

UNIVERSITY OF CALIFORNIA, DAVIS

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SANTA BARBARA • SANTA CRUZ

COSMOS

One Shields Avenue
Davis, California 95616-8812
PHONE: (530) 754-7326
FAX: (530) 754-7327
<http://www.cosmos.ucdavis.edu>

Dear COSMOS Parent:

As part of the Anatomy of Global Climate Change Cluster, your student is invited to participate in a day-long canoe tour, lead by Save the Bay, of Gallinas Creek at McInnis Park in San Rafael, California.

This activity is not a required component of the COSMOS program, and any student can, for any reason and without reason, decline to participate at any time. The activity is meant as an opportunity for the students to augment the course material related to eco-systems, water quality and wetland function with an actual experience in the field. This is neither whitewater canoeing nor does it require previous canoeing experience.

Each canoe will hold 3 people. Canoeing will only take place if all conditions are deemed safe and appropriate for the outing. The Save the Bay instructors are certified in CPR, Wilderness First Aid, and as a canoeing instructor. A minimum of four UC Davis/COSMOS staff and faculty members will also attend this outing to observe safety and expand on the academic content.

Attached you will find:

1. Letter to parents/guardians from Save the Bay.
2. Canoes in the Sloughs Participant Information Sheet
3. Health form *which requires your signature in order for your student to participate.*
4. Acknowledgement of Risk / Waiver *which requires your signature in order for your student to participate.*

These forms are **due June 26**, please no postmarks. We would like to receive them in our office.

Please call us if you do not want your student to participate on this trip. Feel free to call the COSMOS office if you have any questions. I can be reached by phone at (530) 754-7326 or by email at cosmos@ucdavis.edu.

Sincerely,

A handwritten signature in black ink that reads "Emily Murdock". The signature is written in a cursive style.

Emily Murdock
Program manager

350 Frank H. Ogawa Plaza, Suite 900
Oakland, CA 94612-2100

t. 510.452.9261
f. 510.452.9266

www.savesfbay.org

Dear Participant (and Parents):

You (or your child) will soon participate in a Canoes In Sloughs field trip with Save The Bay! Save The Bay is the oldest and largest membership organization working exclusively to protect, restore and celebrate San Francisco Bay—our programs are designed to give the community a hands-on opportunity to discover, enjoy and learn about the San Francisco Bay while taking an active role in keeping it healthy. Learn more about what we do on our Web site www.saveSFbay.org or by calling us directly at 510-452-9261.

About Your Program

Your upcoming field trip will enable you to participate in outdoor activities, both on-land and on-the-water. To help make the field trip a positive experience, you should be prepared to spend the day outside. Please wear weather appropriate clothes that can get dirty and close-toed shoes to protect your feet from sharp objects. Remember that the temperature is generally 10 degrees cooler on the water than on land we encourage that you wear layers. While we do our best to ensure that you stay dry, you might get WET, DIRTY or MUDDY.

Sample Schedule

The time and activities in your program may vary; these schedules are provided as examples only.

9:00am	Arrival (Please be on time, we have a lot to fit into the day!)
9:00am – 9:15am	Logistics
9:15am – 10:00am	Introductory activities
	<ul style="list-style-type: none">• Introduction to Save The Bay• Name game
10:00am – 10:15am	Prepare for put-in
10:15am – 10:30am	Paddling instruction and safety awareness talk
10:30 am – 10:45am	Put-in (one or two canoes at a time)
10:45 am – 1:15pm	ON THE WATER
	<ul style="list-style-type: none">• Paddling practice• Sense of place observation activity• On-the-water activities customized to the requests of the coordinator (may include water quality testing, species study or other exploration activities)• Lunch in the boat
1:30 pm - 2:00pm	Take-out (group comes off the water)
	<ul style="list-style-type: none">• Clean-up, put all gear away (we need all participants' help with this!)• Closing activity

About This Packet

Please look through this packet carefully and follow all the instructions enclosed. The Participant Information Sheet and Checklist will help you prepare for the field trip. **Note that the health form and waiver must be signed by your parent or guardian and turned in to your camp coordinator prior to the field trip.**

Being prepared will help make this a rewarding, fun, and challenging experience. Thank you for your help. We look forward to meeting you!



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Sincerely,

The Education Staff at Save The Bay

A Note To Parents:

*You will notice that the health form/release waiver is detailed and extensive. Save The Bay's insurance policy requires us to use a form of this nature. We would like you to know that Save The Bay and our Canoes In Sloughs program have **an impeccable safety record**. In the ten years since its inception, the program has not experienced a single major accident or injury, and we plan to keep it that way. All of our instructors are certified in CPR and Wilderness First Aid. The safety and well being of our participants is always our primary concern.*



Save San Francisco Bay Association

Canoes in Sloughs Participant Information Sheet

What to Wear:

- Close-toed shoes, or boots that can get WET and MUDDY. No sandals, aqua socks, or bare feet!
- If the weather is warm, shorts, short-sleeved shirts and a windbreaker are okay.
- A hat and long-sleeved shirt are recommended to prevent sunburn.
- If the weather is cool, bring a sweater, jacket, or coat. Also a hat and extra socks as necessary.
- Bring RAIN GEAR if bad weather is forecast (we will still run the program if there is a light rain).
- Dress in layers. It is better to overdress and shed layers than to under-dress and be cold.
- Remember, we will be outside all day. Dress for weather on the water rather than for the weather at your home. It is often 10 degrees colder and windier on the water than on land.

