards (body boards). Students participating in the SCUBA Program have the opportunity to rent SCUBA equipment for a nominal fee. Please indicate SCUBA gear you will bring or rent on SCUBA Form D.

Students are welcome to bring their own masks, snorkels, booties, fins, or other personal SCUBA gear. The wetsuits we use here at SEACAMP are 7mm thickness (1/4"), full suits. We also have hoods and hooded vests for student use. We do not recommend students bring spring suits ("shorties") or wetsuits 5mm or thinner for use while at camp.

Any and all personal gear should be clearly marked, and a personal gear bag (also labeled) is recommended. Students are responsible for their own gear while at SEACAMP San Diego.

## Luggage

All camper bags need to follow TSA guidelines and individual airline restrictions if traveling by air (<http://www.tsa.gov>). Please also take a look at the "What Not to Bring" section above for a list of items not permitted at camp. Please remember your camper should be able to carry their own luggage, and bags should be able to be stowed neatly around bunks while at camp.

## SEACAMP San Diego Parent Information

### Forms

Registration forms will be handed out to you as a section of the Student Registration Packet you receive from your group leader. Please make sure all required parent signatures and initials are filled out on forms. A lot of time and postage is wasted if we have to return registration paperwork back to the school. We cannot allow students whose parents or guardians who alter, add to, or refuse to sign the release forms to attend SEACAMP San Diego.

#### **Required Forms for SEACAMP San Diego sessions:**

- Registration Form A\* \*SEACAMP will let you know upon receiving your initial paperwork if we require additional forms.
- Registration Form B
- Registration Form C

### **QUESTIONS**

If you would like to talk to us regarding questions about any of the forms, please call the office at the 1-800-SEACAMP number.

### Tuition

#### **DUE DATES**

SEACAMP San Diego payment due dates can be found in your Student Registration packet. The students may pay the camp directly or the school may collect individual student payments – check with your group leader. If you are paying SEACAMP directly for the trip, please make sure the student's full name and school is on the check.

Some groups set up a series of payment dates (including air- or bus-fare deposits and payments) that your group leader will have you input onto Information Form D in your Student Registration Packet. Or your group leader may give you a separate payment schedule.

#### **PAYMENTS**

SEACAMP San Diego Deposits are non-refundable.

Less than 30 days prior to your session date all tuitions are non-refundable.

Your refund request must be signed by your group leader and then submitted to the SEACAMP office in writing.

Refunds are based on the date that requests are received in the SEACAMP office.

**RETURNED CHECKS:** There is a \$20.00 service charge for all returned checks.

#### **CANCELLATIONS**

Individual student cancellations must be submitted to the school or group leader in writing. The Group leader must sign, date, and then fax the request immediately to the SEACAMP San Diego office (858-268 0229). Cancellation fees are based on when the refund request is received in the SEACAMP office.

Initial Deposits are non-refundable. From 30 – 60 days prior to your session date Final Payments can be refunded. Less than 30 days prior to your session date tuitions are non-refundable.

### Travel

Travel to and from San Diego is to be arranged by the group leader or school and is not covered in the SEACAMP San Diego tuition. SEACAMP San Diego provides airport pick-up and drop-off. If your student will be traveling separately from the rest of the group, please talk to your group leader to ensure you have the proper directions, time frames for arrival and departure, and any additionally required paperwork.

## SEACAMP San Diego Parent Information

# Communication and Social Issues

While your student is here with us at SEACAMP San Diego, we are excited to give them an “unplugged” experience! Time away from the computer, TV, and cell phone means more time for learning, interacting, and being out in the field and on the water. We also feel that students get the time to process their camp experience as a whole before sharing it with you.

For most families, it is the parents who find it hardest to cut ties with their students during a camp session. Students are engaged with new activities, friends and busy schedules – no news is good news! Parents may feel reassured to know that we will, of course, contact them if their child is having insurmountable difficulties or issues while at camp that are brought to the staff’s attention.

Attending groups will have one of the following cell phone policies:

**No student cell phones will be permitted.** Some groups decide that cell phones are not a good addition to the camp experience and opt for an “unplugged” session. Any cell phones brought to camp will be collected, turned off and returned on departure.

**Limited access to cell phones once per day allowed during free time.** Parents should be reminded that, as always, there is no accommodation for charging phones at camp and phones will be off and out of student’s possession for the day’s activities. Cell phones will be collected and turned off upon arrival at camp, and then redistributed for use. Cell phone access will be limited to students’ free time before dinner.

The specific cell phone policy for your group is stated in your Student Registration Packets on Information Form B.

If you are communicating with your child while they are with us, please think about their situation. Positive messages of love and support or family updates are always great for campers to receive. Letting your camper know about distressing or upsetting news from home, at a time when they are away from family members to give perspective and support, is probably not ideal for the family as a whole. Leaving more emotional news until their return may be the best thing you can do for them. If you have upsetting information and are unsure whether to communicate it to your student, contact SEACAMP and we can discuss the best course of action.

