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Middle School Adventure MSA June 20 - June 25

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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 (\$200, unless requesting financial aid.)
- Make travel plans and submit *Travel Planning Form** and itinerary to GCY.
- Talk with your Program Coordinator (one to two months before your program.)
- Complete Pre-Program 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: Middle School Adventure

Welcome! We are excited to have you participate in a Grand Canyon Youth program. This packet includes a *Program Description, Youth Application, Travel Planning Form, and Pre-Trip Requirement Documentation Forms (Youth Earnings, Educational Project, and Community Service)*.

If you have any questions as you prepare for your program, please don't hesitate to call the GCY office at 928.773.7921 or email programs@gcyouth.org. Working towards your program is part of the adventure! 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 - 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:**

- ◆ Fill out and submit 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.
- ◆ Pay a program deposit either by check, money order, or credit card.
- ◆ If you are requesting financial aid, please complete the included *Financial Aid Request* form and return it with your 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 letter confirming your spot on the program. As soon as you turn in your *Youth Application* and deposit, you can begin working on your Pre-Program Requirements. Those documentation sheets with further instructions are included with this packet.

Methods of Payment

- ◆ We accept credit cards on our website: www.gcyouth.org/schedule.php.
- ◆ Mail checks to: P.O. Box 23376, Flagstaff, AZ 86002.
- ◆ Please hand-deliver cash payments.

Program Specifics and Deadlines

Total Cost: \$750

Deposit: \$200 (\$50 if requesting financial aid)

Program Departs: 9:00 a.m., June 20th, 2017 from the GCY office located at 2131 N. First Street, Suite B. 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. On the first day wear **closed-toed shoes**, full water bottles, and have all your things packed in a trash bag.

June 20: Day 1, Itinerary:

9:00 am	Meet at GCY, Drop Off
9:30 am - 11:00 am	Team Building/Get to Know You Games
11:00 am - 12:00 pm	Lunch
12:30 pm	Depart Flagstaff
June 21: Day 2	Launch on the San Juan River!

Program Returns: Approximately 6:00 p.m., June 25, 2017 to the GCY office. You will have an opportunity to call your parents once you are back in town. If you are traveling from out of town via public transportation, refer to the included *Travel Planning Form*. You should plan to depart the morning of June 26th, 2017.

Important Deadline: All paperwork and final payments are due: May 15th, 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. We are committed to serving youth from a wide variety of backgrounds so that any youth with an interest in experiencing the educational power of the river has that chance. Additionally, we expect our participants to earn their program through the completion of Pre-Trip Requirements including community service, an educational project and youth earnings.

Service Projects

As part of this program, you can expect to participate in several service projects. 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 the San Juan River. Ecology is a major focus on this program, and you will be introduced to service projects that support the balance of the ecosystem.

San Juan Facts

The San Juan River is located in Southeastern Utah. This trip will be launching from Mexican Hat, Utah and taking out near Clay Hills, Utah. Here are some fun facts about the San Juan River:

- ◆ The San Juan originates as a small stream beneath the Continental Divide near Pagosa Springs, Colorado.
- ◆ From the headwaters to the confluence with the Colorado River in Glen Canyon, the San Juan River is about 400 miles long.
- ◆ Some animals that inhabit the San Juan River ecosystem include beaver, mule deer, coyote, and rock squirrel.

Weather

The weather on the San Juan River is almost as varied as the place itself. Basically, you need to be prepared for any kind of weather. 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, so there is a natural “air conditioner” flowing right by you. Packing layers will help you 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 trip begins at Mexican Hat, Utah, and you will be traveling 56 miles downstream in inflatable 16-foot oar rafts and inflatable kayaks. While on your trip 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 trip extraordinary!

Who’s Coming With Me?

3 GCY Trip Coordinators

Your Trip Coordinators will be assisting you in preparing for your program, and will be the chaperones for the duration of the program. Trip Coordinators have been selected for their experience and interest in working with youth. Trip Coordinators are volunteers for GCY, and many have worked with GCY for several years. You can expect one of your Trip Coordinators to contact you and your parents by phone and email. Be sure to ask your Trip Coordinators 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 Coordinators are a great resource!

