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## Partners in Science GC 3: July 12 – 20, 2017

### Program Description Contents

Program Checklist .....	Page 2
Secure Your Spot .....	Page 3
Program Specifics and Deadlines .....	Page 4
About GCY .....	Page 4
Who's Coming With Me? .....	Page 5
Preparing For Your Program .....	Page 5
Packing .....	Page 7
Equipment List .....	Page 8
Behavior and Expectations .....	Page 9
Cancellation Policy.....	Page 9
Emergency Procedures .....	Page 9
Forms Appendix .....	Page 10





### Program Checklist

- ✓ Express interest in a GCY program!
- ✓ Receive *Program Description* and necessary forms from GCY.
- Read *Program Description* thoroughly.
- Complete *Youth Application\**.
- Turn-in deposit with application (\$400, unless requesting financial aid.)
- Make travel plans and submit *Travel Planning Form\** and itinerary to GCY.
- Talk with your Trip Coordinator (one to two months before your program.)
- Complete Pre-Trip Requirements and fill out documentation forms.
- Return *Pre-Trip Requirement Documentation Forms\** to GCY along with the final payment for your program (no less than two weeks before program departure.)
- Notify GCY if you need to borrow any gear for your program.
- Pack lightly, and get ready for the adventure of a lifetime!

*\*Signifies paperwork that is included with this packet, and needs to be returned to GCY*

## Program Description: Partners in Science, GC 3

Welcome! We are excited that you will be participating in a Grand Canyon Youth program.

If you have any questions as you prepare for your program, please call the GCY office at 928.773.7921 or email [programs@gcyouth.org](mailto:programs@gcyouth.org). We look forward to receiving your application and deposit.

Please read all information in this packet carefully and share it with your parents. Be sure to keep a copy of this packet for your records. Contact us if you have any questions or feel free to visit our website at [www.gcyouth.org](http://www.gcyouth.org) - it is full of great information. If at any time you find that you cannot attend this program, please notify the GCY office as soon as possible.

### **Secure Your Spot**

Space on our programs is extremely limited! Small group size is one of the things that make our programs great. **In order for your space to be finalized, you need to:**

- ◆ Completely fill out the included *Youth Application*. There are several places on the application that require signatures and initials. Please review your application for completeness before submitting.
- ◆ Return the application via mail, fax, or scan and email to the GCY office. Mail applications to P.O. Box 23376, Flagstaff, AZ 86002. Fax Applications to 928.774.8941. Email applications to [programs@gcyouth.org](mailto:programs@gcyouth.org).
- ◆ You can pay your program deposit by check, money order, or credit card. Please pay your deposit when you submit your *Youth Application*. We accept credit cards on our website: [www.gcyouth.org/schedule.php](http://www.gcyouth.org/schedule.php). Mail checks to: P.O. Box 23376, Flagstaff, AZ 86002. Please hand-deliver cash payments.
- ◆ If you would like to request financial aid, please complete the included *Financial Aid Request Form*, and return it with your *Youth Application*. If you would like further information regarding financial aid, please call the office.

Once we receive your application and deposit, we will send you a confirmation letter, and you can begin working on your Pre-trip Requirements. Documentation sheets with further instructions are included with this packet.

## Program Specifics and Deadlines

**Total Cost:** \$890

**Deposit:** \$400 (\$50 if requesting financial aid)

**Program Begins:** 4:00 p.m., on July 12<sup>th</sup>, 2017 at the GCY office located at 2131 N. First Street, Suite B, Flagstaff, Arizona. To get to our office, head north on Fourth Street from Route 66, turn left on Fifth Ave. (Chevron station) and go five blocks to Main Street. Grand Canyon Youth is located on the southeast corner of Fifth Avenue and Main Street. Have your water bottles filled and all your things packed.

**Program Ends:** Approximately 4:30 p.m. on July 20<sup>th</sup>, 2017 at the GCY office. The return time will depend on how quickly participants hike out from the river. You will have an opportunity to call your parents once you are back in town. If you are traveling from out of town, refer to the included Travel Planning Form. You should plan to depart the following morning of July 21<sup>st</sup>.

