

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. 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. 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 (six, seven or eight days). Students attending multiple sessions can refer to notes on laundry below.

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 train rides.

Fitted Bottom Sheet (twin size)

Pillow

CLOTHING

Shorts

Long pants

Shirts

Hat

Swim suit X 2

Socks

Day/back pack

Underwear

Pajamas

2 pair of shoes (one with closed toes)

Sunglasses w/ lanyard

Jacket*

Sweat or Fleece Pants*

Sweatshirt*

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

SEACAMP San Diego Parent Information

TOILET ARTICLES

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

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

Cosmetic items such make-up, hair dye, and nail polish should be left at home.

MISCELLANEOUS

- Notebook for journal
- Pens/Pencils
- 2 plastic bags for dirty or wet clothes
- 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 film (with extra batteries or memory)
- 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.

Laundry

For students attending multiple sessions, there will be an opportunity to do some laundry intersession.

SEACAMP San Diego Parent Information

Forms

Registration forms will be sent to you as a section of the Student Registration Packet you receive upon enrollment. 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 mail registration paperwork back to you. We cannot allow students whose parents or guardians who refuse to sign the release forms to attend SEACAMP San Diego.

Required Forms for SEACAMP I sessions:

Yellow Registration Form A
Yellow Registration Form B
Yellow Registration Form C
Green Travel Information
Form

Required Forms for SEACAMP II & III sessions:

Yellow Registration Form A
Yellow Registration Form B
Yellow Registration Form C
Green Travel Information
Form
White Snorkeling Release
for the boat

Required Forms for SCUBA participants

(SEACAMP II or III sessions):
Pink SCUBA Forms C and D
Pink SCUBA Forms E* and F
White SCUBA Form G (release for the boat)

Referral Divers also need:

Purple SCUBA Forms H and J**

*SEACAMP will let you know upon receiving your SCUBA paperwork if we require additional forms.

**Please see other prerequisites/ requirements for Referral Divers in the SCUBA packet.

DUE DATES

Registration forms need to be returned with final payments by **June 1, 2007**. Please note that for campers expecting to complete their SCUBA instruction with SEACAMP San Diego, instructors may no longer be available for your student if SCUBA paperwork is received after this deadline.

MAILING

Please check over all forms to ensure that all initials and signatures are in place. Forms should be sent to our mailing address:

SEACAMP San Diego
1380 Garnet Avenue, PMB E6
San Diego, CA 92109

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.

SEACAMP San Diego Parent Information

Travel

Travel to and from San Diego is to be arranged by the camper and their parents and is not covered in the SEACAMP San Diego tuition. SEACAMP San Diego provides airport and train station pick-up and drop-off free of charge (see Unaccompanied Minor section for exceptions).

IF YOUR STUDENT WILL BE TRAVELING BY AIR:

There is no charge for transportation service if the student is not classified by the airline as an Unaccompanied Minor and therefore will be allowed to travel through security to meet our staff at baggage claim. For more information regarding Unaccompanied Minor status, procedures and fees, see below.

Please double-check all flight information before you send it back to us! Incorrect information makes it difficult for us to check schedules, look for early arrivals or delayed or cancelled flights. Sometimes airlines will change flight numbers, carriers or times – please keep us up-to-date.

ARRIVAL times into San Diego International Airport (SAN) on the first day of camp should be scheduled between 9:00am and 12:00pm. Upon arrival, students walk directly to the baggage claim area (signs everywhere) and you will see a SEACAMP representative. Staff will be wearing SEACAMP San Diego clothing and holding an 8 1/2 x 11” sign with ‘SEACAMP San Diego Camper Pick-Up’ on it. We ask that campers wear the SEACAMP sticker enclosed in their Student Registration Packet visibly on their chest so that we can identify them quickly upon arrival. After baggage has been retrieved students are escorted to vans waiting to take them to the SEACAMP facility.

DEPARTURE times out of San Diego International Airport (SAN) should be scheduled between 2:00pm and 5:00pm on the last day of the session. Students will arrive at the airport 90 – 120 minutes before scheduled flights.

SEACAMP Staff will assist students with check-in and see them through security checkpoints. Students can call the 1-800-SEACAMP number in case of cancellation or delay after drop-off.

IF YOUR STUDENT WILL BE TRAVELING BY TRAIN:

Transportation into San Diego by train is an option for students 15 or older. This age restriction is due to Amtrak Unaccompanied Minor policies. Campers meet our staff directly upon disembarking and upon departure will be seen onto the train.

ARRIVAL times on the first day of camp should be scheduled between 10:00am and 12:00pm into the Downtown San Diego station. Staff will be wearing SEACAMP San Diego clothing and holding an 8 1/2 x 11” sign with ‘SEACAMP San Diego Camper Pick-Up’ on it. We ask that campers wear the SEACAMP sticker enclosed in their Student Registration Packet visibly on their chest so that we can identify them quickly upon arrival.

DEPARTURE times should be scheduled out of the Downtown San Diego station between 1:00pm and 3:00pm on the last day of the session. SEACAMP Staff will assist students with check-in and boarding. Students can call the 1-800-SEACAMP number in case of cancellation or delay after drop-off.

IF YOUR STUDENT WILL BE TRAVELING BY CAR:

If you are arriving by auto you will find a map to SEACAMP’s San Diego marine science facility on Fiesta Island.

Please do not use our mailing address – it will not get you to our facility!

