

# Summer Camp Student Information Packet

Your student's visit to SEACAMP San Diego will be here before we know it! We are looking forward to sharing this unforgettable experience! Please review packet carefully with your student and contact the office with any questions.

# - Keep these for your records -

# Table of Contents

| Registration Forms & Payment Information – due May 15, 2025 | 2 |
|---|---|
| SEACAMP I, II, & III Programs                               | 2 |
| SEACAMP II & III Programs Only                              |   |
| Tuition, Cancellation, Transfer, & Additional Fees          | 3 |
| Tuition Includes  | 3 |
| Cancelation Policy  | 3 |
| Cancellation Policy due to Medical Withdrawal               | 4 |
| Transfer Policy   | 4 |
| Additional Fees, if applicable                              | 4 |
| Travel Information  | 4 |
| Travel by Car   | 4 |
| Arrival   |   |
| Departure   | 5 |
| Auto Directions   | 5 |

| Travel by Air  | 5   |
|--|-----|
| Arrival  | 6   |
| Departure  | 6   |
| Unaccompanied Minor                                    | 6   |
| Travel by Train  | 6   |
| Arrival  | 6   |
| Departure  | 6   |
| Luggage  | 7   |
| -acility, Dorms, & Bathrooms                           | 7   |
| Weals & Special Dietary                                | 7   |
| Communication & Unplugged Experience                   | 8   |
| Camper Email & Mail                                    | 8   |
| Emergency Information                                  | 8   |
| Staff & Safety Information                             | 8   |
| Health and Hygiene                                     | 9   |
| Medications  | 9   |
| Hygiene  | 9   |
| Sea sickness   | 9   |
| Optional SCUBA Program - SEACAMP II & SEACAMP III Only | 9   |
| SCUBA Program Requirements                             | 9   |
| SCUBA at Camp  | .10 |
| SEACAMP Packing List                                   | .11 |
| Rules and Policies for SEACAMP                         | 12  |

# Registration Forms & Payment Information – due May 15, 2025

Registration Forms include Health Information Form, Release Form and Travel Information Form. Parents/guardians will complete the required forms and payments online and an account on <a href="www.seacamp.com">www.seacamp.com</a> is required. Information to complete forms and payments will be emailed to the email address used at enrollment and can be found in the dashboard of your account. Sign in to account or Register for an account by navigating to "My Account" at <a href="www.seacamp.com/my-account">www.seacamp.com/my-account</a>. All forms and payments are due by May 15, 2025.

## SEACAMP I, II, & III Programs

**Final Payment:** 

Final payment is due on or before May 15, 2025. Payment is completed online only with a Visa, MasterCard, Discover card, or American Express through the link below by selecting your student's program and session date.

Final Payment: <a href="www.seacamp.com/product/finalpayment/">www.seacamp.com/product/finalpayment/</a>

**Registration Forms** 

Registration Forms including Student Health and Release Forms are required for <u>all students</u>. Forms are completed online only and will provide us with student medical information, parent contact information, authorization for attendance, assumption of risk, photo release, etc. Forms are required for participation and are due by May 15. Forms are accessed and completed through "My Account" at <a href="www.seacamp.com">www.seacamp.com</a>.

Before beginning the Registration Forms, you will need to gather the following, as they will be required to submit the forms:

- Immunization record (electronic version to be uploaded). Record must include the date of the student's last tetanus shot, if student has received one.
- Health insurance card (electronic version to be uploaded)

**Travel Information Form:** 

Travel Information Form is required for <u>all students</u> regardless of how your student plans to arrive. Form is completed online and is due by May 15. Please review the Travel Information section of this packet before finalizing travel. Students MUST arrive inside the provided windows of time based on mode of transportation. Any changes to travel after May 15 must be approved and may NOT be possible.

# SEACAMP II & III Programs Only

All of the above information in addition to the following:

**Boat Release:** 

Boat Release Form for Horizon Charters is required for <u>all SEACAMP II and III students</u>. Form is a PDF that is accessed and uploaded in the online Registration Forms. Form must be completed by a parent/guardian. To complete, write your name at the top of each page and leave trip date **blank**. Then sign and complete student information on page 2 under "For Children/Minors (under 18 years)."

SCUBA Forms (optional):

Online Forms included within the Registration Forms. SCUBA Program is OPTIONAL and provided for an additional \$150 Fee. Student must receive a medical clearance by a physician (preferably a physician who is knowledgeable about diving medicine). Additionally, student must be 14 years or older and a certified open water SCUBA diver by first day of session to participate. See below to participate in SCUBA Program. Forms must be submitted by May 15 for certified divers or those planning to be certified by session date. **Before beginning**, certified divers will need SCUBA certification card (electronic version to be uploaded) and dive log (for reference). Please read Optional SCUBA Program section of this document prior to completing forms.

