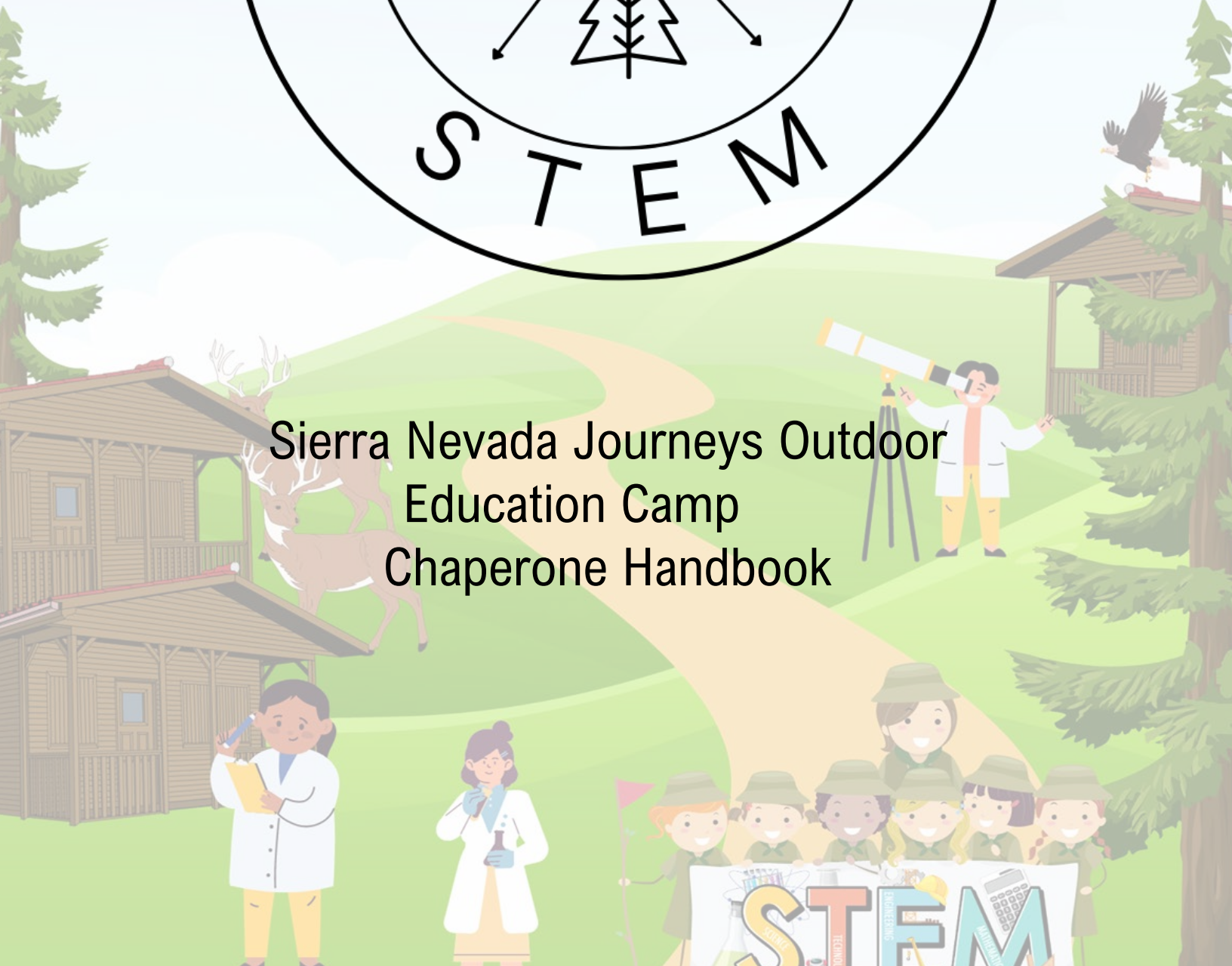




Sierra Nevada Journeys Outdoor
Education Camp
Chaperone Handbook



An Overview of the Participant Weekend

As a supervisor for this weekend's STEM-based activity with Sierra Nevada Journeys' outdoor educators, you will be responsible for eight students. The activity will be conducted in trail groups, with most of the time spent outdoors. Our goal is to provide students a positive and safe learning environment while respecting the environment, one another, and themselves. We take corrective action when students engage in negative behavior and may ask students to leave if necessary.