Lunch (we will eat lunch in the canoes):

- Bring a bag lunch that is easy to carry and to keep dry (wrap in Tupperware or plastic bags).
- Bring at least one large re-sealable bottle full of water
- Avoid packaging that produces large amounts of waste and please RECYCLE!

Bring:

- Water resistant/proof bag(s) to put your lunch and personal gear in.
- Suggested: sunglasses, brimmed hat, lip balm, handkerchief, and sunscreen.
- Optional: camera, binoculars (use sealable plastic bags and a great deal of care to keep these dry).

Don't Bring:

- Don't bring papers, purses, or backpacks unless they can get wet/muddy.
- Don't bring anything of value including cell phones, pagers, walkmans, Discmans, Ipods, etc.

Safety: Your trip leader is certified in CPR, Wilderness First Aid, and as a canoeing instructor. All sites have been scouted. There are no white-water rapids – the water is flat, protected and calm. We use 14'-18' We-No-Nah canoes, known for their quality construction. Canoes, paddles, life jackets, and other safety gear are inspected regularly and kept in excellent shape. All participants are required to wear life jackets at all times.

Weather: If severe weather or high winds are forecast, the trip may be cancelled. Your group leader will contact you in the case of a cancellation. **While light rain will not cancel the trip, high winds will!**

The Rules

We will enforce these rules for your safety. Your trip leaders may add others rules at the trip site depending upon the circumstances. We want you to enjoy yourself and be safe while learning on the water. **Save The Bay instructors have the right and responsibility to terminate the field trip if the group's behavior warrants it or if they feel the group's safety is in jeopardy.**

1. All participants, regardless of swimming ability, must wear a life jacket (personal flotation device) supplied by Save The Bay.
2. All camp or school rules apply.
3. All participants must have a completely filled-out and signed health form and waiver. For participants under 18 years old, the waiver must be signed by their guardian.
4. Shoes must be worn at all times. Glass and other sharp debris can cut bare feet.
5. No radios, tape players, walkmans, Discmans, cell phones, Game Boys, pagers, etc. allowed.
6. No horseplay: no splashing, no rocking canoes, no racing, no swimming.
7. No drugs, alcoholic beverages, or smoking.
8. No pets.

ACKNOWLEDGEMENT OF RISK / WAIVER

“Save The Bay” Program Participants

This must be completed for all participants

(Please read the following carefully before signing below)

In consideration of the services of Save The Bay, its agents, employees, trustees, officers, contractors and all other persons or entities associated with it (collectively referred to as “STB”), I agree as follows:

I am familiar with the program for which I am registering. I have had all my questions about the nature of the activities, the conditions, and the location where the program will take place answered. I understand that this program has risks, including certain risks which cannot be eliminated without fundamentally altering the unique character of this program. The same elements that contribute to the unique character of this program can be the cause of loss or damage to my belongings, accidental injury, and illness or, in extreme cases, permanent trauma, disability or death. I understand that STB believes it is important for me to know in advance what to expect and to be informed of the programs’ inherent risks. The following describes some, but not all, of those risks.

STB courses involve travel out of doors where participants are subject to numerous risks, environmental and otherwise. Activities vary from program to program, and may include canoeing, restoration projects, and hiking.

STB programs frequently occur in remote places where communication and transportation are difficult. Consequently emergency evacuations and medical care may be delayed.

Travel is by canoe, on foot and by other means, over rugged, unpredictable off-trail terrain, which may include Bay waters, rivers, slippery rocks, ocean tides and currents, and waves, and floating obstacles. Participant risks include falling, capsizing, and drowning, as well as environmental risks.

Environmental risks and hazards include rapidly moving, deep, or cold water; insects, snakes; lightning and other unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, sunburn, heatstroke, dehydration, allergy attacks, and other mild or serious conditions.

Instructors may be required to make decisions under difficult circumstances, based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to error.

I understand this description of the risks involved is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for all the risks inherent in the activities that comprise these programs. My participation in this program is purely voluntary, no one is forcing me to participate, and I elect to participate with full knowledge of the inherent risks.

I hereby agree to permit Save The Bay employees, agents, and other guests to take photographs and make film records of the trip without further recourse. I understand that such items may be used for commercial and/or promotional purposes.

I and my parent(s) or guardian, if I am a minor, represent that I am fully capable of participating in this program. Therefore, I, and my parent(s) or guardian, if I am a minor, assume and accept full responsibility for me and for the injury, death, loss of personal property, and expenses suffered by me and/or them as a result of my voluntary participation in this program, as well as for any loss, injury or death resulting from my own negligence.

Signature: _____ Date: _____
(Participant/Student)

Signature: _____ Date: _____
(Parent or Guardian)