SCUBA Program participants must complete the <u>Diver Medical Participant</u>

<u>Questionnaire with the Diver Medical Examiner's Evaluation Form</u> in consultation with a physician. (A physician who is knowledgeable about diving medicine is preferred.

Contact Divers Alert Network for a referral to a medical professional in your area.)

- Pages 1 & 2 of the Medical Participant Questionnaire must be completed by all
  participants and questions 1 through 10 must be answered. Page 2 of the
  Medical Participant Questionnaire should be completed as directed.
- SEACAMP San Diego REQUIRES the Medical Evaluation Form even if you answered no to all questions on Page 1. Page 3 is the Diver Medical Examiner's Evaluation Form which must be completed by a physician.
- Submit Participant Questionnaire with Diver Medical Examiner's Evaluation Form: Page 1 through Page 3 must either be uploaded to SCUBA Forms or emailed to <a href="mailto:seacamp@seacamp.com">seacamp@seacamp.com</a> prior to the start of the student's session.

# Tuition, Cancellation, Transfer, & Additional Fees

### **Tuition Includes**

All meals, housing, activities, 24-hour supervision, travel in San Diego, all gear - including wetsuit, mask, snorkel, and fins, plus SEACAMP swag are included in tuition. Airport pick-up and drop-off to San Diego International Airport (SAN) is also included - restrictions apply, see Travel Information for details.

Additional travel fees apply for airline Unaccompanied Minor service, train pick-up and drop-off service, or for airline flights arriving/departing outside given window of time. Fees will apply for late auto check-out, and SCUBA fees apply for those participating in optional SCUBA Program during SEACAMP II and SEACAMP III. See Travel Information and Optional SCUBA Program sessions for additional details.

## **Cancelation Policy**

Deposit and tuition may be partially refundable. Cancellations prior to March 1 are subject to a \$200.00 cancellation fee. Cancellations between March 1 and May 15 are subject to a \$400 cancellation fee. All tuition is non-refundable after May 15. Travel fees, unaccompanied minor fees and SCUBA fees are fully refundable up to 30 days prior to session date. Cancellations must be submitted via email to <a href="mailto:seacamp@seacamp.com">seacamp@seacamp.com</a> and received by the dates stated above. Cancellation email must include student's name, date of birth, and session date. Cancellation Policy applies to each session.

## Cancellation Policy due to Medical Withdrawal

Cancellations made due to medical withdrawal after May 15 require a physician note. Notification of medical withdrawal must include a note from participant's primary care physician or physician providing care stating why participant is unable to attend SEACAMP San Diego. Cancellation must be submitted via email to <a href="mailto:seacamp@seacamp.com">seacamp@seacamp.com</a> and must also include student's name, date of birth, and session date. Cancellations between May 16 and 30 days prior to session start date are subject to a \$400.00 cancellation fee. Cancellations between 30 days and 72 hours of session start date are subject to a \$500.00 cancellation fee. Cancellations within 72 hours of the session start date are subject to a \$600.00 cancellation fee. All tuition amounts are non-refundable if notice of cancellation does not include physician note. Cancellations/withdrawals received by May 15 are subject to the normal Cancellation Policy. Cancellation Policy applies to each session.

If program is cancelled by SEACAMP due health and safety concerns, deposit/tuition is refundable minus a \$150 processing fee.

## **Transfer Policy**

Transfer policy applies per student, per session. Students may request to transfer (switch session dates) without penalty prior to May 15th. Requests will be granted providing space is available. Request a transfer by emailing <a href="mailto:seacamp@seacamp.com">seacamp@seacamp.com</a> with your student's name, date of birth, session date student is enrolled in and which session date student would like to be transferred to. Transfer may require new paperwork. Fees may apply for changes after May 15th.

## Additional Fees, if applicable

- Additional Fees for Air Travel<sup>1</sup>
  - O Late arrival fee: \$50.00
  - Unaccompanied minor fee: \$75 each way
  - o Early departure fee: \$50.00
- Late fee for auto departure<sup>1</sup>
  - O Late fees start accruing at 3:01 pm with \$1.00 charge for every late minute.
- Additional Fees for Train Pick-up and Drop-off<sup>1</sup>
  - \$75.00 each leg of travel
- Additional SCUBA Fee (optional, fees and restrictions apply for SEACAMP II, SEACAMP III)<sup>2</sup>
  - o Program Fee: \$150.00 per student, per session
  - o Rental Fee: \$150.00 per student, per session

# **Travel Information**

Travel to and from San Diego is to be arranged by the student and parent or guardian and is not covered in the SEACAMP San Diego tuition. Student must arrive and depart inside the provided windows of time by car or air. Train service can be provided for an additional fee and restrictions apply. Airport pick-up and drop-off is included in tuition as long as students are traveling as regular passengers and arrive and depart inside the given windows of time.