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 are a lot of fun.

Other Participants

There are a total of 15-20 youth on this 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

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 (TC) 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 TC 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 activities 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 Program Coordinator, and the weekly emails. We recommend starting this process early! You'll have a sense of accomplishment once you are finished.

Travel Logistics

If you are coming from outside Flagstaff, travel logistics are *your* responsibility. Please call the office before finalizing your travel plans. 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 Program Coordinator. We are here to help!

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, *everyday*. 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.

This information is not meant to intimidate you, but we want to motivate you to show up physically and mentally prepared. Start slow and build up time and resistance. If you live where there are mountains, go hiking. 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 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, tent, 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 personal 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 your backpack will get wet.

Note about medications

Youth must be able to manage and self-administer all prescribed medication. Bring *two* sets of any necessary or prescription medications (ie: inhalers, Epi pens, psychotropic medications... etc.). One set will stay with the youth 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 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.
- **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 carabineers:** 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:** 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 backup 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.”
- **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.
- **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.
- **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.

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 60-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.



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Forms Appendix

Youth Application
Financial Aid Request Form
Travel Planning Form
Community Service Documentation Sheet
Youth Earnings Documentation Sheet
Education 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. \$200 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*



MSA 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

Contact Information

MSA 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 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 Signature _____ Date _____

☀ Parent/Guardian 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** _____

Media Release

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

Total Price of GCY Program	\$ _____
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	\$ _____
We are requesting this amount in financial aid from GCY	\$ _____

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.

☀ Youth Applicant Signature: _____ Date: _____

☀ Parent/Guardian Signature: _____ Date: _____



Travel Planning Form: MSA June 20-25, 2016

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. GCY is not responsible for travel logistics to 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 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. 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.

Please attach your flight itineraries and/or shuttle confirmations to this form or email them to programs@gcyouth.org.

Participant's phone number while traveling: (_____) _____

Before your GCY program: ***plan to arrive at GCY in Flagstaff before 9:00 a.m. on the day your program begins.***

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. phone: (_____) _____

Other: _____

After your GCY program ***If your child is not being picked up by you, and is taking public transportation home, 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. phone: (_____) _____

Other: _____

GCY Travel Waiver:

I understand that I am responsible for getting to and from Flagstaff, Arizona on my own. I understand that 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 name) to travel independently to and from Flagstaff, Arizona.

☺ Youth Signature: _____ Date: _____

☺ Parent Signature: _____ Date: _____



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 Middle School Adventure

Participant Name _____

On the Middle School Adventure trip we will be traveling through the San Juan River watershed to discover the web of life and land that make up the river ecosystem. We will learn about the plants and animals that inhabit the water and river banks and how they depend on each other. We will also learn about current events that impact the river, visit archeological sites, and enjoy the night sky.

To prepare for your adventure, please choose one of the four educational activities, and submit your work to GCY. Feel free to use the sheet provided, and use additional sheets if needed.

- ◆ Option 1: What is an ecosystem? Tell us about an ecosystem near your home. What are two trophic levels present there? Briefly compare and contrast your home ecosystem to the San Juan ecosystem. Present your findings in at least two paragraphs.
- ◆ Option 2: Research the different plants and animals that can be found in or along the San Juan River. Choose an interesting plant or animal that lives in or along the river and describe the parts of the river ecosystem that are important to the life of this plant or animal. (Examples: bats, aquatic insects, tamarisk, cottonwood trees).
- ◆ Option 3: Your starting location, Flagstaff, AZ, is an International Dark Sky City. List three Dark Sky codes/rules a community would need to follow to qualify. Explore how the night sky is considered a resource. How might light pollution affect any of your findings? Share what you've learned in at least two paragraphs.
- ◆ Option 4: The San Juan River runs through several different Native American lands. Research one Native American group that is near the San Juan River and tell us a bit about their culture and history in at least two paragraphs. How do they connect to the river?

