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Dear Parent/Guardian,

We are excited to be working with your youth's school to offer a Grand Canyon Youth (GCY) program. This packet includes helpful information for you and your youth as you prepare for this unique educational experience. GCY is a non-profit organization based in Flagstaff, Arizona. Our mission is to provide youth with an experiential education along the rivers and in the canyons of the Southwest. Our programs promote environmental awareness, community involvement, personal growth, and teamwork among people of diverse backgrounds.

Our educational philosophy is to inspire curiosity. This happens in innumerable ways. A young person has the opportunity to sleep under the stars, interact with their peers in new ways, gain confidence, overcome challenges, and build personal responsibility. We work collaboratively with teachers, students and administrators to set programmatic goals that meet their educational needs. All of our programs engage youth in a unique and valuable way. We look forward to sharing this participatory and transformative experience with your child!

GCY has been offering place-based learning opportunities for over 15 years. We provide industry standard equipment such as life jackets, first aid kits, and satellite phones. In addition to the boats and safety equipment, we also provide waterproof bags, sleeping bag, tarp, and tents. All food is provided for the duration of the program. There are ample snacks and our menu has been reviewed by a licensed nutritionist. If your youth has medical or dietary needs, please be sure to note their needs in the attached application. The items needed are listed in the enclosed packing list.

The most frequently asked questions are about safety. We have an excellent safety record. Most importantly, our attention to detail and safety-mindedness ensure that our program creates a safe learning environment. Our guides are all licensed and have advanced wilderness first aid training as well as a love for working with young people.

If you have any questions as you prepare for your trip, please don't hesitate to contact the teacher(s) or feel free to call the GCY office at 928.773.7921 or email programs@gcyouth.org. Our website, www.gcyouth.org is also a great resource.

Thank you,

Emma Wharton, MSW
Executive Director



Program Description Lee's Ferry, Colorado River

Dates of Trip:

Colorado River from Lee's Ferry to Lee's Ferry

Total Cost:

Initial Deposit: \$200 Due: December 1st, 2015

Final Payment: Due:

Trip Coordinator/Teacher:

Program Departure

6:30 a.m., **date, place**. Dress in what you plan to wear on the river. Make sure you have two full water bottles and you have eaten breakfast.

Program Returns

Approximately 4:30 p.m., **date, place**. Parents will be called if students will be more than an hour late or early.

What sets Grand Canyon Youth apart?

We have been providing quality experiential education for over fifteen years. Over two-thirds of the organization's funds are raised directly by Grand Canyon Youth; only one-third comes from participant fees. We expect our participants to actively earn their program through the completion of community service, earning a portion of the cost of the trip, and participating fully in the educational experience.

A little about the Colorado River

- ◆ Lee's Ferry is the launch point for all Grand Canyon river trips. While most trips go downstream, you will head upstream towards Horseshoe Bend & Glen Canyon Dam, a beautiful stretch of canyon.
- ◆ Glen Canyon Dam and the reservoir it creates, Lake Powell, are 15 miles upstream of Lee's Ferry. This is the only remaining stretch of Glen Canyon. The rest of the canyon is hundreds of feet below the surface of Lake Powell.
- ◆ Lee's Ferry was once a prominent river crossing managed by John Doyle Lee. In fact, you can still see the ruts of the old wagon trains and visit his old homestead, Lonely Dell. Lee's Ferry was the only place you could cross the river by wagon train in 700 miles.
- ◆ Navajo Sandstone is the predominant rock feature. Wildlife is abundant in this stretch. Keep your eyes open for bighorn sheep, great blue heron, trout, wild horses, lizards and peregrine falcons.

The River Experience

Being on the river is taking a break from the hustle and bustle of everyday life. You will be traveling upstream on large motor boats and then in paddle boats or inflatable kayaks. While on your trip everyone will work together, helping with science projects and practicing outdoor cooking skills, among other things.

Physical Fitness/Level of Difficulty

It is helpful to be in good physical condition for your adventure. It is important to show up physically and mentally prepared to be outside and active, *everyday*. This is part of the fun, but can be challenging for some. We know you can do it, but we also know you will feel better about it if you arrive prepared for the challenge.