Be sure to include the importance of communicating with SEACAMP San Diego staff members when you are discussing time at camp. Instructors can only remedy ills we know about or witness; some students are quiet about their needs or problems. We try to hire a diverse staff so that even reserved students will be able to find someone they identify with and trust. Reinforce the importance of telling instructors about any questions or concerns your camper may have while at camp.

SEACAMP San Diego instructors have training and experience in dealing with students experiencing adjustment, social, or homesickness issues. Our staff will counsel students about their feelings and work together to find solutions to fit your child’s specific needs. Please remember calling home is sometimes the worst, not the best, remedy for homesick students.

### **BEFORE LEAVING FOR SEACAMP**

Especially if this is your student’s first residential experience, we feel strongly that parent/ guardians need to prepare their child for their visit away from home. Even experienced campers have their own personal issues that change from year to year. Talk about the positive side of whatever “firsts” your student will be experiencing or goals they are striving toward; or discuss strategies for interacting with others, trying new activities, etc.

Please avoid stressing the downside of being away from home – we have found that lengthy discussions of being sad, lonely or scared can be self-fulfilling prophecies. Telling students that they can always come home early or opt out of anything they don’t want to try gives some campers an “easy out”. Please know our staff will recognize when a student is truly uncomfortable with an activity or obviously not ready for a residential experience.

We are very serious in stressing that no student ruins any other student’s camp experience; behavior that threatens, injures, or intimidates another camper is grounds to be sent home immediately at parent’s expense. Parents and campers should go over the camp rules together and discuss family expectations of student behavior while at camp.

## SEACAMP San Diego Parent Information

# General Rules and Behavior

Parents should go over camp rules that apply while at camp with students before SEACAMP sessions. We find that a thorough discussion of parent expectations in terms of behavior in advance reduces issues with students while at SEACAMP. Please realize that although our instructors will be doing their best to make everyone's camp experience fun and exciting, we also need to ensure safety and security for all campers at the same time.

1. All students are expected to follow established rules of behavior. Failure to do so will result in an immediate return home at the parent or guardian's expense.
2. Courteous, considerate behavior is expected at all times. Any behavior that compromises another students' comfort or enjoyment of the program will not be tolerated.
3. Students are expected to be at their assigned location at the appointed time.
4. The responsibility for all personal items must be the student's. SEACAMP and its agents cannot assume responsibility for lost or stolen items.
5. It is the student's responsibility to inform one of the camp counselors of:
  - a) illness;
  - b) injury;
  - c) other problems.
6. Any student using alcohol, tobacco, drugs or committing any illegal act will be sent home immediately at the parent or guardian's expense.
7. Possession of any items which may be considered dangerous (i.e. knives, etc.) or behavior which may compromise the safety of others will not be tolerated.
8. No roller blades, skates, skateboards, surfboards or skim boards will be allowed at SEACAMP. If brought, SEACAMP will ship the items home at the parent or guardian's expense.

### **IN THE DORMS**

1. Dorms may not be left after lights out.
2. Noise must be kept to a level that takes others into consideration.
3. No open food, snacks or drinks allowed in dorms.
4. No males in female dorms and no females in the male dorms.
5. Students are expected to respect others' property and possessions.

### **IN THE VANS**

1. Seat belts must be worn at all times.
2. Voices should be kept at a moderate level.
3. No horseplay.
4. No open food or drink.
5. Seating areas must be kept clean.

## SEACAMP San Diego Parent Information

# Health, Safety and Hygiene

### **ILLNESS & INJURY PRIOR TO CAMP ATTENDANCE**

Please use serious discretion if you are presented with an ill student prior to their departure for SEACAMP. We understand that everyone will be looking forward to and planning on their camp experience – but *please* do not send sick participants. Once at camp, the daily activity level and communal dorm space do NOT add up to a recuperative environment. We also ask that you consider the health of the rest of the students, teachers and other chaperones, and the SEACAMP San Diego staff. Injuries that severely limit levels of participation can also greatly change your child's camp experience. Please call the office at 1-800-SEACAMP to discuss your options in the event your camper's health is an issue.

### **STAFFING & SAFETY**

SEACAMP San Diego tuition includes 24-hour supervision of students. The amount of supervisory staff varies depending on the schedule, however snorkeling involves one staff member to every seven students, and students are required to wear wetsuits (which make them buoyant) and some other form of floatation is available (such as a rescue tube). Students have Coast Guard-approved PFDs (Personal Floatation Device – a 'life jacket') when kayaking. During overnights, one female instructor stays in the dorm with the girls, and the boy's dorm is staffed with one male instructor. The staff members with the group have access to a cell phone at all times.

SEACAMP San Diego Instructors possess at least a college degree and are certified Red Cross Lifeguards with First Aid, CPR for the Professional Rescuer and Oxygen Administration training. SEACAMP San Diego does not retain a nurse on staff, although we do have a paramedic consultant on call. We are within close proximity of emergency care and are in a 9-1-1 service area.