**Important Deadline:** All paperwork and final payments are due: June 15, 2017

## A Little Bit about Grand Canyon Youth

### **Mission**

Grand Canyon Youth is a non-profit organization based in Flagstaff, Arizona. Our mission is to provide experiential education for youth, ages 11-19, along the rivers and canyons of the Southwest to promote environmental awareness, community involvement, personal growth and teamwork among people of diverse backgrounds. Our educational philosophy is to inspire curiosity in the individual, the community, and the natural world.

### **What sets us apart?**

We have been providing quality experiential education for over fifteen years. Our non-profit organization provides some of the only access on the Colorado River through Grand Canyon for youth. We are committed to serving youth from a wide variety of backgrounds so that any participant with an interest in experiencing the educational power of the river has that chance. Additionally, we know that youth get more from their experience when they earn their program through the completion of *Pre-Trip Requirements* including community service, an educational project, and youth earnings. GCY also helps support each program by covering 50% of the trip cost with money from donor, grant and other fundraising efforts.

### **Collaborators and Science Projects**

This program is in conjunction with the United States Geological Survey (USGS) whose goals are “to develop monitoring and research programs and related scientific activities that evaluate short-and long-term impacts of the Glen Canyon Dam on the biological, cultural, and physical resources of the Colorado River Ecosystem.”

As part of this program, you can expect to participate in several citizen science projects lead by scientists from the Grand Canyon Monitoring and Research Center, a branch of the U.S. Geological Survey. You will learn more details about the type of projects you will be doing as the program approaches. As an example, past programs have collected data regarding natural quiet; others have logged visitor impacts or participated in invasive plant and animal species removal or monitoring. These projects are a great way to learn firsthand about the complexities of managing a place like Grand Canyon. You can learn more about the Grand Canyon Monitoring and Research Center at [www.gcmrc.gov](http://www.gcmrc.gov) and our partnership programs by watching these videos:

“Citizen Science in Grand Canyon” (<https://youtu.be/2TxLWlrw7y4?list=PLIxIFowAfHBCS11uO5KBrx2bvPBDUbehG>)

“What You Take Away” (<https://vimeo.com/164929241>)

## Who's Coming With Me?

### **Trip Coordinator**

Your Trip Coordinator will be assisting you in preparing for your program, and will be a chaperone for the duration of the program. Trip Coordinators are volunteers for GCY. You can expect your Trip Coordinator to contact you and your parents regularly by phone and email. Be sure to ask your Trip Coordinator questions about what the experience will be like. Equipment, packing, and travel are just a few of the many topics you may have questions about. Your Trip Coordinator is a great resource! You can expect to hear from your Trip Coordinator about three months prior to the start of your program.

### **Professional River Guides**

Guides who work with Grand Canyon Youth are professional and experienced. All have advanced first-aid training, passed a background check, and have been hand-picked to work with Grand Canyon Youth because of their abilities and enthusiasm for working with young adults.

The guides are responsible for getting the boats downstream, leading hikes, and facilitating the cooking. They bring enthusiasm and great knowledge about the area to the program and can be a lot of fun.

### **Scientist(s)**

Your program may have a scientist who is responsible for coordinating and implementing the science component of the program. Youth have the opportunity to work collaboratively alongside professional scientists and learn about their careers, as they conduct research to monitor the Grand Canyon ecosystem.

### **Other Participants**

There are a total of 10-15 youth on each program. This small group size is great for everyone to get to know each other. Participants come from across the country; some will have a great deal of outdoor experience while for others, this will be their first time camping. A river program is a great unifying experience where you get to work and play as a team!

## Preparing for Your Program

A great way to prepare for your GCY adventure is to be engaged in the planning process. Here is some helpful information to get you started:

### **Communication**

Whether you have been on the river before or this is your first time, you have an important responsibility to communicate with your Trip Coordinator and the GCY office prior to your program. Communication is definitely a two-way street, so please help us help you by responding to phone calls and emails. You are also always welcome to contact the GCY office directly. Here are the methods we utilize to communicate as you prepare:

**Email:** A couple months before your program starts, you and your parents will receive a weekly email from your Trip Coordinator. Each week will cover a different topic or share a story from alumni. The messages will also be specific to any questions you or your parents might have.

