

## **Dear Hack the Outdoors (We Outside) Participants,**

Greetings from Sierra Nevada Journeys at Grizzly Creek Ranch. We look forward to sharing a weekend of science and education with you through our Hack the Outdoors program! Sierra Nevada Journeys, Square Root Academy and Black Youth Leadership Project are excited to participate in hands-on science lessons, challenge course activities, and social justice sessions with you.

In this handbook you will find answers to frequently asked questions and other important information including a sample schedule, packing list, logistics, and health care information. Whether you are new to Sierra Nevada Journeys or returning for another year, we ask that you read this handbook carefully and completely.

If you have any questions or concerns regarding our programs, please feel free to contact our Program Specialist at [GCRcurriculum@sierranevadajourneys.org](mailto:GCRcurriculum@sierranevadajourneys.org).

Thank you,

Krissy McGill  
Program Specialist  
Sierra Nevada Journeys

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## **COVID-19 Community Agreements**

For participant safety, we ask that each participant upholds the following community agreements while participating in the Hack the Outdoors (We Outside) retreat. We understand that some items are new to both adult and youth participants. We hope that providing clear expectations helps your group prepare, feel comfortable, and normalize these agreements as necessary aspects of a safe and fun weekend. If you are unable to adhere to this agreement fully, please let us know.

- In order to maintain safety and mitigate risk, we ask that your cabin only welcomes individuals from your group inside, and you adhere to the following guidelines if you are socializing with other cabin groups.
- Respect physical distance between yourself and others at camp. If someone asks for more space or creates more space, please kindly acknowledge and respect their request.
- Masks or face coverings are to be worn at all times when cabin groups are gathered or interactions are occurring with individuals outside your cabin group.
  - Masks or face coverings will be worn the entire time when not in your cabin. Even when physical distancing between other cabin groups and/or staff.
  - Masks or face coverings do not need to be worn inside your cabin, during meals, or during showers.
  - Children age 2 and younger or individuals with medical conditions that make breathing difficult do not have to wear masks or face coverings.
  - Cabin groups or individuals can choose to ascribe to stricter mask or face covering protocols if desired.
- Youth participants must be supervised at all times. We understand that adapting to these new guidelines may be challenging at times. However, your support in reminding youth of the safety measures is greatly appreciated.
- We ask that participants stay on camp for the duration of the program to protect our camp community.
- Sierra Nevada Journeys understands that we are learning to navigate through this time and respectful reminders are expected. With that in mind, we reserve the right to ask any group to leave if their actions are increasing risk to participants and/or staff. Sierra Nevada Journeys is hosting many other camps and the actions of one weekend can impact subsequent weekends.

## **Logistics and Overview**

### **Arrival:**

COVID testing is required by all participants regardless of vaccination status. Sierra Nevada Journeys will administer testing prior to participants boarding the bus. Guests will also have their temperature checked and be asked the following health screening questions.

1. Have you felt any illness symptoms within the last 24 hours (primary fever, cough, difficulty breathing, or other signs of illness)?
2. Have you tested positive for COVID-19?
3. Has anyone in your home had symptoms of COVID-19?
4. Have you had any exposure to another individual with a suspected or confirmed COVID-19 case?

### **Dining:**

We have a fully staffed kitchen whose only responsibility is to provide food for our guests – 3 meals a day and an afternoon snack. We eat family style in our dining hall, which involves passing platters around a table of eight people and having each student serve themselves. Students are able to take a full portion of whatever foods they want during firsts and then are able to get seconds if they are still hungry afterward.

Also, we have supplementary food for each meal. For breakfast, there is always cereal and granola available with whole milk. During lunch and dinner, there is always a full salad bar that students can use to add onto the other food they have eaten during those meals

When filling out your group's waivers and forms, we will ask for dietary restrictions and allergies. Our kitchen will not be prepared to serve unknown dietary restrictions on the first day of programming.

Each cabin will have access to their own water jug. We strongly encourage each participant to bring a reusable water bottle. We will make sure your water jug stays full.

Large trash cans will be located outside of each cabin. We will empty trash cans every night and ask that you place your trash bag outside your cabin immediately following dinner for pick-up.