Student travel arrangements must be submitted to SEACAMP San Diego using the online Travel Information Form by May 15, 2025. Changes to travel plans after May 15, 2025 must be approved by SEACAMP San Diego.

# Travel by Car

Students arriving and departing by car must be checked-in and checked-out inside the provided windows of time. Any personal family travel, such a family flight home, should be arranged to ensure student is checked-in and checked-out during these times. Additionally, please use the provided directions and map to camp to navigate to SEACAMP San Diego, as our mailing address will not get you to our facility.

#### Arrival

Students must be checked-in on the first day of camp between 10:00am and 12:00pm by an adult. Please identify the adult on the Travel Information Form. Late arriving students will not be able to join the group until after the day's activities at 5:00pm, and there will be no adjustment to tuition for missing the day's activities. Please plan for traffic, especially those traveling through/from the Los Angeles area.

<sup>&</sup>lt;sup>1</sup>Restrictions apply, see Travel Information for more details. <sup>2</sup> See Optional SCUBA Program for more details

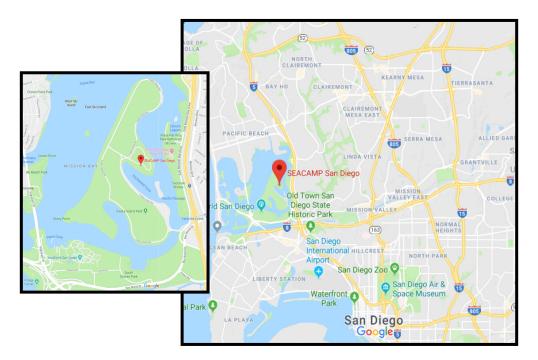
## Departure

Student check-out on the last day of camp is between 1:00pm and 3:00pm. All students will need to be checked-out and signed-out with SEACAMP staff. The authorized pick-up person will be required to show a government issued photo ID for student check-out. Authorized persons should be listed on the Travel Information Form. Early check-out is not possible. Adults arriving early for check-out will have to wait until we are ready for them at 1:00pm. SEACAMP provides a generous 2-hour check-out window - late fees will accrue starting at 3:01pm with \$1.00 charge for every late minute. Late fees are due at check-out via cash. If fees are not paid at check-out, you will be invoiced to complete payment online with an additional 3% charge.

#### **Auto Directions**

SEACAMP San Diego Facility located at Fiesta Island Youth Aquatic Center: 1750 Fiesta Island Road, San Diego, CA 92109

- Traveling from Interstate 5
  - Exit SeaWorld Drive / Tecolote Road Head West (right from I-5 South, left from I-5 North)
  - Right turn on East Mission Bay Drive
  - Left turn on Fiesta Island Road
  - Slight right at first 'Y"
  - Stay right at second "Y"
  - O Stay right and continue through gate to the Fiesta Island Youth Aquatic Center (gate may be closed)
  - Park in lot and walk to left of building through blue gate. Look for SEACAMP San Diego signs.



## Travel by Air

Flights must arrive and departure San Diego International Airport (SAN). There is no charge for airport transportation service if the student's flights are arriving and departing inside given windows of time and the student is traveling as a regular passenger. If the student is traveling under airline-designated Unaccompanied Minor status, special procedures and fees are required (see Unaccompanied Minor section). If you are having trouble finding flights inside the given windows of time, please contact SEACAMP to discuss.

Please double-check all flight information before you submit the Travel Information Form. Incorrect information makes it difficult for us to check schedules and look for early arrivals or delayed or cancelled flights. Sometimes airlines will change flight numbers, carriers or times — please keep us up-to-date. The correct information is needed in order for SEACAMP to provide a timely pick-up. Please note, all students must be traveling as ticketed passengers — we cannot have students flying as "standby" passengers. Students are required to wear high quality face coverings in the airports and on flights for air travel to San Diego and for all flights in the 10 days prior to session start date.

#### Arrival

Flights should arrive on the first day of camp between 9:00am and 12:00pm to San Diego International Airport (SAN). Upon arrival, students should walk directly to the baggage claim area (follow signs). SEACAMP staff will meet students at the baggage claim carousal for their flight. Staff will be wearing SEACAMP San Diego t-shirts and holding yellow "camper pick-up" sign. If applicable, students should wear last year's SEACAMP t-shirt so that we can identify them quickly upon arrival. After luggage has been retrieved, students are escorted to vans waiting to take them to the SEACAMP facility.