**Phone:** Your Trip Coordinator will contact you via phone a few times before your program. (S)he will be checking in to see how your *Pre-Trip Requirements* are going, help with travel logistics, and answer any other questions you might have. After an initial call to your parents, your Trip Coordinator will direct most conversations to you, the participant. They want to get to know you before the program starts.

## **Pre-Trip Requirements**

Grand Canyon Youth values individual responsibility, community-building, and service. We incorporate these elements during our river programs, and our *Pre-Trip Requirements* give you the opportunity to practice these skills before your trip. There are three *Pre-Trip Requirements*: *Youth Earnings*, *Community Service*, and the *Educational Project*. Each is an important part of preparing for your program. Pre-Trip Requirement Documentation Sheets are included in this packet. There are many resources available to help you complete these requirements, including our website, your Trip Coordinator, and the weekly emails. We recommend starting this process early! You'll have a sense of accomplishment once you are finished. Please don't wait until the last minute!

## **Travel Logistics**

If you are coming from outside Flagstaff, travel logistics are *your* responsibility. Use the *Travel Planning Form*, included in this packet, to organize your travel and communicate your plans with us. If you have questions, please contact the office or your Trip Coordinator. We are here to help.

## **Weather**

The weather at Grand Canyon is almost as varied as the place itself. The South Rim of Grand Canyon sits at about 7000' (2135 meters), and the North Rim rises up to nearly 9000' (2745 meters). Basically, you need to be prepared for any kind of weather. Weather on the Rim is in the 80's and 90's by day but can be very chilly at night. Temperatures on the river can be over 100 degrees Fahrenheit in the summer months. You should expect it to be hot, dry, and sunny. The river temperature is cold, close to 50 degrees Fahrenheit, so there is a natural "air conditioner" flowing right by you. Packing layers will help you to adjust to the range of temperatures.

## **The River Experience**

Being on the river is taking a break from the hustle and bustle of everyday life. Your river program begins at Lee's Ferry. You will be traveling 87 miles downstream in inflatable 18-foot oar rafts. While on your program everyone will work together as you travel downstream, helping with science projects and practicing outdoor cooking skills, among other things. Each night you will camp someplace new. Exploring beautiful side canyons, or checking out a downstream rapid before running it the next morning may be on the agenda while at camp.

## **Hiking**

While many people come for the river experience, the hiking from the river is as spectacular as the rapids. Come ready to explore side canyons by foot. Hikes are what make a great program extraordinary!

## **Physical Fitness/Level of Difficulty**

It is important to be in good physical condition for your adventure. Fitness level is something specific to each individual, but building your endurance prior to your program is a good idea. You are going to be outside and active in the hot sun, *every day*. This is part of the fun, but can be challenging for some. Besides rafting and hiking you should plan on being involved in the loading and unloading of the boats, packing and unpacking your gear, and setting up and taking down the campsite.

Hiking in the Grand Canyon is very different from hiking anywhere else. Many hikes contain uphill sections over uneven terrain and are near vertical drop-offs. It can be very hot and dry, or it can be wet and cold. Some of the hikes include rock scrambling that may require the assistance of the guides. Hiking is an important aspect of the program and you should expect to hike at least a couple of hours a day.

The biggest hike you will do as part of your program is the **hike out** from the river via the well-maintained Bright Angel Trail. This is a 7-mile hike that starts at Pipe Creek and goes to the South Rim of Grand Canyon. There are several places to stop, rest, and refill water bottles along the way. You are encouraged to go at your own pace. There will be adults leading the group and sweeping from behind. You will be responsible for carrying your clothing and personal hygiene items. The hike is steep, strenuous, and at high elevation. Think about it as climbing stairs for more than four hours. The sense of accomplishment and view at the completion of this hike is worth every step.

This information is not meant to intimidate you, but we want to motivate you to show up physically and mentally prepared. If you live where there are mountains, go hiking. If not, climb stairs or go for long walks. People of many different ages and abilities do this hike every year. We know you can do it, but we also know you will feel better about it if you are in good physical condition.

