



Middle School Adventure June 27 – July 2, 2018

Thank you for your interest in Grand Canyon Youth! Participating in a GCY program means stepping out of your comfort zone and engaging in a unique experience. It is worth the effort!

We are available to answer any questions! Please contact GCY office staff at:

928.773.7921

programs@gcyouth.org

- ✓ Express interest in a GCY Open Enrollment program
- ✓ Receive *Program Description* and forms, or download them from GCY website.
- Read *Program Description* thoroughly
- Complete *Youth Application***
 - Turn-in completed *Youth Application*** with \$400 deposit
 - If requesting Financial Aid, program deposit is \$50. Turn in *Financial Aid Request Form*** with completed application
- If traveling, submit *Travel Planning Form*** and your itinerary
- Begin working on Pre-Trip Requirements: Education, Service, & Youth Earnings
- Receive weekly emails from your Trip Coordinator, starting about 10 weeks before your program! Communicate any questions or needs you have leading up to the program.
- Finish *Pre-Trip Requirements*** & submit responses to GCY. **Due: June 1st**
- Submit final payment. **Due: June 1st**
- Confirm any travel arrangements with GCY two weeks before your program.
- Pack lightly and get ready for the adventure of a lifetime!

***Paperwork included with this packet that needs to be returned to GCY*

Connect with GCY





P.O. Box 23376 Flagstaff, AZ 86002 Phone: 928.773.7921 Fax: 928.774.8941
info@gcyouth.org www.gcyouth.org

Dear Parents & Guardians,

Thank you for choosing to send your child on a Grand Canyon Youth program. We are excited to offer this unique and memorable learning experience. GCY is a 501(c)(3) nonprofit organization based in Flagstaff, Arizona. Our mission is to provide youth with educational experiences along the rivers and canyons of the Southwest, in an effort to promote personal growth, environmental awareness, community involvement, and teamwork among people of diverse backgrounds.

Our founders knew that wilderness river trips have the power to inspire and transform young people, and they wanted to motivate tomorrow's leaders to love and protect flowing rivers and wild places. Over the last 20 years, Grand Canyon Youth has grown to provide engaging, collaborative, and authentic learning experiences to groups from across the country, serving over 900 participants a year! GCY is committed to creating custom programs that engage and serve a diverse array of youth.

Our educational philosophy is to inspire curiosity. Participants are given the opportunity to sleep beneath a blanket of stars, step outside of their comfort zones, overcome challenges, connect with peers, and so much more. Learning on program is participant-driven, the more questions they ask about the world around them, the more they will learn! History, ecology, geology, archaeology, and current events come to life on the river; the more participants question the world around them, the more they will learn. Every program is unique, and youth will get the chance to step away from technology and immerse themselves in the magic of rivers.

We cannot wait to meet your child, and have the opportunity to learn and grow together on the river. Use this packet as a resource to help you prepare for this program, and feel free to call the GCY office or reach out via email to programs@gcyouth.org if you have any questions or concerns during this process.

Thank you,

Emma Wharton, MSW
Executive Director



Middle School Adventure Program Description Lower San Juan

Program Information

Program Dates: June 27 – July 2, 2018

Total Cost: \$780

Initial Deposit: \$400 Due: with Application

Final Payment: \$380 Due: June 1, 2018

**If requesting Financial Aid, refer to the FA request form at the end of the packet for deposit and payment details.*

Program Departure

11:00am, Wednesday, June 27th, at the Grand Canyon Youth office. Please have all of your gear packed and dress in what you plan to wear camping for the night. After a short orientation, you will get into vans, eat lunch (provided by GCY), and head to Navajo National Monument for the night!

Program Returns

Approximately 6:00 p.m., Monday, July 2nd, at the Grand Canyon Youth office. Parents will be notified if participants are going arrive more than an hour late or early. **If you are traveling from out-of-town, please refer to the included Travel Planning Form.**

What sets Grand Canyon Youth apart?

GCY has been providing high quality, educational experiences for 20 years. We provide some of the only access in Grand Canyon dedicated to youth programming. We are committed to serving youth from a variety of backgrounds, so any participant interested in experiencing the educational power of rivers has that chance. Additionally, we know youth get more from their experience when they can buy into their program. By completing GCY's Pre-Trip Requirements, including community service hours, an educational project, and youth earnings, participants gain a strong sense of ownership over their program. GCY supports each program by covering half of the expenses with money from donors, grants, and fundraising.