Emergency Procedures

Most emergencies can be prevented by taking care of ones self and listening to safety guidelines. There is a satellite phone and extensive first-aid materials on each trip. If you are nervous about any aspect of the program, please don't hesitate to contact us for more information.

Weather

The weather on the Colorado River is almost as varied as the place itself. Basically, you need to be prepared for any kind of weather. Packing layers will help you to adjust to the range of temperatures.

Packing

We have made every effort to minimize what you have to purchase prior to your trip. If you are unable to find any of the items on the list, we may have it for you to borrow. Remember, anything you bring with you might get lost or ruined; please leave things that are important to you like jewelry or a special hat at home. Items such as iPods, cell phones, watches, and wallets are intentionally left off the list. Leave these at home. Your "sleep kit," a waterproof bag with sleeping bag, tarp, and pad will be provided by GCY.

How to Pack

You should plan on bringing two bags for this trip. All of your clothes and camping items should be packed into a large plastic trash bag and labeled with your name. We will provide you with a waterproof bag to pack the contents of your trash bag once you get to the river. This bag will be *inaccessible* during the day, and you are limited to the space in one bag. Pack as lightly as possible! Things that you will want to have with you during the day should be packed in a small school-sized backpack. In your backpack put things like: sunscreen, lip balm, waterproof camera, inhaler, rain gear, etc. Keep in mind that things in the backpack will get wet.

Note about medications

Bring *two* sets of any necessary or prescription medications (ie: inhalers, Epi pens, psychotropic medications... etc.). One set will stay with you and the other will go with your teacher as a backup. GCY provides minor and major first aid kits. You do not need to bring any over-the-counter medications or first aid supplies.

Equipment List

We have many of these items at our office for you to borrow. Our intention is that parents do not need to spend money on items that you might not use again. Dressing in layers will help ensure comfort. GCY will provide sleeping bags, tents, and sleeping pads.

- **River shoes:** One pair of sport sandals with a thick sole and heel strap such as Tevas or Chacos.
- **Hiking shoes:** One pair of lightweight boots or athletic shoes with good traction on dirt and rock. Make sure they are already well worn in.
- **Two water bottles:** You need at least 2 quarts. A gallon orange juice container works well. Camelbacks are okay as long as you bring a spare water bottle.
- **Backpack:** School-sized backpack to carry items that you will want with you during the day.
- **Two carabineers:** This metal clip lets you attach your backpack and water bottle to the boat. You can find them at outdoor shops. Small ones are OK, but it needs to be bigger than a fun size Milky Way Bar.
- **Sun hat:** Preferably one with a large brim and a strap to keep from losing it in the wind. Bring a hat that you will wear. Wearing a hat during the day is required!
- **Rain gear:** You'll need a rain jacket. Rain pants are optional (ponchos don't work on the river).
- **Fleece Jacket:** Bring 1.
- **Socks:** For hiking and warmth. Bring 1 pair.
- **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts and swim trunks work well. Bring 1 pair.
- **Bathing suits (girls):** *Be appropriate;* tying elements on swimsuits are not comfortable or recommended. Dark-colored, fast-drying sports bras work well as a bathing suit top. Bring 1.
- **Long-sleeved, lightweight, cotton shirts:** These are ideal for sun protection. Think men's dress shirt. They are easily found at a thrift store. Bring 1. Wearing a shirt is required.
- **Sarong:** This is ideal for sun protection and cooling off on hot summer days.
- **T-shirt:** Bring 1.
- **Underwear:** 1 pair
- **Bandana:** To wet and tie around your neck, wear under your hat to keep cool or as a washcloth.
- **Waterproof (disposable) camera(s)**
- **Sunglasses**
- **Eyeglasses** (if you wear them). If you wear contact lenses, bring an extra set.
- **Retention device** for your sunglasses and/or eyeglasses so you don't lose them in the river. These are sometimes called "Chums" or "Croakies."
- **Personal toiletries:** (Travel Size!) Toothbrush, toothpaste, lotion, and lip balm, feminine products (tampons with cardboard applicators or O.B. tampons are suggested).
- **Personal medications- YOUTH MUST BRING TWO SETS OF PRESCRIBED MEDICATIONS. YOUTH MUST BE ABLE TO SELF ADMINSTER ALL MEDICATIONS.**
- **Sunscreen:** A minimum of 15 SPF is required.
- **Small flashlight or headlamp:** Pack it with a new set of batteries and they should last the entire trip.