## **Packing**

We have made every effort to minimize what you have to purchase. We encourage all participants to check with us first before any big purchase, as we may have it for you to borrow. This goes for any item you are unable to find on the list. 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. If you are traveling from out of town, you can leave these valuables at the GCY office. **Your “sleep kit,” a waterproof bag with sleeping bag, tarp, tent, and pad will be provided by GCY.**

### **How to Pack**

All of your clothes and camping items should be packed into a small backpack. We will provide you with a waterproof bag to pack the contents of your backpack 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! **We will provide you with a small day bag** to keep sunscreen, lip balm, waterproof camera, inhaler, rain gear, etc to be accessible during the day.

### **Note about medications**

Youth must be able to self-administer all 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 the Trip Coordinator for backup. Grand Canyon Youth 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 things at our office for you to borrow. Please call the office to make arrangements.*

- **River shoes:** One pair of sport sandals with a thick sole and heel strap.
- **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:** You will need a sturdy backpack with a waist strap to carry your personal items.
- **Two carabiners:** This metal clip lets you attach your daypack and water bottle to the boat. You can find them at most outdoor shops.
- **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!
- **Hat:** such as a “beanie” or ski cap in case you get cold.
- **Rain gear:** You’ll need both jacket and pants (ponchos don’t work on the river).
- **Lightweight fleece jacket**
- **Socks** for hiking and warmth. Bring 2-3 pairs.
- **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts work well. Bring 2-3 pair.
- **Bathing suits:** *Be appropriate;* tying elements on swimsuits are not comfortable or recommended for the river. Dark-colored, fast-drying sports bras work well as a bathing suit top. Bring 2-3.
- **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 2-3. Wearing a shirt is required.
- **Lightweight cotton pants/Sarong:** These are ideal for sun protection and cooling off on hot summer days. Hospital scrub bottoms work well. Bring 1.
- **T-shirt:** You wear these primarily at camp. Bring 1.
- **Bandana:** to wet and tie around your neck or wear under your hat to keep cool.
- **Underwear:** 2-3 pairs
- **Sunglasses**
- **Eyeglasses:** (if you wear them). If you wear contact lenses, bring an extra set and back up glasses.
- **Retention device:** for your sunglasses and/or eyeglasses so you don’t lose them in the river. These are sometimes called “Chums” or “Croakies.”
- **Simple, comfortable flip flops for camp:** These will give your feet a break from your river shoes all day.
- **Personal toiletries:** including a toothbrush, toothpaste, body soap, shampoo, leave-in conditioner, feminine products (tampons with cardboard applicators or O.B. tampons are suggested). Choose travel-size and biodegradable products when available (such as Dr. Bronner’s soap).
- **Personal prescription medications. YOUTH MUST BE ABLE TO SELF ADMINISTER ALL PRESCRIBED MEDICATIONS WHILE ON A GCY PROGRAM.**
- **Sunscreen:** A minimum of 15 SPF is required.
- **Lip balm**
- **Lotion** (8–16 oz) A jar of lotion with a screw lid leaks the least.
- **Ziploc bags:** Two or three 1-gallon for storage. Also bring a couple of plastic grocery bags for dirty clothes and shoes.
- **Small flashlight or headlamp:** Pack it with a new set of batteries and they should last the entire program.
- **Sarong:** This is not mandatory but is a useful item. It is lightweight and can double as a towel, sun protection and a bed sheet.



## **Behavior and Expectations**

Part of preparing for your program is having an understanding about what is expected of you while you are on the river. Positive program behavior is important for a successful river program. Your cooperation with these expectations will improve everyone's experience on the river.

### **Safety**

- ◆ Abide by all safety policies and do not take unnecessary risks.
- ◆ Forgo the use and/or possession of weapons, tobacco products, drugs or alcohol.
- ◆ Do not be a danger to yourself or others.
- ◆ Dress appropriately at all times.
- ◆ Help make the program fun and safe for everyone.
- ◆ Take care of your basic health by eating and staying hydrated.

### **Tolerance and Flexibility**

- ◆ Be flexible, patient, and open in the face of new and challenging situations.
- ◆ Try your best and give generously of yourself.
- ◆ Help out whenever possible.