• Travel Fee: Arriving Early – For flights that arrive prior to 9:00am, there will be no additional charge. Students will wait at baggage claim for SEACAMP Staff to pick up at 9:00am. Arriving Late – Flights arriving between 12:01pm and 1:00pm are subject to \$50.00 fee. Student may need to go directly to beach to meet up with the group and will miss some of the scheduled activities. Every effort should be made to arrive inside the provided windows of time; students socially integrate much better if they arrive on time. Flights must arrive by 1:00pm.

#### Departure

Flights should depart on the last day of camp between 2:00pm and 5:00pm from San Diego International Airport (SAN). Students will arrive at the airport approximately 120-150 minutes before their scheduled flights. SEACAMP staff will assist students with the check-in process and see them to security checkpoints. Students can call the 1-800- SEACAMP (1-800-732-2267) number in case of cancellation or delay after they are through security. Please note, all students must be traveling as ticketed passengers – we cannot have students flying as "standby" passengers.

• Travel Fee: Departing Early – Flights departing between 10:00am and 1:59pm are subject to \$50.00 fee. Student will miss some or all of the day's scheduled activities. Departing Late – For flights departing between 5:00pm – 7:00pm, there will be no additional charge. Students will go to the airport with the last group of students. Students must not depart any earlier than 10:00am or any later than 7:00pm.

## **Unaccompanied Minor**

Most students that fly to camp are minors and are unaccompanied. However, some students will travel as designated *Unaccompanied Minors* either by choice or airline requirement. *Unaccompanied Minor* service is NOT included in tuition and flight(s) must arrive and depart inside provided windows of time. There is a \$75.00 service fee per student, per leg of travel. Student's Unaccompanied Minor status MUST be noted on Travel Information Form for service to be provided.

SEACAMP staff will receive a pass from airline to allow access to meet student directly at the gate upon arrival. Upon departure, SEACAMP staff are again approved to enter the security area without a ticket and wait with student at the departure gate until plane departs. SEACAMP staff's ability to access secured areas is reliant on the pass from the airline, please ensure all of the airline's requirements and fees are paid to airline to allow service.

- If your airline of choice requires additional information, give the SEACAMP office a call/email and we will provide you with any information they need.
- Make sure all additional fees to the airline are paid for travel in both directions.
- Make sure SEACAMP Unaccompanied Minor fees are paid.
- If SEACAMP San Diego is not informed of Unaccompanied Minor status on Travel Information Form by May 15, we will not able to provide service for the student. Any changes to travel after May 15 must be approved by SEACAMP.

## Travel by Train

Transportation service to/from train station is NOT included in SEACAMP tuition. Service is provided for an additional \$75.00 fee for each leg of travel. Please check Amtrak Unaccompanied Minor Policy.

#### Arrival

Trains must arrive on the first day of camp between 9:00am and 12:00pm into Old Town Transit Center (OLT). SEACAMP staff members will meet students on the train platform. Staff members will be wearing a SEACAMP San Diego t-shirt and holding a yellow "camper pick-up" sign.

#### Departure

Transportation service to train station at departure not provided for students 15 years old or younger. Only provided for students 16 years or older. Trains must depart on the last day of camp between 2:00pm and 5:00pm from the Old Town Transit Center (OLT). Students will arrive at the train station 30 – 60 minutes before scheduled

departure. SEACAMP staff members will assist students with the check-in process and wait with them until train departs.

## Luggage

Students must be able to carry their own luggage, and bags must be able to be stowed neatly underneath bunks while at camp. Luggage should be no bigger than 10 inches tall, 30 inches deep, and 35 inches wide. Please also take a look at the "Rules and Policies" section for a list of items not permitted at camp. For students traveling by air, bags need to follow TSA guidelines and individual airline restrictions.

# Facility, Dorms, & Bathrooms

SEACAMP San Diego facility is located at the Fiesta Island Youth Aquatic Center (San Diego Youth Aquatic Center on google) on beautiful Mission Bay in San Diego, CA approximately 7 miles from the San Diego International Airport. The Youth Aquatic Center is shared by multiple user groups with the Boy Scouts of America and SEACAMP San Diego as the primary users. While at camp, other programs will run alongside our SEACAMP programs; however, SEACAMP students have dedicated unshared space, such as the dorms and classrooms during labs/workshops in addition to dedicated unshared time for the shower facilities.

Fiesta Island Youth Aquatic Center currently only has gender binary (male and female) options for dorms and bathroom facilities. Students of all gender identities are welcome to attend. However, students must choose either a female or male dorm and bathroom assignment.

Bathrooms have individual toilet stalls and showers are individually curtained. Shower times will be provided daily before dinner. Students are encouraged to shower regularly.