We will have guest speakers for a STEM Speaker Series on Saturday night. This will be an excellent opportunity for female youth to learn about different career opportunities in the STEM field. Speakers will be stationed around the lawn, sharing their backgrounds and experiences to inspire participants to strive for STEM careers. As a supervisor, your role (if you are not speaking) will be to keep your group engaged with the presentations and ensure they stay together.

SATURDAY

9:00 AM

ARRIVAL & CHECK IN

10:00 AM

MEET YOUR CABIN

10:30

MORNING

11:45 AM

LUNCH

1:00 PM

AFTERNOON ACTIVITY

4:30 PM

COMMUNITY TIME

6:00 PM

DINNER

7:30 PM

EVENING PROGRAM

8:45 PM

BACK TO CABINS

9:45 PM

LIGHTS OUT

SUNDAY

7:00 AM

RISE & SHINE

8:00 AM

PACK UP

9:00 AM

BREAKFAST

10:00 AM

MORNING ACTIVITY

11:00 AM

MORNING ACTIVITY

12:00 PM

LUNCH

1:00 PM

AFTERNOON ACTIVITY

2:00 PM

CLOSING PROGRAM

2:30 PM

DEPARTURE

Chaperone Important Information

IN CASE OF ILLNESS/EMERGENCY:

- 👂 Report illnesses to SNJ staff. Vomiting requires nurse supervision and isolation.
- 👂 Staff have first aid kits for minor injuries. Contact the Program Coordinator for serious injuries.
- 👂 In an emergency, contact SNJ staff for help. At night, contact Lead-on-Duty for any emergencies.

GENERAL EXPECTATIONS:

- 👂 Alcohol is prohibited at camp, and tobacco use is restricted to designated areas only.
- 👂 Wildlife also calls our camp home. Make sure no food is kept in the cabins.
- 👂 Quiet Hours are from 10 pm to 7 am. Begin to slow down by 9 pm and encourage the students to stay in bed until 7 am.
- 👂 Help reinforce our Community Agreement terms that the student commits to:
 - 👉 Respect Yourself
 - 👉 Respect Others
 - 👉 Respect the Environment

LESSON SUPERVISION:

- 👂 Our education program follows a 'Choose Your Challenge' philosophy. Adult roles vary from observers to equipment helpers.
- 👂 Ensure students are punctual for activities, as walking to meeting spots can take time.
- 👂 SNJ staff supervises students during lessons only. Chaperones supervise students at all other times. You supervise shower time after the evening program and in the mornings.

RATIOS / SUPERVISION:

- 👂 There will be 30 volunteers staying at Sierra Nevada Journeys from Friday to Sunday afternoon.
- 👂 All volunteers must supervise the participants and ensure they are never unattended.
- 👂 When going to the cabin, participating in activities, or spending time there, please follow the rule of 3-1 adult in a group of 3. This means at least one adult should always be for every three participants.
- 👂 Even if a Sierra Nevada Journeys instructor is with your group, at least one volunteer must always be present. Please communicate with your co-cabin, trail group leader, and/or Sierra Nevada Journeys instructor if you need to step away.
- 👂 Coordinate with your co-leader for showering, but make sure one adult is always in the cabin.

Map of Camp



Packing List

Bedding

- 🌲 Laundry bag
- 🌲 Pillow with pillowcase
- 🌲 Sleeping bag
- 🌲 Twin-size fitted sheet

Toiletries

- | | |
|---------------------------------------|-----------------------------|
| 🌲 2 towels | 🌲 Reusable water bottle |
| 🌲 Brush or comb | 🌲 Shampoo and conditioner |
| 🌲 Deodorant | 🌲 Soap and travel container |
| 🌲 Flip Flops or Shower Shoes | 🌲 Sunscreen |
| 🌲 Glasses or contacts (if applicable) | 🌲 Toothbrush and toothpaste |
| 🌲 Lip balm | 🌲 Travel-sized tissues |

Optional Items

- | | |
|---------------------------------|---------------------------------|
| 🌲 Bug spray | 🌲 One small backpack |
| 🌲 Camera and film | 🌲 Small games and deck of cards |
| 🌲 Extra blanket | 🌲 Sunscreen |
| 🌲 One flashlight with batteries | |