Youth Application

Thank you for your interest in Grand Canyon Youth (GCY). Participating in a GCY program is an incredibly unique experience that requires responsibility and dedication. It is worth the effort! This is your first step to experiencing all the wonders of the river!

You Receive Program Information

Program Description, Application, etc.

Turn in Completed Application & Deposit

Please make note of required signatures ☀

Get Ready for Your Program

Complete Pre-Trip Requirements

Turn in Completed Pre-Trip Requirements & Final Payment

I am applying for: _____
Program Name

to _____
Program Dates

Contact Information

Participant Name: _____
First Last

Mailing Address: _____
Address City State Zip

Phone: cell (_____) _____ home (_____) _____

Participant Email: _____

School: _____

Gender: _____ **Age:** _____ **Grade:** 6 7 8 9 10 11 12 N/A

Race/Ethnicity:

Asian African American Caucasian Other
Native American Hispanic/Latino Pacific Islander

Primary Parent(s)/Legal Guardian(s) Name: _____
First Last

_____ *Address City State Zip*

home (_____) _____ cell (_____) _____

work (_____) _____ email _____

relation to participant: _____

Parent/Legal Guardian Name: _____
First Last

_____ *Address City State Zip*

home (_____) _____ cell (_____) _____

work (_____) _____ email _____

relation to participant: _____

Alternate Emergency Contact: Please list someone other than parent/guardians listed above. Emergency contact will only be notified in the event the participant's parent/guardian is not available.

Name: _____ home (_____) _____

relation to participant: _____ cell (_____) _____

work (_____) _____

How did you hear about Grand Canyon Youth? _____

Health Information Form

As parent/guardian, GCY relies on you to be the advocate for your child; be thorough and exhaustive in completing this form. Your child is traveling to a wilderness area and may be over 24 hours away from definitive care. Advise GCY of any changes to your child's medical condition prior to their program.

GCY guides have wilderness first aid training, they are not medical professionals. The confidential information provided in this form is shared only with applicable parties and program staff. It helps us provide the best care for your child.

Participant Name: _____

Height: _____ **Weight:** _____ **Date of Birth:** _____

(Necessary for lifejacket fitting)

Have you been camping before? Never A Little A Lot

Swimming Ability: None Fair Good Excellent

Medical History:

Has your child ever been diagnosed with any of the following?

Yes	No	Heart Condition	Yes	No	Depression/Anxiety
Yes	No	Diabetes/Hypoglycemia	Yes	No	Attention Deficit Disorder
Yes	No	Severe Headaches/Migraines	Yes	No	Emotional/Psychiatric Disorder
Yes	No	High or Low Blood Pressure	Yes	No	Substance Abuse (<i>drugs, alcohol, tobacco</i>)
Yes	No	Seizures/Epilepsy/Neurological Disorder	Yes	No	Eating Disorder
Yes	No	Serious Head Injury	Yes	No	Anaphylaxis/Severe Allergic Reaction
Yes	No	Urinary Tract Problems/Infections	Yes	No	Food Allergy/Intolerance
Yes	No	Anemia or Blood Disorder	Yes	No	Hay Fever/Seasonal Allergies
Yes	No	Arthritis/Musculoskeletal Disorder	Yes	No	Asthma/Respiratory Condition
Yes	No	Sleep Disorder/Sleep Walking	Yes	No	Gastrointestinal Problems
Yes	No	Developmental Disability	Yes	No	Pregnancy

Yes No Has your child ever had surgery or been hospitalized overnight for illness, injury, other?

Yes No Does your child have any physical activity limitations?

Yes No Does your child have any special needs?