### **Respect and Positive Attitude**

- ◆ Be respectful of others in group, including guides and Trip Coordinators.
- ◆ Respect the natural environment and prehistoric artifacts.
- ◆ Respect and care for all equipment on the program.
- ◆ Participate positively and fully in all group meetings and activities.
- ◆ Maintain group cohesion by not becoming involved in exclusive cliques or romantic relationships.

## **Cancellation Policy**

Grand Canyon Youth reserves the right to cancel any program and/or alter program 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 59-days or less from their program departure date are ineligible for a refund.

## **Emergency Procedures**

Most emergencies can be prevented. The best thing you can do to prevent an emergency is to:

- ◆ Follow safety guidelines.
- ◆ Drink lots of water.
- ◆ Eat enough food.
- ◆ Talk to an adult on the program if you are not feeling well.
- ◆ Listen to the guides and other adults on the program.

If there is an emergency, listen to the guides, and they will tell you what to do next. There is a satellite phone and extensive first-aid materials on each program to be used in emergencies. All the guides have advanced wilderness first-aid training. If you are nervous about any aspect of your program, please don't hesitate to contact us for more information.

Grand Canyon Youth reserves the right to dismiss a participant without refund and at the expense of the participant, their parents or guardians due to participant behaviors that compromise the safety and learning environment of the program.



## Forms Appendix

*Youth Application*  
*Financial Aid Request Form*  
*Travel Planning Form*  
*Community Service Documentation Sheet*  
*Youth Earnings Documentation Sheet*  
*Educational Project Summary*

You will submit three phases of paperwork to GCY.

### **Phase One:**

**Due as soon as possible.  
First come, first serve.**

1. *Youth Application*
2. \$400 Deposit  
(or \$50 with *Financial Aid Request Form*, if applicable)

### **Phase Two:**

**Due one month  
prior to your  
program**

1. *Travel Planning Form* (once travel plans are made), and travel itinerary

### **Phase Three:**

**Due two weeks prior to  
your program**

1. *Community Service Documentation Sheet*
2. *Youth Earnings Documentation Sheet*
3. *Education Project Summary Sheet*
4. *Final Payment*



## GC3 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**

The best way to contact me is:  Telephone  Email

## Contact Information

**GC3 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 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 to Participate

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 Signature \_\_\_\_\_ Date \_\_\_\_\_

☀ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_





## Financial Aid Request Form

Participant Name: \_\_\_\_\_

Grand Canyon Youth, along with our donors, is proud to offer financial aid for our programs to youth who demonstrate financial or compelling need. We do not want the price of the program to be a limiting factor in participation. The intent of this form is to open a dialog between parents/guardians and youth about setting and working towards goals as well as asking for assistance when needed. We feel that these are valuable skills that can translate into future endeavors. Because our funds are limited, please ask only for what you need so that we may more widely distribute available funds.

### Request Process

Step 1: Turn in this form along with the participant essays and a \$50 deposit. Your deposit will be applied to the trip price.

Step 2: GCY will email you a financial aid notification letter with level of financial support.

Step 3: After your trip, write a thank you letter addressed to "sponsor" and mail it to Grand Canyon Youth. Please share a story of your experience in the letter. Failure to write a thank you may exclude you from receiving financial aid for future GCY programs.

### 1. REQUIRED SHORT ANSWER QUESTIONS:

We will determine your financial aid award based on the content of your responses and financial information provided. Be thoughtful, honest, and thorough in your responses. Answer the following questions to the best of your ability on a separate sheet(s) of paper.

1. Please tell us about any extenuating or compelling circumstances that demonstrate your financial need. **(100 word minimum)**
2. What are your most treasured skills or talents? How do you share those with others? **(150 word minimum)**
3. What are a few of your long term goals? How might your GCY experience help you to succeed? **(100 word minimum)**
4. You are about to be "stranded" in the wilderness for an undetermined amount of time. You will have food, water, and the bare necessities. What are three things you would take with you and why? **(200 word minimum)**



# Financial Aid Request Form

## 2. PARENT AND YOUTH COLLABORATIVE QUESTIONS:

Help Grand Canyon Youth understand what you are able to raise, your fundraising goal, and your financial aid request amount. Please consider the amount of money you think you will be able to raise with the support of family. The *Youth Earnings Documentation Form* has some potential suggestions. Use the following section to workshop your preferred payment scenario. Please fill in each line, even if the answer is \$0. All of the responses you fill in combined should add up to the total price of your GCY program.