ARRIVAL times on the first day of camp should be scheduled between 10:00am and 12:00pm. ***Late arriving students will not be able to join the group until dinner*** and there will be no adjustment to tuition for missing the day’s activities. Please plan for traffic!

DEPARTURE times on the last day of camp are between 1:00pm and 3:00pm for pickup by car. All students will need to be checked out and signed out by SEACAMP Staff. Designated pickup persons will need an ID for student check-out. Authorized pickup persons should be listed on the green Arrival and Departure Information Form.

SEACAMP San Diego Parent Information

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 underneath bunks while at camp.

Unaccompanied Minor

Most students that fly to camp are minors and are unaccompanied; however, depending on the student’s age and the specific airline carrier, the airline may classify them as an *Unaccompanied Minor*. Each airline sets its own policies and regulations regarding children traveling unaccompanied by adults. Some airlines require that unaccompanied children travel only on nonstop flights. Others may require an additional fee at check-in. Some airlines will want to know the name, address, and phone number for the person responsible for the unaccompanied child at both the departure and arrival airports, in addition to emergency contact information. Airlines’ travel and age restrictions vary widely so please consult with your airline of choice to confirm your student’s travel status.

Students traveling as Unaccompanied Minors will sometimes be escorted by airline staff from the gate through security and down to baggage claim to meet with SEACAMP Staff. Most airlines will have a pass to allow SEACAMP Staff to students directly at the gate upon arrival. Upon departure, SEACAMP Staff are again approved to enter the security area without a ticket and wait with students at their departure gate until their plane takes off.

We have also had airlines with mandatory Unaccompanied Minor requirements require our staff to pay an additional fee when checking students in for their departing flight. SEACAMP Staff will not use their own cash, check or credit card to ensure that your fees are paid. Please talk to your airline in advance of campers’ travel to clarify all airline costs!

If your student is classified by your airline as an Unaccompanied Minor, and a SEACAMP Staff will be required to pick-up and/or drop-off your student at the gate, there is an additional \$40 fee to SEACAMP San Diego. Airlines’ travel and age restrictions vary widely so please consult with your airline of choice to confirm your student’s travel status. Give the SEACAMP office a call and we will provide you with any information your airline of choice requires for your student’s flights (e.g. name of SEACAMP Staff meeting your student, etc.).

If your camper will be traveling as an Unaccompanied Minor:

- Please check the Unaccompanied Minor box on the green Arrival and Departure Information Form in your Student Registration Packet.
- Enclose a check for the \$40 Unaccompanied Minor fee, attached to the Form.
- Upon finding out what information your airline of choice requires, give the SEACAMP office a call and we will provide you with any information they need.
- Make sure all additional fees to airline are paid for travel in both directions.

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, new 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.

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 CAMP STARTS

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 to meet new friends, try 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.

Communication and Social Issues (page 2)

CAMPER MAIL

As you will not be receiving phone calls from your student once they have arrived at camp, try to remember that not hearing from them or SEACAMP is a positive thing – this means your child is OK and having a great time! You can, however, send messages to your student while they are at SEACAMP.

Email is a great way to let your camper know you are thinking of them and keep them up to date on life at home – email camper@seacamp.com with your student's name in the subject line. Email will be delivered once a day. When communicating with your child while they are with us, please think about their situation before leaving your message. 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.

Please do not send care packages or letters as the length of our camp sessions are not conducive to timely arrivals. In the case of forgotten medications or other emergencies, these can always be mailed to the camp address, please notify us of any such mailings (1380 Garnet Ave PMB E6, San Diego CA 92111).

Visiting

SEACAMP San Diego camp schedules are very full and exciting. We realize that many students have friends and family here in San Diego that would like to take advantage of the fact that they are nearby during their session dates. At the same time we would hate for students to miss too much of their camp experience! In order to provide a safe and cohesive environment for all campers we have the following Visitor's Policies:

VISITS DURING CAMP SESSIONS

All camper visitors need to be OK'd by the camper's parent/guardian. Once SEACAMP has received approval, visitors should call the camp office at 1-800-SEACAMP and let us know when they would like to arrange a camper visit. We will look at the schedule and suggest good visiting hours. This will allow us to alert staff to your presence and make sure you have directions to our facility.

CAMP TOURS

We also have parents or friends that would like to visit our facility to check us out before students attend. Because we have camper groups throughout the year, and are often off-site with students, we require visitors to contact the office to schedule a visit. We will make an appointment, make sure you have directions to our facility, and have someone meet you and give you a tour and answer any questions you may have about us!

On arrival day of any camp session, students and their parent/guardians who drive in to camp will have the opportunity to a tour of the facility. Parents check students in and may help them get them settled in the dorms.

SEACAMP San Diego Parent Information

General Rules and Behavior

Parents should go over camp rules that apply while at camp with students before summer 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 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.

Your camper takes charge of all prescription medications and their dosage. Student information is confidential and stays with SEACAMP staff at all times. 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.

Health, Safety and Hygiene (page 2)

SEASICKNESS

The SEACAMP I schedule includes a trip to the Coronado Islands, an hour and a half boat ride out and back. Students attending SEACAMPs II or III will be on a boat for two or three days before disembarking. Students 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 motion sickness is a good indicator. For SEACAMP I participants 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 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 should advise us on severity/symptoms/usual treatment of the allergy, existence/location of epi-pens, etc.

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 dedicated to 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. 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 your student has a rigorous or complicated prescription medication schedule, we want to make sure that our staff is aware of what they are supposed to be taking and when. Your camper takes charge of all prescription medications and their dosage.