Yes No Does your child have any dietary restrictions? (ie: vegetarian): _____

If yes to any of the above, please respond in detail to the following questions.

When was each condition diagnosed? _____

What are the trigger(s) & symptom(s)? How do you manage the condition(s)? _____

Is there anything else we should know about the condition(s)? _____

Health Information Form Continued

Medications: Call GCY if you have questions about our medication policies.

- ◆ Participants must be able to manage and administer their own medications.
- ◆ We strongly recommend that participants remain on any prescription drug regimen while on a GCY program.
- ◆ Participants must provide two sets of all prescription medications. One set will be carried by the participant and the other set will be carried by the Trip Coordinator in case of loss/damage to the participant's set.
- ◆ Participants who have had or are at risk of an anaphylactic reaction and have been prescribed an epi pen must provide two epi pens.
- ◆ Participants with asthma/respiratory conditions **MUST** bring rescue inhaler if last use was within 5 years.

List ALL prescription and non-prescription medications your child is currently taking on a daily or regular basis. Please also list prescribed medication for emergency situations (examples: rescue inhaler, epi pens, etc). We are expecting your child will bring these medications on the program.

Medication:	Purpose:	Dosage:	Frequency:

Physician Information:

Physician's Name: _____ Phone Number: (_____) _____

If GCY has safety concerns regarding the participation of your child, we may contact you to gather more information. If your child has a medical condition, GCY may require a medical release from their physician before they are allowed to participate on a GCY program.

Insurance Information:

Medical insurance is not required to participate. However, each participant and/or their parent(s)/guardian(s) is responsible for any medical expenses as a result of participation. We recommend contacting your insurance company to ensure coverage or purchasing trip insurance. Evacuations can be very costly.

Insurance Company: _____ Phone Number: (_____) _____

Policy Holder: _____ Policy Number: _____ Group Number: _____

Medical Release for: _____ (Participant Name)

In the event of an injury or illness requiring participant medical care and for whom I am the parent or legal guardian; I hereby give permission to attending medical personnel, Grand Canyon Youth's officers, directors, employees, representative agents, volunteers, contract individuals and all other persons or entities associated with it, the full power in consent to any and all necessary treatment, including epinephrine.



Parent/Guardian Signature

Date

Participant Agreement, Release & Assumption of Risk

In consideration of the services of Grand Canyon Youth, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "GCY"), I hereby agree to release, indemnify, and discharge GCY, on behalf of myself, my spouse/partner, my child, my parents, my heirs, assigns, personal representatives and estate as follows:

1. Assumption of Risk: I, _____ (parent/legal guardian), on behalf of myself and on behalf of my child, acknowledge that going on a river trip and all other activities related to, associated with, and/or essential to participation in a GCY program (hereinafter "Activity"), entails known and unanticipated risks that could result in: physical or emotional injury, paralysis, death, or damage to myself, property or to third parties. I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the activity. I, on behalf of myself and my child, voluntarily accept personal responsibility for any liability, injury, loss, or damage in any way resulting from my participation in the Activity and related transport.

My initial below signifies that I expressly agree to section 1, above, that I know the implications of section 1, that I understand the language of section 1 and that I voluntarily accept the terms of section 1.

Parent's initials _____ ☀

2. Identification of Risks: I understand that there are certain dangers, hazards, and risks inherent in the Activity and related transportation. I understand that such dangers, hazards, and risks may involve risk of injury and loss, both to person and property. I further understand that the risk of injury may include the possibility of permanent disability and death. There may be other risks not known or not reasonably foreseeable at this time. I further understand that GCY does not assume responsibility for any such injuries or loss.

Although every attempt will be made by GCY to ensure the health and safety of the participants, I understand that injuries and accidents may occur. Foreseeable risks include, among other things: whitewater rapids, turbulent water, and river currents. I can be jolted, jarred, bounced and shaken about during rides through rapids. It is possible that I could be injured if I come in contact or collide with storage containers, boat frames, oars, oarlocks or other equipment and supplies necessary to the operation of the expedition and outfitting the program. Rafts could capsize or I could be "washed" overboard into the water. Prolonged exposure to cold water can result in shock or hypothermia and in extreme cases can cause death and accidental drowning.