<b>Total Price of GCY Program</b>	\$ _____
We have included a \$50 deposit with this financial aid request form	\$ <u>50</u>
Parents/guardians, will pay this amount	\$ _____
Youth participant will fundraise/earn this amount	\$ _____
<b>We are requesting this amount in financial aid from GCY</b>	\$ _____

## 3. PARENT/GUARDIAN QUESTIONS:

1. What is your Household Gross Annual Income: \$ \_\_\_\_\_ .00  
How many adults contribute to this income? \_\_\_\_\_ Total number in household: \_\_\_\_\_
2. Has your youth participated in a Grand Canyon Youth Program in the past? **Yes No**  
If yes, did you receive financial aid? **Yes No**
3. Does your family qualify for free & reduced lunch? **Yes No**

**I hereby certify that the information is accurate and complete. Please consider us for financial assistance. I am requesting only what we need and I understand that funds are limited.**

☀ Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

☀ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Travel Planning Form: Partners in Science, GC 3

Participant Name: \_\_\_\_\_

If you are travelling from outside of Flagstaff, please use this form to assist with planning your travel logistics. Please call our office before you finalize travel arrangements. Once you have made travel arrangements, print and fill out this form. Return it to GCY as soon as possible with your travel itinerary. You may mail, fax, or scan and email this form. Do not hesitate call or email our office with questions: 928.773.7921 or [programs@gcyouth.org](mailto:programs@gcyouth.org). GCY is not responsible for travel logistics to and from Flagstaff, Arizona.

### Travel Considerations:

- ◆ Grand Canyon Youth is happy to pick you up from the **Flagstaff** Airport or Amtrak/Arizona Shuttle Station and transport you to our office.
- ◆ You should have Grand Canyon Youth's phone number (928.773.7921) saved in your cell phone.
- ◆ Bring some spending money for food or incidentals before and after your program. We recommend enough for three or four meals.
- ◆ Grand Canyon Youth will have a secure place to store money and electronic devices while you are on the river.
- ◆ If you are interested in travel insurance, there are several online places to purchase it. It can be helpful in the case of travel delay, medical evacuation, or lost baggage.
- ◆ Pack as lightly as possible. If appropriate, visit [www.faa.gov](http://www.faa.gov) for the most up to date luggage restrictions and airline regulations.
- ◆ If you are unable to get to Flagstaff on the day your program starts and need to come a day earlier, please call our office before making your flight arrangements.

### Getting Here:

**By Air** – Phoenix Sky Harbor is the closest large airport in the area servicing most of the major airlines. Please call the office before you depart from Phoenix to let us know that your travel plans are on schedule, confirm pick-up time, and give us any identifying characteristics. Flagstaff also has an airport, however, American Airlines is the only airline option at this time. Per American Airlines regulations you must be at least 15 years of age to fly into Flagstaff unaccompanied by an adult.

**By Shuttle** – Arizona Shuttle Service runs shuttles between the Phoenix Sky Harbor Airport and the Flagstaff Amtrak station every two hours. You can make online reservations at [www.arizonashuttle.com](http://www.arizonashuttle.com). Shuttles take approximately 3 hours. Round-program shuttles run around \$80. We recommend scheduling your shuttle at the same time you make your flight arrangements. If your child is 13 years old or younger, you will need to call AZ Shuttle and fill out any necessary unaccompanied-minor forms.

**Other** – Be specific about how you plan to get to and from Flagstaff, and where you plan to stay.

\*Please fill out the next page and return it to Grand Canyon Youth at least 30 days prior to your program. If you have flight itineraries and/or shuttle confirmations please attach them to this form and/or email them to [programs@gcyouth.org](mailto:programs@gcyouth.org).