Clothing

- | | |
|----------------------------------|---------------------------|
| 🌲 2 pairs of shorts | 🌲 Close-toed tennis shoes |
| 🌲 2 pairs of pants or sweatpants | 🌲 Hat |
| 🌲 2 sweaters or jackets | 🌲 Pajamas |
| 🌲 4 T-shirts | 🌲 Sunglasses |
| 🌲 6 pairs of socks and underwear | |

*****Check the weather forecast for the days of your trip.**

It is unlikely to rain or snow in April, but it's always better to be prepared for the unexpected. Therefore, it is recommended to pack extra layers, shoes, and rain/snow gear to stay comfortable throughout the day. Nights can be chilly in April, and laundry facilities will not be available. Our staff will assist in cleaning soiled items, for bedwetting or pants-wetting emergencies.

Daily Important Information

Read this section thoroughly.

A Volunteer Orientation will take place at camp upon arrival, and this will help you be more prepared.

DAILY ROUTINE:

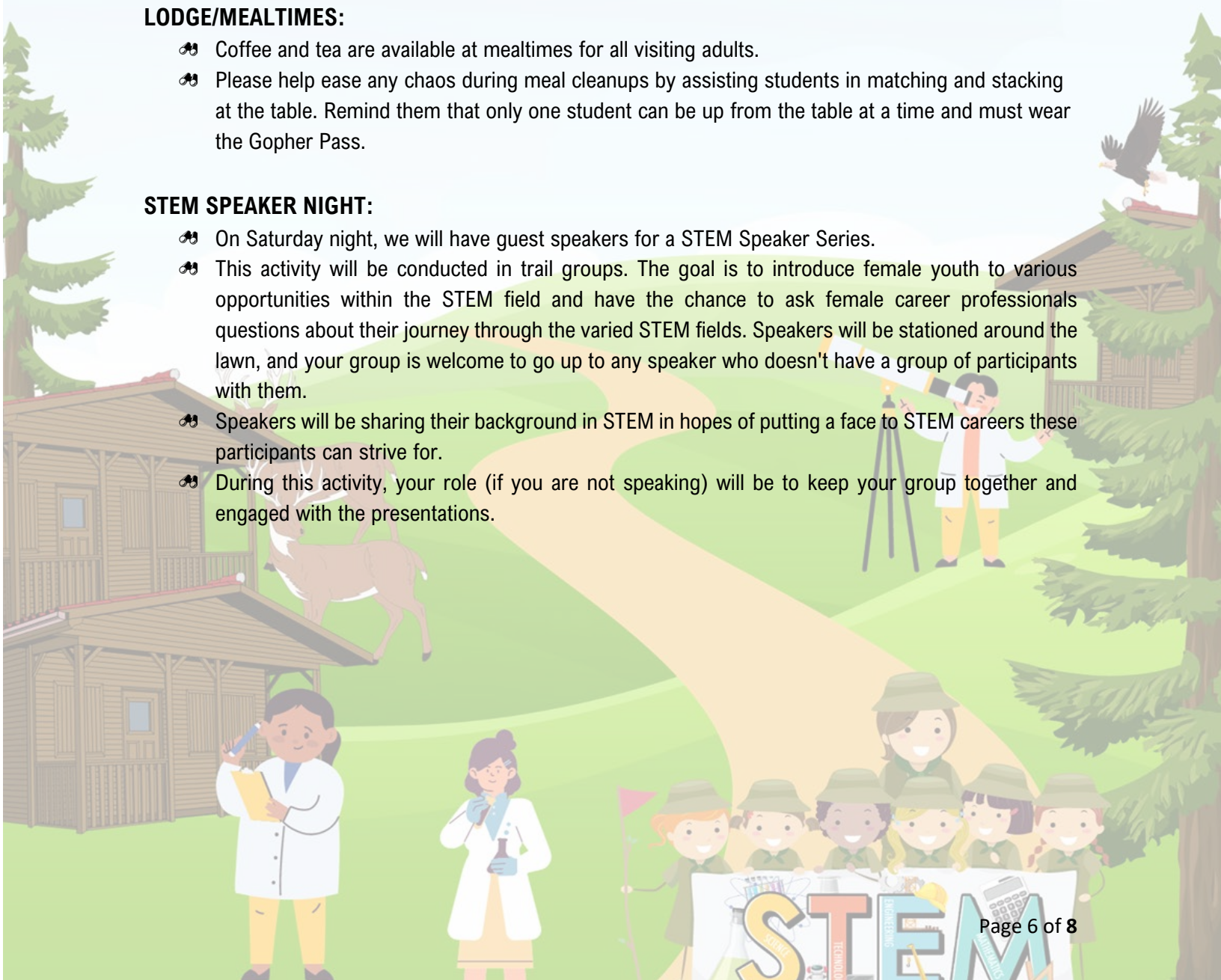
- ☛ Don't forget to turn off the cabin's heat/AC and lights before leaving in the morning.
- ☛ SNJ staff will supervise students during Community Time. Activities include field games and arts and crafts. Please note that you are responsible for picking up your students from Community Time.
- ☛ Chaperones can arrange a break with SNJ staff during the day.
- ☛ Sierra Nevada Journeys staff will clean and stock the bathrooms every day. Students should keep their cabins tidy; help collect lost and found items, and clear the sink counter space.