About Middle School Adventure

This program is especially unique, because it is Grand Canyon Youth's only "Open Enrollment" offering for middle school students. This means that participants on this program may sign up from anywhere across the country, and all come independently to join in this experience together! This program's small group size is great for everyone to get to know each other. Some may be expert outdoorspeople, and it may be others' first time camping. A river program is a unifying experience, where everyone will work and play as a team!

Expect to work on several service & educational projects on this program. As you travel down the San Juan, you will enter the Glen Canyon National Recreation Area. You may have a GCNRA scientist along for the program, and help them collect scientific research data!

About the San Juan River

From the headwaters to the confluence with the Colorado River, the San Juan River is 383 miles long. This stretch of water terminates in Glen Canyon National Recreation Area, and flows by Bears Ears National Monument. You can see incredible geological features on the San Juan! You will travel through a deep canyon of layered strata. Early in the program, you'll wind your way through Goosenecks State Park. Since as early as 10,000 years ago, humans, including Paleo-Indians, Basketmaker peoples, and Ancestral Puebloans, have lived and farmed by the San Juan River. Petroglyphs and pueblo dwellings are common along the river. Today the left bank of the river represents the northern border of the Navajo Nation.



Frequently Asked Questions

What are we going to do out there?

Being on the river is taking a break from the hustle of everyday life. You will travel downstream in inflatable oar rafts and paddle boats. Everyone works together: setting up camp, doing science projects, cooking dinner, and washing dishes. Every youth is a full participant in all aspects of river life! Each day you will move downriver, and each night you will camp some place new.

What happens off river can be as spectacular as the rapids! Come ready to explore side canyons by foot. You may hike to historical sites or hidden fossil beds. This program includes a Citizen Science element, where students assist in collecting data for ongoing research projects. GCY guides also love to lead groups in art projects, games, and leadership activities.

Who is coming with me?

Your group will include **youth** from across the country! You will have 3 **Trip Coordinators**, who will communicate with you prior to the program and be your main group leaders throughout the program. At the river you will meet your **guide crew**! These are experienced Grand Canyon river guides who have a passion for working with youth. Many GCY guides are alumni of our programs. Be sure to ask a lot of questions to all of these incredible human resources.

What are the Pre-Trip Requirements?

Youth are more invested in an experience, if they have worked for it and earned it themselves. To achieve this, participants are required to complete three Pre-Trip Requirements: Educational, Service, and Youth Earnings Components. More information about these requirements and how to document their completion are included at the end of this packet.

How difficult will the trip be?

It is important to be in good physical condition for this adventure. Building up endurance prior to your program is a good idea. You will be outside, active, and in the hot sun *every day*. This is part of the fun, but can be challenging. Having broken-in footwear and knowing how to stay hydrated are great places to start. Besides rafting and hiking, plan on being involved in loading and unloading boats, packing and unpacking gear, and setting up and taking down camp.

What if there is an emergency?

Most emergencies can be prevented by taking care of yourself and listening to safety guidelines. GCY guides are certified Wilderness First Responders, and a satellite phone and extensive first-aid materials are on each trip. If there is an incident, the GCY office will work with guides to organize any emergency support. If you are nervous about any aspect of the program, please contact us for more information.

What is the weather going to be like?

The weather on the Colorado Plateau is almost as unpredictable as the place itself. You need to prepare for all kinds of weather. Your program could be sunny and hot, cold and drizzly, or a combination of both! Packing layers will help you to adjust to the range of temperatures and conditions. You can check for the weather conditions prior to your program by searching the forecast for Mexican Hat, Utah.

How do I pack? What should I bring?

The next two pages outline how you will pack for your program, what GCY will provide, an Equipment List of items you need to bring, and what *not* to bring.

How to Pack

You need two bags for this program. All of your personal items should be packed into a **trash bag or soft gym bag**, and labeled with your name. This will be your “camp bag.” GCY will provide a waterproof “dry bag” to pack the contents of your camp bag into on the first night. This bag will be inaccessible during the day. Space is limited, pack as lightly as possible!

Your second bag is a **small school-sized backpack**, or “day pack.” This will contain items you need during the day like water bottles, sunscreen, lip balm, any medications you need during the day, rain gear, etc. Keep in mind that things in the backpack will get wet.