Students are housed in a traditional open-style dorms with bunk beds. Generally, there is one dorm for male identifying students and one dorm for female identifying students. On occasion, dorms may be split into three separate spaces with two dorms for one gender identity and the third dorm for the other gender identity. Each dorm is supervised overnight with by one instructor of the same gender identity. SEACAMP instructors are with the students 24 hours a day.

Our marine science facility provides us with lab and workshop facilities, aquariums, marine life touch tanks and the added benefit of a private beach. Most days will include a lab at our camp facility. Our labs are specifically designed to encourage a hands-on educational experience. Our aquariums, touch tanks and other interactive teaching tools provide students with a unique, interactive classroom environment.

Students attending SEACAMP II and SEACAMP III will also have the opportunity to participate in a two day liveaboard boat trip to the South Channel Islands and a three day live-aboard boat trip to the South Channel Islands, respectively. During the trip students and staff will be housed on the Horizon Charters' live-aboard dive boat, one of the largest dive boats in Southern California, which is comfortably equipped for many days at sea.

# Meals & Special Dietary

Meals will be provided by our caterer, bringing them on-site from their kitchens. Breakfasts and dinners are usually cafeteria-style meals eaten at camp and are varied and well-balanced. Lunches are "brown-bag" style, usually eaten in the field with sandwiches, fresh fruit, and a snack. For students attending SEACAMP II and SEACAMP III, during the live-aboard boat trip, Horizon Charters boat crew will provide meals. Students will be provided breakfast, lunch, and dinner. Snacks are not included. Students are welcome to bring individually wrapped, single serve snacks. Snacks should be stored in a bag labeled with the student's name.

Any student's special dietary needs or information must be provided on Release Forms. If SEACAMP San Diego is not made aware of the needs of a student, those needs will not be met during SEACAMP session and student will eat regularly provided meals. Please be as specific as possible when describing dietary needs. Please note, there is a limit to what our caterer can provide and to the food preparation facilities at camp. Please give us a call or email to address any questions or concerns regarding dietary needs. Based on responses, additional information may be required. Participants with very restrictive dietary needs or requirements may not be able to be accommodated and/or students may be required to supplement camp meals by bringing their own food and/or snacks. Dietary information will be shared with our third-party caterer. Dietary information will also be shared with boat crew for SEACAMP II and SEACAMP III.

# Communication & Unplugged Experience

Student cell phone communication along with all other electronics use (except digital cameras) is prohibited. Upon arrival, cell phones along with other electronics will be turned off and collected, then returned upon departure from camp. We take this policy very seriously and expect all students and parents to comply.

While your student is here with us at SEACAMP San Diego, we are excited to give them an "unplugged" experience. Time away from the computer, TV, and cell phone means more time for learning, interacting, and being out in the field and on the water. This unique unplugged experience allows your student to truly engage with other students and all of the activities he or she will be participating in.

SEACAMP instructors have access to cell phones at all times for inter-staff and emergency use. Should your child become ill or injured while attending SEACAMP San Diego, we will, of course, make sure that parents are kept informed about the situation and progress. Whenever possible, parents/guardians will be included in decisions regarding their child's care. Please be sure to discuss with your student the importance of communicating any illness or issues with SEACAMP staff. We cannot address or help remedy situations we are not made aware of. Students will need to communicate any health problems or concerns.

For most families, it is the parents who find it hardest to cut ties with their student during a camp session. Students are engaged with new activities, new friends and busy schedules – no news is good news!

## Camper Email & Mail

As you will not be receiving phone calls from your student after arrival at camp, please remember that no news is good news - your child is OK and having a great time! Again, no news is good news! You can, however, send messages via email to your student during their SEACAMP session. Messages will be printed and delivered once a day – please **refrain from sending photos**, as we do our best to keep waste minimal. Students will **not be able to reply**. For students attending SEACAMP II or SEACAMP III, camper mail will not be delivered during the liveaboard boat trip. Messages should be sent to <u>camper@seacamp.com</u> with your student's name in the subject line. Please be aware that messages are sometimes scanned and those with inappropriate subject matter will not be delivered and may be forwarded to the parent/guardian.

Care packages or letters are not permitted and will not be delivered to students. Unfortunately, the lengths of camp sessions are not conducive to timely arrivals. In the case of forgotten medications or other emergencies, please contact us and we will provide delivery options/instructions.

# **Emergency Information**

If there is an emergency at home that requires immediate communication with SEACAMP Staff or your student, please call 1-800-SEACAMP (1-800-732-2267). Please add this phone number to your list of contacts prior to your student's session.

Calls after normal business hours will be answered by our emergency page system. Emergency messages will be relayed to instructors promptly. Please use discretion when leaving an emergency message, only leave messages that require immediate attention.