### **Frequently Asked Questions:**

#### **What is the camp like? Is there snow?**

Sierra Nevada Journeys has a 1,500-acre property, and on it rests our camp with 14 sleeping cabins, an administration building, a massive dining lodge, basketball courts, open lawn areas, and a full challenge course. This camp is maintained by our facilities and housekeeping team to keep all areas up to local codes and maintain a high level of cleanliness for our guests. Please check out our website for virtual tour of our camp.

For snow, we are located in the mountains above 5,000 feet elevation and we do experience snow anytime from October to May. When snow is present, our fantastic facilities team keeps all of our walkways clear for participants to navigate around camp with ease. Instructors are trained to read their students' comfort level with the snow and will not force students to walk across snow if they

are not comfortable. Snow is often the most memorable part of students' trips because it is not something typically experienced where our guests come from.

**Where will my child sleep?**

We have heated cabins here at camp that will house your child during the program. The cabins have lockable doors to provide a sense of security while they sleep each night. Each cabin also contains a toilet and two sinks so students can take care of their basic needs in the middle of the night without having to wander outside. The cabins will be supervised by mentors from Square Root Academy and Black Youth Leadership Project.

**Do we need to worry about wildlife like bears, mountain lions, or ticks?**

Since our camp is located in a National Forest, there is wildlife nearby. The most common wildlife we see are deer, who hang around our camp often as is it also a safe place for them. We do occasionally see larger mammals, like bears or coyotes, and our instructors are taught that it is okay to observe these animals from a safe distance. Because of their shy nature, and group sizes our students typically travel in, these animals do not approach us. They also do not approach camp because of the large amounts of humans consistently around.

For ticks, they are typically not present here in Plumas County. Occasionally, after a heavy rain season, we may see them; however, our instructors have been trained to remove ticks if they are found on a child. Also, tick-borne illnesses are less prevalent in California than they are the rest of the country.

## **SAMPLE Schedule and Activities:**

Please note that below is a *sample schedule* meant to provide insight. There will be an official schedule upon arrival.

<b>Friday</b>	
<b>6:00 p.m.</b>	Arrival / Orientation
<b>8:00 p.m.</b>	Dinner
<b>10:00 p.m.</b>	Lights out

<b>Saturday</b>	
<b>8:00 a.m.</b>	Morning Offerings
<b>9:00 a.m.</b>	Breakfast
<b>10:00 a.m.-Noon</b>	Variety of Scheduled STEM/Social Justice activities
<b>Noon - 1:00 p.m.</b>	Lunch
<b>1:00-3:00 p.m.</b>	Challenge Course
<b>4:00-6:00 p.m.</b>	Variety of Scheduled STEM/Social Justice activities
<b>7:00 p.m.</b>	Dinner
<b>8:00 p.m.</b>	Evening Program
<b>10:00 p.m.</b>	Lights out

<b>Sunday</b>	
<b>8:00 a.m.</b>	Morning Offerings
<b>9:00 a.m.</b>	Breakfast
<b>10:00 a.m.-Noon</b>	Variety of Scheduled STEM/Social Justice activities
<b>1:00-3:00 p.m.</b>	Challenge Course
<b>3:00 p.m.</b>	Closing Chat
<b>4:00 p.m.</b>	Departure

## Packing List

Below is a *suggested* packing list for each participant. Laundry facilities are *not* available for general use. Be sure to check weather conditions before arrival as programming will run rain or shine! Please use this list as an outline for what you might want to bring for the weekend.