Left: Your “camp bag” with personal items will be packed into a dry bag, then rolled and buckled to ensure contents stay dry!

Right: A sturdy school backpack works perfectly as a day pack!

**Bags are not to scale with each other*

GCY Will Provide

Each participant will be given a lifejacket and dry bag containing a sleeping bag, sleeping pad, and tarp when they arrive at the river. There will also be tents available for all participants, although most nights groups will sleep under the stars! Other gear coming along for the trip includes boats, a full kitchen, a wilderness bathroom (“groover”), all food and snacks, fresh water, and a kit full of games and interesting books.

Borrowing from GCY

Please check with GCY before purchasing any items on this list. GCY has many items available to borrow at our warehouse. This includes river shoes and rain jackets. We understand that kids grow quickly, and purchasing new outdoor gear can be a burden. You can work with your Trip Coordinator to request certain items, or stop by the GCY warehouse and try on things for yourself!

Do Not Bring

There is an Equipment List included in this packet! If you do not see an item on this list, it is because **we have intentionally left it off**. Avoid bringing cotton clothing, towels, and jeans. Do not bring any nice shoes or leather boots. Remember anything you bring on the program may get lost or ruined! Leave behind all electronics (cell phones, mp3 players, gaming devices), money, wallets, and other valuables (watches, jewelry, favorite clothes, stuffed animals, etc.). GCY will provide plenty of snacks, so **leave all food and drinks at home** as well.

Medications

Please bring TWO SETS of any necessary or prescription medications (inhalers, Epi pens, psychotropic medications, etc.). One set will stay with you and the other will go with your Trip Coordinator as backup. **YOUTH MUST BE ABLE TO MANAGE AND ADMINISTER THEIR OWN MEDICATIONS**. GCY provides extensive first-aid kits for the program. You do not need to bring any over-the-counter medications or first-aid supplies.

Arrive Wearing

- ◆ **River shoes:** One pair of sport sandals with a thick sole and heel strap, such as Texas, Chacos, or Keens.
- ◆ **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. (Bring 2 extra pair and pack it in your camp bag.)
- ◆ **Bathing suits (for girls):** Be appropriate. Tying swimsuits will be uncomfortable. Dark-colored sports bras are recommended. (Bring 2 extra and pack it in your camp bag.)
- ◆ **Sun shirts:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think men's dress shirts. Wearing shirts is required. (Bring 2 extra and pack it in your camp bag.)
- ◆ **Sun hat:** With a large brim and strap to keep from losing it in the wind. Wearing a hat is highly recommended.
- ◆ **Sunglasses and/or Eyeglasses**
- ◆ **Retention device:** A small strap for your sunglasses or eyeglasses so you do not lose them in the river. Sometimes called "Chums"/"Croakies."

Camp Bag (trash bag or small duffel, will pack into dry bag)

- ◆ **Athletic shoes:** One pair of lightweight running/P.E. shoes with good traction on dirt and rock. Make sure they are already well worn in. Skate shoes and nice sneakers are not recommended.
- ◆ **Socks:** For hiking and warmth. Bring 2-3 pairs.
- ◆ **Hat:** Such as a "beanie" or ski cap in case you get cold.
- ◆ **Fleece Jacket:** Bring 2, one that can get wet to wear during the day and one to stay dry at camp
- ◆ **Warm Layers:** Bring 1-2 sets of polypropylene/capilene long underwear
- ◆ **T-shirt:** You wear this at camp. Bring 1-2.
- ◆ **Underwear:** 5-6 pairs
- ◆ **Small flashlight or headlamp:** Pack it with a new set of batteries.
- ◆ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, leave-in conditioner, feminine products (tampons with non-plastic or no applicators are suggested). Choose travel-size and biodegradable products when available.
- ◆ **Lotion and/ or petroleum jelly:** (8-16 oz.) It's dry out there! Jars of lotion with screw lids leak least.
- ◆ **Pillowcase:** There is no room for a pillow in your bag. You can stuff clothes into a pillowcase to create a substitute.
- ◆ **Plastic bags:** Optional. These can be useful to separate dirty and clean clothes in your camp bag.