If you have upsetting information and are unsure whether to communicate it to your student, please contact SEACAMP during normal business hours to discuss the best course of action.

If your child becomes ill or injured while attending SEACAMP, we will make sure that parents/guardians are kept informed of situation and progress. Whenever possible, parents will be included in decisions regarding care. In the case of an emergency, staff will first provide care to student and ensure a secure, safe environment before contacting parents. Parents/guardians are contacted first, and if we are unable to reach them, we will then contact the emergency adult listed on the Release Forms.

# Staff & Safety Information

SEACAMP San Diego Marine Science Instructors possess at least a college degree and are certified Red Cross Lifeguards with First Aid and CPR for the Professional Rescuer including first aid for marine hazards. Additionally, all instructors are finger printed with the Department of Justice & FBI and all have Class-C commercial driver's licenses. SEACAMP San Diego does not retain a nurse on staff, although we do have a paramedic consultant on call. We are within close proximity of emergency care and are in a 9-1-1 service area.

SEACAMP San Diego tuition includes 24-hour supervision of students. The amount of supervisory instructors varies depending on the schedule. During snorkeling, there is one lifeguarded instructor with a maximum of seven students and instructor will have a rescue tube with them. All water activities require students to wear full-length, 7mm wet suits (which makes them buoyant). The only exception is for kayaking and stand up paddle boarding when students will be wearing a Coast Guard-approved Personal Flotation Device. In the controlled environment of camp, evening activities will have 2 to 5 staff depending on the activity. Dorms will be supervised overnight by one instructor of the same gender identity as the dorm.

During all boat trips, we are in Coast Guard range and during SEACAMP II and SEACAMP III live-aboard boat trips there is a satellite phone for emergencies.

# Health and Hygiene

Student health information will be included on the Student Registration Forms. Forms should include all medical information regarding student. Student information is confidential and stays with SEACAMP staff at all times.

## Medications

All over-the-counter (OTC) and prescription medications must be included on Student Registration Forms. All medications are held and administered by student and student is expected to manage own medications. All medications should be packed in a zip-top bag labeled with the student's name. SEACAMP is not authorized to hold or administer prescription medication to students. At bedtime, all prescription and over-the-counter medications will be collected to be stored in a locked container overnight. The only exception is for emergency medication such as epi-pens and inhalers, which are required to remain with participants at all times. General medication reminders will be given at breakfast and at dinner. Students with emergency medications (epi-pen, inhalers) will carry medications in their day pack. Staff will label pack with bright ribbon and will assist with administration in an emergency.

## Hygiene

SEACAMP San Diego staff remind students to keep dorm space clean and clear, to shower regularly and to wear appropriate clothing. A list of needed items for the day is provided every morning. Students have access to water and sunscreen all day - staying well-hydrated and sunburn-free is key to a successful camp experience. Reminders are given frequently but parent/guardians should discuss expectations regarding sun exposure, appropriate attire, hygiene, hydration, etc. prior to camp session. Ultimately, it is the student's responsibly to manage hygiene and to stay well-hydrated and sunburn-free.

#### Sea sickness

Students prone to motion or sea sickness should bring over-the-counter medications such as non-drowsy Dramamine or Bonine. Ginger and pressure point bands are among the non-medicinal remedies.

# Optional SCUBA Program - SEACAMP II & SEACAMP III Only

#### **SCUBA Program Requirements**

The SEACAMP San Diego SCUBA Program is optional for qualified students and provided in addition to snorkeling for an additional \$150.00 fee. The program is offered during SEACAMP II and SEACAMP III only and is not required to participate. SCUBA, or Self-Contained Underwater Breathing Apparatus, involves additional training and acceptance of additional risks.

Student **must** fulfill the following requirements to participate:

- 1. Pay \$150.00 Program Fee per student, per session.
- 2. Pay \$150.00 Rental Fee per student, per session if SCUBA gear is needed.
- 3. Be age 14 or older as of the first day of camp session.
- 4. Be a certified Open Water Diver. This means the student has completed an Open Water SCUBA course and holds an Open Water SCUBA certification card from a recognized certifying agency.
- 5. Complete the Diver Medical Participant Questionnaire with Diver Medical Examiner's Evaluation Form in consultation with a physician, preferably one who is knowledgeable about diving medicine. Contact Divers Alert Network for a referral to a medical professional in your area. Additionally, the Diving Medical Guidance must be provided to physician. ALL PARTICIPANTS ARE REQUIRED TO BE SIGNED OFF BY A PHYSICAN.