**Please attach your flight itineraries and/or shuttle confirmations to this form or email them to [programs@gcyouth.org](mailto:programs@gcyouth.org).**

Participant's phone number while traveling: (\_\_\_\_\_) \_\_\_\_\_

**Before your GCY program:** *\*\*plan to arrive in Flagstaff before 4:00 p.m. on the day your program departs. \*\**

Departure Date: \_\_\_\_\_ Departure Location: \_\_\_\_\_

I am flying into: Flagstaff                      Phoenix Sky Harbor (circle one)

Arrival time: \_\_\_\_\_ a.m. p.m. (circle one)

I am taking the shuttle from Phoenix Sky Harbor to Flagstaff

Arrival time in Flagstaff: \_\_\_\_\_ a.m. p.m. (circle one)

I need GCY to pick me up in Flagstaff, and transport me to their office.

I am traveling with \_\_\_\_\_; relation: \_\_\_\_\_

Arrival time at GCY warehouse: \_\_\_\_\_ a.m. p.m.

Other: \_\_\_\_\_

**After your GCY program** *\*\*plan to depart Flagstaff between 8:00 a.m. and 10:30 a.m. the day after your program\*\**

Departure Date: \_\_\_\_\_ Destination: \_\_\_\_\_

I am flying out from: Flagstaff                      Phoenix Sky Harbor (circle one)

Departure time: \_\_\_\_\_ a.m. p.m. (circle one)

I am taking the shuttle from Flagstaff to Phoenix Sky Harbor

Departure time from Flagstaff: \_\_\_\_\_ a.m. p.m. (circle one)

I need GCY to transport me to the Flagstaff Airport or Arizona Shuttle Station

I am traveling with \_\_\_\_\_; relation: \_\_\_\_\_

Departure time from GCY warehouse: \_\_\_\_\_ a.m. p.m.

Other: \_\_\_\_\_

**GCY Travel Waiver:**

I understand I am responsible for getting to and from Flagstaff, Arizona on my own. I understand GCY is not responsible for any costs or liability associated with travel, including but not limited to travel delays, missed flights or any other unforeseen issues related to transportation. I \_\_\_\_\_ (parent's name) give my permission for \_\_\_\_\_ (youth's name) to travel independently to and from Flagstaff, Arizona.

☀ **Participant Signature:** \_\_\_\_\_ Date: \_\_\_\_\_

☀ **Parent/Guardian Signature:** \_\_\_\_\_ Date: \_\_\_\_\_





# Community Service Documentation Sheet

Participant Name: \_\_\_\_\_

On your program you will be forming a community with your new river friends. Your positive attitude and efforts will go a long way towards enriching your community. In order to learn how you can be a positive influence in your community, we require all participants perform service before their program. You can count any service that you have already done from the beginning of the school year. Use this worksheet to track your hours and then answer the reflection questions below. Please feel free to use another sheet if you need more space for writing.

Required Number of Hours: \_\_\_\_\_

Number of Hours Completed: \_\_\_\_\_ *(Please tell us if you've done more than your requirement.)*

## Reflection Questions

1. Where did you volunteer?
  
  
  
  
  
  
  
  
  
  
2. What activities did you perform where you were volunteering?
  
  
  
  
  
  
  
  
  
  
3. Why did you choose to volunteer where you did?
  
  
  
  
  
  
  
  
  
  
4. What are your thoughts about your volunteer experience? Did you like it, why or why not?



\_\_\_\_\_  
**Participant Signature**



\_\_\_\_\_  
**Parent/Guardian Signature**



# Youth Earnings Documentation Sheet

Participant Name: \_\_\_\_\_

Have you ever noticed that when you work for something, it means more? That is the concept behind the youth earnings component of the GCY program. No matter your background or financial situation, our goal is to help you be successful. You have the opportunity to be as creative or straightforward as you like. We are interested in learning *how* you did it. Please use this worksheet to help guide you through the process. Fill out this form and return it to GCY after you have fulfilled this requirement.

Typically your deposit (half of the price of your overall program) is paid by your family. Your goal is to try to earn the other half through the methods listed below.

Total program price: \_\_\_\_\_

Amount that you earned: \_\_\_\_\_

Financial Aid received (*if applicable*): \_\_\_\_\_

## How did you earn your program?

Please check all that apply. For example, if you need to earn \$400, you could save \$200 from a job and do a fundraiser for the other \$200.