I can slip or fall during a hike or at camp; accidents can occur getting on and off the raft all of which can result in damage to equipment or personal injury. Exposure to the natural elements can be uncomfortable and/ or harmful. I am aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and death. GCY is not responsible for acts of nature, including but not limited to contact with flora & fauna. Furthermore, GCY employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, river, or environmental conditions. They may give incomplete warnings or instructions and the equipment being used might malfunction. In addition, there are risks involved in traveling to and from the river or other destinations, including but not limited to airplanes and ground transportation such as automobiles, bus, shuttles, and personal transport. Significant elevation changes may be experienced through participation in this program. There are risks involved in completing the pre-trip requirements such as but not limited to community service and fundraising. Further, I understand that GCY is not responsible for the behaviors of any of its participants or the consequences of their actions.

My initial below signifies that I expressly agree to section 2, above, that I know the implications of section 2, that I understand the language of section 2 and that I voluntarily accept the terms of section 2.

Parent's initials _____ ☀

3. Waiver and Release: In consideration of participation in the Event, I waive and release GCY, its employees, agents, volunteers, successors, and assigns, if any, from all claims for any liability, injury, loss, or damage in any way connected with my child's participation in the Activity, whether or not caused in whole or part by the negligence or other misconduct of any of the organizations or individuals mentioned above.

My initial below signifies that I expressly agree to section 3, above, that I know the implications of section 3, that I understand the language of section 3 and that I voluntarily accept the terms of section 3.

Parent's initials _____ ☀

Participant Agreement, Release & Assumption of Risk Continued

4. Indemnification: I agree to indemnify and hold harmless (in other words, reimburse and be responsible for) GCY and its employees, agents, volunteers, successors, and assigns from all claims for any liability, injury, loss or damage in any way connected with or arising out of my child's participation in the Activity, whether or not caused in whole or in part by the negligence or other misconduct of any of the organizations or individuals mentioned above. Should GCY or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

My initial below signifies that I expressly agree to section 4 above, that I know the implications of section 4, that I understand the language of section 4, and that I voluntarily accept the terms of section 4.

Parent's initials _____ ☀

5. Medical Treatment: I hereby release and forever discharge GCY from any claim whatsoever which arises or may hereafter arise on account of any first aid, treatment or service rendered in connection with my child's participation in the Event.

My initial below signifies that I expressly agree to section 5 above, that I know the implications of section 5, that I understand the language of section 5, and that I voluntarily accept the terms of section 5.

Parent's initials _____ ☀

6. I hereby certify that I have adequate insurance to cover any injury or damage I or my child may cause or suffer while participating in the Activity or, alternatively, I agree to bear the costs of such injury or damage myself. I further certify that my child has no medical or physical conditions which could interfere with my child's safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

My initial below signifies that I expressly agree to section 6 above, that I know the implications of section 6, that I understand the language of section 6, and that I voluntarily accept the terms of section 6.

Parent's initials _____ ☀

7. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.
8. We require this form is signed and returned AS IS. Your signature below represents an acceptance of this document as originally written. Any edits to this agreement will not be honored, and will default to the original verbiage.

I HAVE READ THIS WAIVER, RELEASE OF LIABILITY, AND INDEMNIFICATION. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT. I AM SIGNING THIS WAIVER, RELEASE OF LIABILITY, AND INDEMNIFICATION VOLUNTARILY ON BEHALF OF MYSELF AND ON BEHALF OF MY CHILD. I INTEND THAT THIS WAIVER AND RELEASE OF LIABILITY SHALL BE CONSTRUED BROADLY TO PROVIDE A RELEASE AND WAIVER TO THE MAXIMUM EXTENT POSSIBLE UNDER APPLICABLE LAW.

☀ Participant Signature

Participant Printed Name

Date

IF THE PERSON PARTICIPATING IN THE ACTIVITY IS NOT YET 18 YEARS OLD:

As parent or legal guardian of the above-named individual, I verify that I fully understand, agree to, and accept all provisions of this Waiver, Release of Liability and Indemnification.