### **AT CAMP**

Be sure to include the importance of communicating with SEACAMP San Diego staff members when you are discussing time at camp. Sometimes students who are experiencing discomfort or minor illness are reluctant or embarrassed to tell staff about their particular health issue; campers need to inform staff of any health problems. If your child becomes ill or injured while attending SEACAMP San Diego, we will, of course, make sure that parents are kept informed about their camper's situation and progress. Whenever possible, parent/guardians will be included in decisions regarding their child's care.

SEACAMP San Diego Instructors will be reminding students to keep their dorm space clean and clear, to shower regularly, and wear clothing appropriate to the day's activities. All staff role model use of hats and sunscreen and remind campers to apply and reapply sunscreen throughout the day. Discussions with students regarding your expectations about tanning, appropriate attire and hygiene etc. prior to camp attendance can be helpful. Please make sure that students include all items on the packing list – they need clothing to cover up if they've had enough sun for the day.

### **MEDICATIONS**

Our registration forms ask each parent/guardian to provide information about medical conditions, allergies, prescription/non-prescription medications, etc. If the student has a rigorous or unusual prescription medication schedule, we want to make sure that our staff is aware of what they are supposed to be taking. Please make sure an accurate, up-to-date list of all medications is on Registration Form A. Student information is confidential and stays with SEACAMP staff at all times.

Please check with your group leader or school to clarify their policy regarding student medications. For some groups, school chaperones take responsibility for prescription medications and their distribution. Otherwise, your camper takes charge of their own prescription medications and their dosage. With over-the-counter medications, completed registration forms provide us with a written list of what the child takes on a regular basis (Advil, Aspirin, Midol, etc.) and students bring their own supply. We have added a list of OTC medications that we stock at camp that may be available to your students if necessary, and parents may give permission to make these medications available if necessary.

## SEACAMP San Diego Parent Information

# Health, Safety and Hygiene (page 2)

### SEASICKNESS

For groups participating in our Marine Science Floating Classroom, seasickness is probably not a concern as we spend most of our time inside the bay. If your schedule includes Whale Watching or a trip to the Coronado Islands, students and chaperones prone to seasickness may want to consider bringing over-the-counter medications or other anti-seasickness preparations with them. Many students, having never been on a boat before, are unsure whether or not they are subject to seasickness - a prior history of any motion sickness is a good indicator. It has been our experience that Dramamine can make some too sleepy to enjoy themselves on the trip. The non-drowsy Dramamine formula or Bonine are other options, and they can be effectively taken after symptoms begin. Ginger and pressure point bands are among the non-medicinal remedies.

### Diet

SEACAMP San Diego is willing to try to work with allergies/special diets, but there is a limit to what we can do with our caterer and the food preparation limitations at camp. If your child is a picky eater in addition to dietary restrictions, we strongly recommend that you pack individually-wrapped items they will enjoy that fit within their needs. If the student has dietary requirements that we are unsure we can accommodate, SEACAMP will need an additional form completed, and sometimes a comprehensive list of what the student can/cannot eat and a list of what foods the student will bring with them.

Students with food allergies will be required to complete and return an additional Food Allergy form to give us further information regarding severity/symptoms/usual treatment of the allergy, existence/location of epi-pens, etc. Although we can arrange for all meals in a session be without nuts or nut products, a gluten-free diet/environment for an entire group is currently not a possibility for us. Parents should also remember that our catering menu will still contain foods made in a kitchen that uses nut, gluten, soy, dairy and fish/shellfish products, even if we request that they not serve items containing these ingredients during a visit.

Even diets as seemingly simple to describe as “vegetarian” or “kosher” have a wide range of variation within them. Please be specific as to what your camper’s requirements are (i.e. for vegetarians, ovo-lacto, lactovegetarian, vegan) so we can make sure our caterer understands what your child can and cannot eat, and see if we can accommodate their requirements.

### Special Needs

Here at SEACAMP San Diego we are all about supporting and encouraging students to overcome personal challenges and reach personal goals. We also pride ourselves on the diversity of our camper population. However, if your camper has a medical or emotional condition, there may be limits to their level of participation while at camp. Some students with more serious limitations may require a level of care too advanced for what we can provide here at SEACAMP.

There are some medical conditions or special situations that we may require further forms, information, or a physician’s release form returned to us – once we receive a student’s initial paperwork we will follow up with further documentation as needed. As the parent/guardian, you are in the best position to know what your student can and cannot handle – if you have questions, give our office a call and we can discuss your camper’s specific situation.

If the student has a rigorous or unusual prescription medication schedule, we want to make sure that our staff is aware of what they are supposed to be taking and when. Please check with your group leader or school to clarify their policy regarding student medications. For some groups, school chaperones take responsibility for prescription medications and their distribution. Otherwise, your camper takes charge of all prescription medications and their dosage.