LODGE/MEALTIMES:

- ☛ Coffee and tea are available at mealtimes for all visiting adults.
- ☛ Please help ease any chaos during meal cleanups by assisting students in matching and stacking at the table. Remind them that only one student can be up from the table at a time and must wear the Gopher Pass.

STEM SPEAKER NIGHT:

- ☛ On Saturday night, we will have guest speakers for a STEM Speaker Series.
- ☛ This activity will be conducted in trail groups. The goal is to introduce female youth to various opportunities within the STEM field and have the chance to ask female career professionals questions about their journey through the varied STEM fields. Speakers will be stationed around the lawn, and your group is welcome to go up to any speaker who doesn't have a group of participants with them.
- ☛ Speakers will be sharing their background in STEM in hopes of putting a face to STEM careers these participants can strive for.
- ☛ During this activity, your role (if you are not speaking) will be to keep your group together and engaged with the presentations.



Sunday Important Information

PACKING ON SUNDAY:

- 🦋 It's beneficial to have participants pack and clean up the cabin on Saturday night.
- 🦋 Everything should be out of the cabin before breakfast on Sunday morning. All luggage should be taken to the back patio of the Lodge.
- 🦋 Please check the bathroom, counters, under beds, etc. If you find anything lost or found, check with the individuals in your cabin before putting things on the coat rack in the Lodge.

FINAL DEBRIEF ACTIVITY:

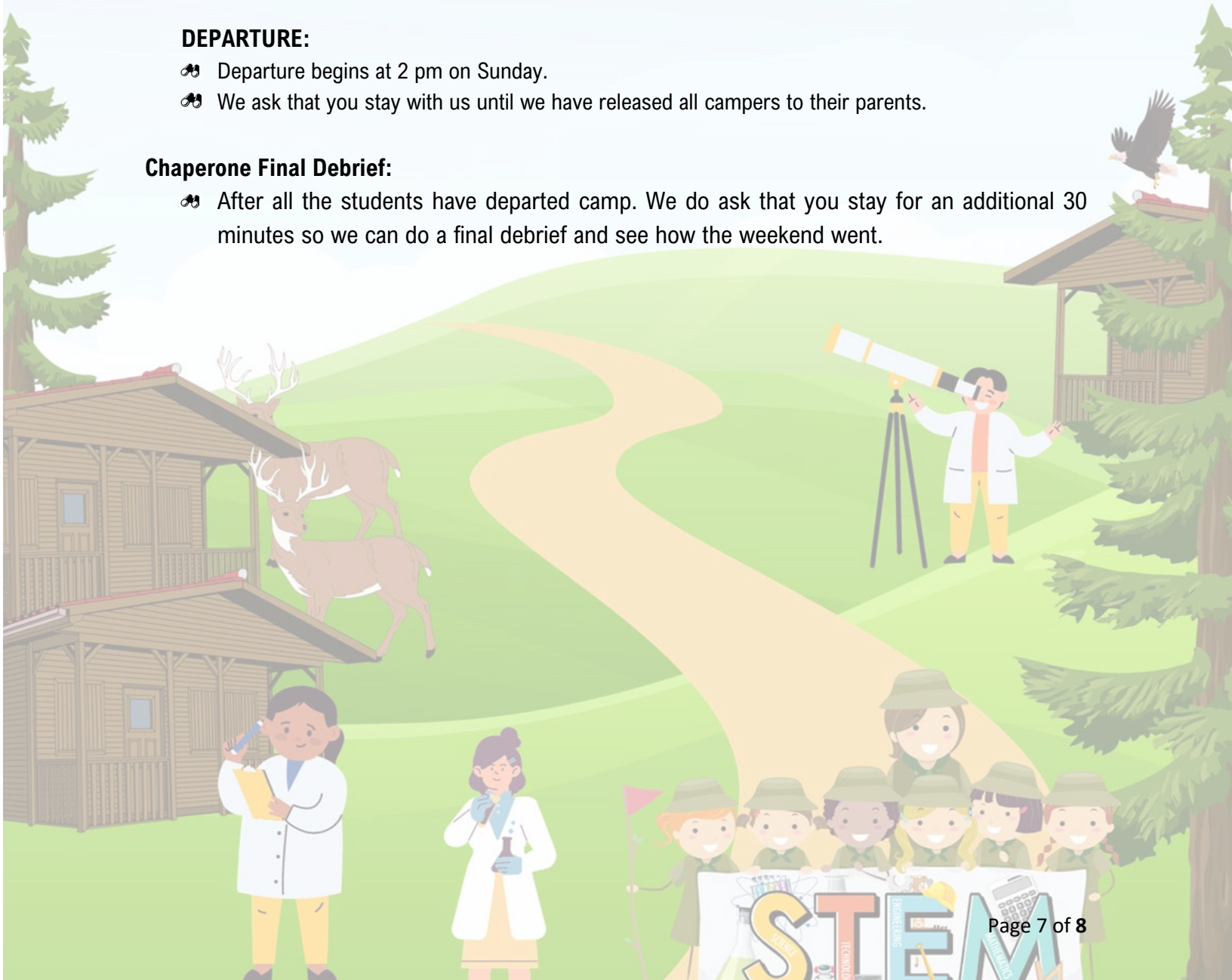
- 🦋 Sierra Nevada Journeys will lead a final debrief and goal-setting activity. Participants will make vision boards using poster boards, glue, scissors, magazines, and scrapbook materials.
- 🦋 You can help clean up and distribute materials during this activity. Also, feel free to make your vision board with the knowledge that your primary responsibility is to support the instructor you are working with.