Day Pack (small backpack)

- ◆ **Two water bottles:** Nalgene-type screw top plastic bottles. You need at least 2 liters. Camelbacks or other hydration packs are okay as long as you also bring a spare water bottle.
- ◆ **Two carabineers:** These metal clips let you attach your backpack and water bottle to the boat. You can find them at outdoor shops. They should be at least 3 inches long; non-climbing carabineers work perfect!
- ◆ **Rain gear:** You will need a rain jacket (no ponchos). Rain pants are also recommended.
- ◆ **Sarong/ lightweight cotton pants:** Ideal for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well. Bring 1.
- ◆ **Bandana:** To wet and tie around your neck, wear under your hat to keep cool, or as a washcloth.
- ◆ **Waterproof disposable cameras:** Optional. Bringing large or expensive cameras is not recommended.
- ◆ **Eyeglasses:** If needed. If you wear contact lenses, bring an extra set of contacts and back-up glasses just in case.
- ◆ **Sunscreen:** Bring enough for your entire program! At least a 8 oz. bottle.
- ◆ **Lip balm/ Chapstick**
- ◆ **Personal medication**



Youth Application

Participant Name _____
First Last

_____ *Address City State Zip*

Home (_____) _____ Cell (_____) _____

Participant email _____ School _____

Gender _____ **Age** _____

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 are not available.

Name _____ Home (_____) _____

Relation to participant _____ Cell (_____) _____

Work (_____) _____

How did you hear about Grand Canyon Youth? _____

Reviewed DB ___ HFU MHFU DFU Signatures

Health Information Form

As parent/guardian, GCY relies on you to advocate for your child. Please 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 (WFR); 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 or Concern
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? When/what for?

Yes No Does your child have any physical activity limitations? Please explain _____

Yes No Does your child have any special needs? Please explain _____

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. Unless otherwise arranged.
- ◆ 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/Legal 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/Legal Guardian 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/Legal Guardian 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/Legal Guardian 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/Legal Guardian 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/Legal Guardian 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/Legal Guardian 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 Guardian Printed Name

Date

Personal Contract

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 your 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, nonprofit 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 themselves or other participants beyond our ability and resources to manage within an appropriate standard of care.
- ◆ If Trip Leaders and/or Trip Coordinators have cause to believe any participant is unwilling to follow directions, safety rules, the law, or represents an unacceptable risk to themselves 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.

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 they will adhere to all expectations outlined in the personal contract. My child may also participate in all activities pertaining to GCY, including fundraisers, community service projects, transportation, and river trips during their involvement. Breach of this contract may lead to participant's dismissal from the program.



Parent/Legal Guardian Signature

Date



Participant Signature

Date



Financial Aid Request Form

Grand Canyon Youth, along with our donors, are proud to offer Financial Aid 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 fundraising goals, as well as asking for assistance when needed. Because funds are limited, please ask only for what you need so we may widely distribute available aid.

Request Process

1. Turn in this form, along with the participant essays and a \$50 deposit. Your deposit will be applied to the trip price.
2. GCY will process to your request and email you a financial aid award letter with level of financial support.
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 prohibit you from receiving Financial Aid for future GCY programs.

Required Youth 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 all of the following questions to the best of your ability on a separate sheet(s) of paper. **All questions have a 150 word minimum.**

1. Please tell us about extenuating or compelling circumstances that demonstrate your financial need.
2. What are your most treasured skills or talents? How do you share those with others and how would they help you on this GCY program?
3. What are a few of your long term goals? How will your GCY experience help you to succeed at these goals?
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?



Financial Aid Request Form

Participant Name: _____

Parent & Youth Collaborative Questions

Help Grand Canyon Youth understand the amount you are requesting within the context of your fundraising goal. Please consider the amount of money you think you will be able to raise with the support of family. 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.

- | | |
|---|---------------|
| 1. \$50 Deposit, included with this Form | \$ 50 |
| 2. Parents/Guardians contribution | \$ _____ |
| 3. Participant will fundraise/earn | \$ _____ |
| 4. We are requesting this amount in financial aid | \$ _____ |
| <hr/> | |
| Total Price of GCY Program | \$ 780 |

Parent/ Legal Guardian Questions

1. What is your Household Gross Annual Income: \$ _____/year
 - a. How many adults contribute to this income? _____
 - b. Total number in household: _____
2. Has your youth participated in a Grand Canyon Youth Program in the past? **Yes No**
 - a. 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/Legal Guardian Signature: _____ Date: _____



Travel Planning Form

If travelling from outside of Flagstaff, use this form to assist with planning your travel logistics. Please call our office before you finalize travel. Once you finalize travel arrangements, fill out this form and return it to GCY as soon as possible with your itinerary. Definitely call or email our office with questions: 928.773.7921 or programs@gcyouth.org. GCY is not responsible for travel logistics to and from Flagstaff, Arizona.