<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2-3 face mask/covering</li> <li><input type="checkbox"/> 2 fleece pullovers or sweatshirts</li> <li><input type="checkbox"/> 1 light rain jacket</li> <li><input type="checkbox"/> 3 t-shirts</li> <li><input type="checkbox"/> 1 pair of comfortable pants or sweatpants</li> <li><input type="checkbox"/> 2 pairs of shorts (weather dependent)</li> <li><input type="checkbox"/> 3 pairs of underwear</li> <li><input type="checkbox"/> 3 pairs of socks</li> <li><input type="checkbox"/> 1 warm hat (wool or fleece)</li> <li><input type="checkbox"/> 1 pair of pajamas (or sleepwear)</li> <li><input type="checkbox"/> 1 baseball cap or visor</li> <li><input type="checkbox"/> 1 pair of sunglasses</li> <li><input type="checkbox"/> 1 pair comfortable, close-toed tennis shoes</li> <li><input type="checkbox"/> 1 pair shower flip-flops (optional)</li> </ul>	<p><b><u>Miscellaneous/optional</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> prescribed medication (if applicable)</li> <li><input type="checkbox"/> over-the-counter medication (optional)</li> <li><input type="checkbox"/> 1 comfortable backpack (large enough to hold sweatshirt/water bottle)</li> <li><input type="checkbox"/> water bottle (approx. 32 oz)</li> <li><input type="checkbox"/> 1 flashlight with batteries</li> <li><input type="checkbox"/> camera</li> <li><input type="checkbox"/> books</li> <li><input type="checkbox"/> small games or deck of cards</li> <li><input type="checkbox"/> anything to make you more comfortable during your stay</li> </ul>
<p><b><u>Toiletries</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> soap and travel soap container</li> <li><input type="checkbox"/> comb or brush</li> <li><input type="checkbox"/> toothbrush and toothpaste</li> <li><input type="checkbox"/> deodorant</li> <li><input type="checkbox"/> contacts or glasses (if applicable)</li> <li><input type="checkbox"/> 1 bottle of shampoo and conditioner</li> <li><input type="checkbox"/> 1 bottle of sunscreen (30 SPF+)</li> <li><input type="checkbox"/> 1 lip balm</li> </ul>	<p><b><u>Bedding/Linens</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> beds include a mattress; please bring a sleeping bag or twin-size sheets and bedding set for each camper</li> <li><input type="checkbox"/> 1 pillow and pillow case</li> <li><input type="checkbox"/> 1 bath towel</li> <li><input type="checkbox"/> 1 laundry bag (large garbage bag is fine)</li> </ul>

**Weapons, drugs, and alcohol are prohibited.** Anyone found in possession of said substances will be asked to leave **IMMEDIATELY**.

**Technology:** The Hack the Outdoors program is designed as a weekend for participants to engage in hands-on activities in a natural setting. Therefore, we encourage no cell phone or electronics use during activity times.

Sierra Nevada Journeys is not responsible for any lost or damaged property brought to camp.

## Health and Safety Information

**Camp Health Facilities:** All Sierra Nevada Journeys program staff are trained in basic First Aid and CPR. Due to physical-distancing protocols, we will only be able to provide access to minimal first aid supplies and will not be able to directly administer first aid other than in emergencies. If a participant requires specific medication or medical supplies, please bring them with you. The nearest hospital is located 5 miles away in downtown Portola.

**Health Insurance:** Families must provide their own coverage for any illness, accident, or dental occurrence that requires medical attention.

**Mandatory Health History Information:** A waiver is required for you to provide information about food allergies or dietary restrictions. Sierra Nevada Journeys' will review this information prior to arrival. If you have updated dietary restrictions or medical information about a participant that could restrict programming, please inform the Program Specialist ahead of time by emailing us at [GCRcurriculum@sierranevadajourneys.org](mailto:GCRcurriculum@sierranevadajourneys.org).

**Emergency Contact Information:** Please make sure you have filled out the emergency contact information on the online registration form. In the event of an emergency, we will use this information to contact the designated parent or guardian listed on the form.

**Permission to Treat:** By signing the "Authorization to Treat" form, the parent or guardian is giving Sierra Nevada Journeys' permission to assist with rescue medications and emergency medical needs, which in the event of an emergency may include referral to the local hospital or clinic.

**Medication:** Sierra Nevada Journeys will not have a Nurse on staff during the retreat weekend. Accompanying adults will be responsible for administering medications to their campers. Sierra Nevada Journeys will still be available for emergencies. No medications should be kept unsecured in a cabin. Rescue medications, such as EpiPens and inhalers, are the **ONLY** exceptions, and should be kept with the participant at all times. All medications that are brought to camp must be secured. This guideline includes prescription medications, over the counter medications and nutritional supplements.

**Arriving in Good Health:** Any participant who has tested positive for COVID-19 should not attend programming until they have recovered and received a negative test result. If any family member or quarantine group member has been exposed to that individual, they should also not attend programming. If a participant is presenting with symptoms (fever or chills, shortness of breath, cough, etc.) 14-days prior to a program, they should not attend. If a participant is presenting with symptoms (fever or chills, shortness of breath, cough, etc.) while at camp, please notify Sierra Nevada Journeys' staff member and ensure that the entire cabin group leaves Grizzly Creek Ranch as soon as possible.