DEPARTURE:

- 🦋 Departure begins at 2 pm on Sunday.
- 🦋 We ask that you stay with us until we have released all campers to their parents.

Chaperone Final Debrief:

- 🦋 After all the students have departed camp. We do ask that you stay for an additional 30 minutes so we can do a final debrief and see how the weekend went.



Directions to Camp

Physical Address:

Sierra Nevada Journeys Outdoor Education Camp
5900 Grizzly Road
Portola, CA 96122

Directions from Reno (1 hour) and Carson City (2 hours):

- 🔥 Take Highway 395 north toward Susanville.
- 🔥 Exit at Hallelujah Junction for Highway 70 West toward Quincy (left turn)
- 🔥 Turn right (north) onto Grizzly Road (21 miles from the intersection of Highway 395 and Highway 70)
- 🔥 The entrance to Camp is the first road on the left, directly after the mailboxes.

Directions from Sacramento (roughly 2 hours):

- 🔥 Take Interstate 80 east towards Truckee/Reno
- 🔥 Just past Truckee, take the Highway 89 north exit toward Sierraville (follow signage through traffic circles)
- 🔥 Follow Highway 89 to Sattley
- 🔥 Turn right onto Westside Road/County Road A23 toward Portola
- 🔥 Stay on Westside Road/A23 until it ends at Highway 70
- 🔥 Turn left onto Highway 70 toward Portola
- 🔥 Turn right (north) onto Grizzly Road
- 🔥 The entrance to Camp is the first road on the left, directly after the mailboxes.

Directions from Chico (roughly 2 hours):

- 🔥 Take Highway 99 south
- 🔥 Turn left onto Highway 149
- 🔥 Turn left onto Highway 70
- 🔥 Turn left (north) onto Grizzly Road (about 4 miles past town)
- 🔥 Entrance to Camp is the first road on the left, directly after the mailboxes.

Directions from Susanville (roughly 1 ½ hour):

- 🔥 Take Highway 395 south.
- 🔥 Exit at Hallelujah Junction for Highway 70 West toward Quincy (right turn)
- 🔥 Turn right (north) onto Grizzly Road (21 miles from the intersection of Highway 395 and Highway 70)
- 🔥 Entrance to Camp is the first road on the left, directly after the mailboxes.