\_\_\_ Job (*babysitting, employment, shoveling walks, etc*)

\_\_\_ Savings (*allowance, gifts, etc.*)

\_\_\_ Work with your family (*come up with an agreement to earn the funds*)

\_\_\_ Chores (*working around the house, yard work, etc.*)

\_\_\_ Setting a Personal Goal (*improve GPA, keeping a clean room, etc*)

\_\_\_ Fundraiser (*cookie sale, sell coffee, raffle, etc*)

\_\_\_ Have your community service sponsored (*Ask individuals or businesses (check with us first) to support the price of your program. This can be tax-deductible*)

\_\_\_ Other (*Be creative. How else did you earn your program?*)

What thoughts do you have about the experience of earning your program?



Participant Signature



Parent/Guardian Signature



# Educational Project Summary

Participant Name: \_\_\_\_\_

You are traveling to an incredible landscape, rich with history, natural science and more! Get excited for your program and *choose* a topic you are interested in to present to your group on the river. This is a way for you to contribute to your group's knowledge along their journey.

If you are not sure what topic you would like to explore, start with your own curiosity. If you are inquisitive about food, relate that to the edible plants along the river. If you like history, learn boating's early beginnings. Basically, you can choose anything about the cultural or natural history of the Southwest. Any props you bring must be small, and remember that you will be carrying and hiking it in/out of the Grand Canyon. There are many fun ways to present the information you have learned. Ideas include:

- a. Skit
- b. Visual Display
- c. Jeopardy/Trivia Show
- d. Art Activity or Writing Activity
- e. Debate Teams or Discussion
- f. Memory games using animal/plant/fish ID cards
- g. Scavenger Hunt

Your project should be about 10 minutes long. Make it fun, interesting, informative and interactive. Use this form to guide you as you prepare your project. You do not have to turn in your actual project but you *do* need to turn in this form to the GCY office before your program. Bring your project with you when you come for your program.

The topic I've chosen to research and present is \_\_\_\_\_

I chose this topic because:

Three things I learned while exploring this topic are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I found my information using these sources (use the web, books, magazines, movies, call a professional)

1. \_\_\_\_\_
2. \_\_\_\_\_

I will make my presentation interesting by:

An effective presentation includes gauging what your peers have learned. Ideas include asking questions about facts, having peers participate in an activity, or asking their opinion about a concept. I will determine what my peers have learned by:

## Educational Project Assessment

To help you reach your goals with this presentation, consider whether or not you would like to listen to it. Use this assessment tool to honestly evaluate the quality of your project *before* you go on your river program. If you do not have a quality project, you can be asked to present a second time on the river, so put the work in now to make it great! Strive for a 3 or 4 in at least three categories to ensure your project meets the high standards we are accustomed to seeing from the youth on our programs.

CATEGORY	4-Strong	3-Better	2-Not Great	1-Weak
<b>Comprehension/Content</b>	I cover a large span of related material and keep things interesting; I really know my topic.	My project has enough facts related to the topic; I know my topic.	The material I cover shows little knowledge on my part.	There's no depth. I barely understand what I'm speaking about.
<b>Preparedness</b>	I am completely prepared and have obviously rehearsed my presentation.	I am pretty prepared, only occasionally needing to reference my notes.	I am somewhat prepared, but it is clear that I didn't practice much.	I am not prepared to give this presentation.
<b>Demonstration/Activity/Material</b>	I was creative and enthusiastic about how I shared information.	I had an activity or aid for my project that got the information across.	I came up with a last minute idea when I didn't have the info I needed.	I didn't seem at all interested in my topic, nor did I use an activity or material.
<b>Sources</b>	I integrated multiple sources to research my topic.	I used more than one source in my own words.	I used a source I didn't actually understand.	I copied and read something I printed from the internet.
<b>Peer Involvement/Feedback</b>	I used a great technique to draw out and involve my audience.	I checked in somewhat with my audience to insure involvement and understanding.	There is little audience involvement or feedback built into my presentation.	There's no group involvement or way to know if anyone got anything from my presentation.