- a. Page 1 of the Medical Participant Questionnaire must be completed by all participants and questions 1 through 10 must have all answers marked. SEACAMP San Diego REQUIRES the Medical Evaluation Form even if you answered no to all questions on Page 1. ALL PARTICIPANTS ARE REQUIRED TO BE SIGNED OFF BY A PHYSICAN.
- b. Page 2 of the Medical Participant Questionnaire should be completed as directed.
- c. Page 3 is the Diver Medical Examiner's Evaluation Form which must be completed by a physician, preferably one who is knowledgeable about diving medicine. Contact Divers Alert Network for a referral to a medical professional in your area. The Diving Medical Guidance must be provided to the physician. SEACAMP San Diego REQUIRES the Medical Evaluation Form even if you answered no to all questions on Page 1. ALL PARTICIPANTS ARE REQUIRED TO BE SIGNED OFF BY A PHYSICAN.
- d. Submit Participant Questionnaire with Diver Medical Examiner's Evaluation Form: Page 1 through Page 3 must either be uploaded to SCUBA Forms or emailed to <a href="mailto:seacamp@seacamp.com">seacamp@seacamp.com</a> prior to the start of the student's session.
- 6. Medical conditions that **disqualify** students from diving at SEACAMP San Diego: Current asthma induced by exercise, cold air, or emotion; Current Epilepsy/Seizures; Diabetes (under 16 years old); Spontaneous pneumothorax; Narcolepsy; Blackouts/fainting/sudden loss of consciousness; Severe Anxiety. Please contact us for additional information.
- 7. Submit SCUBA Forms and pay Program Fee to SEACAMP San Diego by May 15th

# SCUBA at Camp

Program requires \$150.00 Program Fee per student, per session to participate. Student divers are led by staff members or boat crew who hold Divemaster or Instructor ratings. Small dive groups of five students allow for individualized attention and specialized dive goals. All students are required to participate in an initial check-out dive to evaluate skills and acclimate to equipment to continue in SCUBA Program.

SCUBA Diving during SEACAMP II and SEACAMP III is a choice and a privilege. SEACAMP reserves the right to remove a student from the program at any time, should a student's dive leader feel they are jeopardizing the safety of themselves or the group. If this is determined SCUBA fees will not be refunded.

Students may use their own dive gear or gear can be rented at SEACAMP for a \$150.00 fee per student, session. Fees are paid online with the required forms.

Students must bring the following SCUBA items with them to camp:

- 1. SCUBA Certification card (if you cannot locate your card, contact the agency that your student is certified under (e.g. PADI, SSI, etc.) or the dive shop where the student was certified.
- 2. Dive Log showing dive training record and dives since certification.
- 3. Dive Tables or Computer (unless SEACAMP is providing).

As stated above, students are required to participate in an initial check-out dive to evaluate skills and acclimate to equipment to continue in SCUBA Program. This dive check is generally done in Mission Bay prior to the live aboard boat trip to the South Channel Islands. The rest of the dives will be done during the live-aboard boat trip. Students will be lead in dive groups of no more than five by staff members or boat crew who hold Divemaster or Instructor ratings. See the SEACAMP II and SEACAMP III schedules of activities at www.seacamp.com for planned dives.

# **SEACAMP Packing List**

Label everything clearly with student name. Bring enough clothing for the duration of your camp session (six, seven or eight days). Laundry services not available except on intersession day for students attending consecutive sessions. Students must be able to carry their own luggage, and bags must be able to be stowed neatly underneath bunks while at camp. Luggage should be no bigger than 10 inches tall, 30 inches deep, and 35 inches wide. Student should also have a small day bag (backpack, etc.) for field activities.