☀ Parent/ Legal Guardian Signature

Parent/Legal Printed Name

Date

Personal Contract

Access to the rivers on which we travel is highly regulated and very limited. Participation is a privilege. By signing this document you are committing to good behavior. You agree to:

- ◆ Complete ALL my pre-trip requirements
- ◆ Come prepared for the program with necessary equipment & supplies
- ◆ Maintain a positive attitude: be flexible, patient, and helpful in new or challenging situations
- ◆ Be respectful of others in the group
- ◆ Dress appropriately at all times
- ◆ Leave behind all electronic devices
- ◆ Participate positively and fully in all group meetings and activities
- ◆ Practice safety first! Follow all safety expectations set out by the adult leaders
- ◆ Not be a danger to yourself or others. Take care of yourself and others on the trip.
- ◆ Not bring any drugs, tobacco alcohol or weapons. Please leave pocket knives at home.
- ◆ Refrain from engaging in romantic or exclusive relationships.
- ◆ Take care of the remarkable places you will be visiting.

Parent/Guardian Permission for Participation

There are inherent risks involved with participating in the GCY program. It is a parent's/guardian's responsibility to become informed about these risks and make a deliberate choice in supporting his/her child's participation.

- ◆ We rely on parents'/guardians' judgment to not involve their child in our programs if they believe the child could pose a behavioral risk. Failure to do so could make parents/guardians liable.
- ◆ GCY is a private, non-profit organization. We have the right to exclude any participant who we believe, at our sole discretion and for any reason, could pose a risk to him/herself or other participants beyond our ability and resources to manage within an appropriate standard of care.
- ◆ If the trip leaders or trip coordinators have cause to believe any participant is unwilling to follow directions, safety rules, the law, or represents an unacceptable risk to him/herself or to others, that youth may be separated from the group and evacuated from the trip at the expense of parents/guardians. Youth may be held legally responsible if they break any law while participating in the GCY program.
- ◆ Parents/Guardians should talk with their child, stressing the importance of following all expectations and safety practices set by GCY.
- ◆ Parents/Guardians should encourage their child to communicate any concerns immediately with adult supervisors on the trip.
- ◆ My child may participate in all activities pertaining to GCY, including fundraisers, community service projects, transportation, and river trips during his/her involvement.

I have read and acknowledge the risks detailed in this form and consent to my child's participation in a GCY program knowing of all above risks. My child fully understands and will adhere to all expectations outlined in the personal contract. Breach of this contract may lead to participant's dismissal from the program.

☀ Participant's Signature _____ Date _____

☀ Parent's Signature _____ Date _____

Cancellation & Refund Policy

Grand Canyon Youth reserves the right to cancel any program and/or alter trip dates due to weather, safety concerns, and/or any other unforeseeable circumstances. Participants who cancel more than 60-days before their departure date are entitled to a program refund less a \$50 application processing fee. Participants who cancel 60 days or less from their trip departure date are ineligible for a refund.

☀ **Parent/Guardian Initial** _____

Photography Release

I hereby grant Grand Canyon Youth, its co-sponsoring organizations, partners, media representatives, employees, volunteers and trip participants the right to photograph, video or film my child's participation in a Grand Canyon Youth program without recourse. This includes the right to use photographs, video or film in promotional, documentary, online, print, digital, and media outlets.

☀ **Parent/Guardian Initial** _____

Certification of Information Provided

To the best of my knowledge and belief, all the information set forth within this application is complete, true, and correct. All the entities participating in the program will rely on the information contained herein to make a decision as to whether or not this applicant may safely complete the activities required to participate in Grand Canyon Youth. Applicants younger than 18 years must have a parent or legal guardian signature. Grand Canyon Youth reserves the right, in its absolute discretion, to terminate this program or anyone's participation in the program, at any time, for any reason, including but not limited to any applicant's failure to comply with any application requirements or administrator's directives. I have read this application in its entirety and fully understand and agree to the terms and information within.

☀ _____
Parent/Guardian Signature

Participant's Signature

Date