Travel Considerations

- ◆ Grand Canyon Youth can pick you up from the **Flagstaff** Airport, Amtrak, Arizona Shuttle Station, or Greyhound stop 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.
- ◆ GCY 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 you are unable to get to Flagstaff on the day your program starts and need to come a day earlier, 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 major airlines. Please call the office before you depart from Phoenix to let us know that your travel plans are on schedule, and confirm pick-up time and place. Flagstaff also has an airport, however, American Airlines is the only airline option. 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 from Phoenix to Flagstaff. Round-trip shuttles cost around \$100. We recommend scheduling your shuttle at the same time you make your flight arrangements.

Staying at GCY

If your travel itinerary includes staying at the Grand Canyon Youth warehouse, please understand that your program does not end until a GCY representative drops you off at the airport or shuttle station. You will remain under adult supervision until your departure. You will be expected to adhere to the same behavioral expectations in town as you are on the river. After the program, other participants may join the overnight group for lunch or dinner, but **may not** congregate at the GCY office after the program has ended.

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



Travel Planning Form

Participant Name: _____

Before GCY program

****Plan to arrive in Flagstaff by 4:00 p.m. on the day your program begins****

Arrival Date: ____/____/____

Traveling From: _____

I am flying into:

Flagstaff

Arrival time: _____ a.m. p.m. (circle one)

Phoenix Sky Harbor

Airline & Flight Number: _____

I am taking the AZ Shuttle from _____ to Flagstaff

Arrival time in Flagstaff: _____ a.m. p.m.

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

I am traveling with _____

Arrival time at GCY warehouse: _____ a.m. p.m.

Other: _____

After GCY program

****plan to depart Flagstaff between 8:00 a.m. and 10:30 a.m. the day after your program ends if flying****

Departure Date: ____/____/____

Traveling To: _____

I am flying out of:

Flagstaff

Departure time: _____ a.m. p.m. (circle one)

Phoenix Sky Harbor

Airline & Flight Number: _____

I am taking the AZ Shuttle from Flagstaff to _____

Departure time in Flagstaff: _____ a.m. p.m.

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

I need to stay at the GCY Warehouse or with a GCY community member the night my program ends before departing the next morning.

I am traveling with _____

Departure time from GCY warehouse: _____ a.m. p.m.

Other: _____

GCY Travel Waiver

I understand I am responsible for getting my child to and from Flagstaff, Arizona. GCY is not responsible for any costs or liability associated with travel, including but not limited to travel delays, missed flights, or any unforeseen issues. I _____ (parent) give my permission for _____ (youth) to travel independently to and from Flagstaff, Arizona.



Parent/Legal Guardian Signature

Parent/ Legal Guardian Printed Name



GCY Pre-Trip Requirements

We believe participants have a more fulfilling experience if they earn their program. By working towards this trip, we hope you will be actively engaged and invested in its success. To achieve this, we ask you to carry out three Pre-Trip Requirements: Educational, Service, and Youth Earnings. There are many resources available to help you complete these requirements, including the GCY website, your Trip Coordinators, and the weekly emails. We recommend starting this process early! You'll have a sense of accomplishment once you are finished.

Below are the documentation forms for each of the Pre-Trip Requirements. Please look them over carefully now, and plan on completing them and turning them in to GCY by **June 1st, 2018**.

Educational Project Summary

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 essay prompts to complete. Your short essay should be at least 3 paragraphs long, and use information from at least 2 different sources. You may use the sheet provided on the next page, use additional pages, or type your response. (If you have done MSA before, please choose a new prompt!)

Prompt 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. What is one example of a food chain present on the San Juan River?

Prompt 2: Research a plant or animal 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).

Prompt 3: One of the most incredible things about being on the river is the night sky! What are factors that can impact how many stars are visible in a place? Pick a constellation visible during the summer in the Northern Hemisphere and research it. What is its name? What stories do different peoples tell about that constellation?

Prompt 4: The San Juan River runs through several different historic and present 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. What signs of past cultures might we see? How did/do they use and interact with the river?

On the river, you will work with a group to create a fun presentation (10-15 min) about your topics!