| Bedaing ☐ Sleeping Bag*  | ☐ Fitted Bottom Sheet (twin size)   | ☐ Pillow  |  |  |
|--|---|---|--|--|
| *Other bedding such as quilt, bedspread or top sheet is acceptable   |   |   |  |  |
| Clothing Student will need enough clothing for can ☐ Shorts  | np session(s)<br>□ Pajamas  | ☐ 2 pair of shoes – one with  |  |  |
| ☐ Socks  | □ Hats  | closed toes   |  |  |
| ☐ Long Pants   | ☐ ☐ Swim suit x2  | ☐ Jacket/Windbreaker  |  |  |
| ☐ Shirts   | ☐ Sweatshirt  | ☐ Sweatpants  |  |  |
| ☐ Underwear  |   |   |  |  |
| Toilet Articles  ☐ Toothbrush  | ☐ Sunscreen   | ☐ Beach towel   |  |  |
| ☐ Toothpaste   | □ Soap  | ☐ Prescription medicine   |  |  |
| ☐ Shampoo/Conditioner  | ☐ Comb/brush  | ☐ Shower Shoes/Sandals  |  |  |
| ☐ Shower towel   | ☐ Bug spray   | ☐ Non-prescription medication   |  |  |
| *All medication should be indicated on Registration Forms and kept in a zip-top bag labeled with student's name.<br>Personal items such as make-up, nail polish, hair dryer, etc. should be left at home |   |   |  |  |
| Miscellaneous  |   |   |  |  |
| ☐ Day bag for field activities   | ☐ Reusable Water Bottle   | ☐ 2 plastic bags for dirty/wet  |  |  |
| ☐ Notebook & Pens/Pencils  | ☐ Sunglasses w/ lanyard   | clothes   |  |  |
| Optional Items  ☐ Camera with strap/camera accessor  | ries - digital camera and GoPro OK, no  | cell phone cameras  |  |  |
| ☐ Books, cards and games   | ☐ Stationery and stamps   |   |  |  |
| $\square$ Personal snorkel gear clearly marke is included in tuition and is not required   | d with student's name (full-faced snorked to bring.   | s are <b>NOT</b> permitted). Snorkel gear                                   |  |  |
|  | than \$100 cash with them to camp. All n<br>nly money students would need is for the  |   |  |  |
| smart watches. Additionally, personal c<br>will be turned off and collected upon a   | not limited to: game consoles, computer<br>ell phone use is not permitted for the du<br>rrival then returned on departure from c<br>0.00 shipping fee. *see Rules and Policie | ration of camp. Student cell phones camp. <b>Any electronic items found</b> |  |  |
| SCUBA Participants (for SEACAMP II & SEACAMP III only, not applicable for SEACAMP I)  ☐ Certification Card ☐ Dive Log ☐ Dive Computer (unless SEACAMP is providing) or Dive Tables                       |   |   |  |  |
| SEACAMP SAN DIEGO IS NOT RESPONSIB   | LE FOR PERSONAL PROPERTY THAT IS LOST,  | STOLEN OR DAMAGED. LOST   |  |  |

AND FOUND ITEMS NOT CLAIMED WITHIN TWO WEEKS WILL BE DONATED.

# Rules and Policies for SEACAMP

ALL STUDENTS ARE EXPECTED TO ABIDE BY THE FOLLOWING ESTABLISHED RULES OF BEHAVIOR. FAILURE TO DO SO WILL RESULT IN AN IMMEDIATE RETURN HOME AT THE PARENT OR GUARDIAN'S EXPENSE.

#### General

- 1. Courteous, kind, and considerate behavior is expected at all times. Any behavior that compromises another students' comfort or enjoyment of the program will not be tolerated. SEACAMP is an inclusive camp and there is no tolerance for discriminatory behavior of any kind.
- 2. Students are expected to be at their assigned location at the appointed time with all needed items.
- Student must be responsible for all personal items. SEACAMP and its agents cannot assume responsibility for lost or stolen items. Lost and found items not claimed within two weeks from end of session will be donated.
- 4. It is the student's responsibility to inform one of the instructors of:
  - a. Illness b. Injury c. Other problems
- 5. Any student using alcohol, tobacco, drugs or committing any illegal act will be sent home immediately at the parent or guardian's expense.
- 6. Possession of any items which may be considered dangerous (i.e. knives, etc.) or behavior which may compromise the safety of others will not be tolerated.
- 7. No roller blades, skates, skateboards, surfboards or skim boards will be allowed at SEACAMP. If brought, SEACAMP will ship the items home at the parent or guardian's expense.
- 8. Chewing gum is prohibited for the entire session. Any gum found will be thrown out.
- 9. Electronics, including but not limited to: smart watches, tablets, e-readers, game consoles, computers, and TV, DVD and MP3 players, are not permitted at SEACAMP. Additionally, personal cell phone use is not permitted for the duration of camp. Student cell phones will be turned off and collected upon arrival then returned upon departure from camp. Any electronic items found at camp may be returned for a flat \$50.00 shipping fee and student may be sent home at parent/guardian expense.

#### In the Dorms

- 1. Dorms may not be left after lights out
- 2. Noise must be kept to a level that takes others into consideration
- No food, snacks or drinks including chewing gum are allowed in dorms with the exception of water
- 4. Students must stay in their assigned dorm, they are not permitted in the other dorm
  - a. SEACAMP II and SEACAMP III boat trip: no males in female bunks/rooms and no females in male bunks/rooms
- 5. Students are expected to respect others' property and possessions

#### In the Vans

- 1. Seat belts must be worn at all times
- 2. Voices should be kept at a moderate level
- 3. No horseplay
- 4. No open food or drink
- 5. Seating areas must be kept clean

## **Duty to Report**

Students are required to report to a camp counselor should they witness any of the above behavior.

These rules and regulations are necessary to ensure the safety of students and counselors while enabling us to provide a fun and secure camp experience for everyone. Please be sure students have read and fully understand these Rules and Policies.