



Kern Environmental Education Program

A PROGRAM ADMINISTERED BY THE OFFICE OF JOHN G. MENDIBURU, Ed.D., KERN COUNTY SUPERINTENDENT OF SCHOOLS

MEDICAL/BEHAVIORAL SHADOW PRE-TRIP LETTER

Thank you for volunteering to be part of an awesome week for your student as a medical or behavioral shadow. Being a shadow can be a challenging, fun, and extremely rewarding experience. Be prepared to learn a bunch about nature, kids, and ... yourself!

Shadows are responsible for the safety, well-being, and educational support of one student who requires individual supervision due to a medical or behavioral need. Shadows are paired with their student for the entire Camp KEEP experience, 23-24 hours per day. It is usually possible for you to coordinate an afternoon break and shower time with the classroom teacher supervising your student.

This letter and the KEEP Counselor/Shadow Handbook provide a quick introduction to prepare you for your week at KEEP. You will receive an orientation on your first day.

Shadow Roles & Responsibilities:

As a shadow, your role varies depending on the individual needs of your student as you support them throughout each day. You will...

- Assist your student during hikes and evening activities. Discuss activity modifications, as needed, with KEEP staff.
- Supervise your student at meals, showers, and in cabins at night and mornings.
- Be immediately available for emergencies involving your student, including hospital trips.
- Role model student expectations and positive behavior.
- Obtain fingerprint clearance as required by KEEP and your school district.

Cell Phones/Computers:

At KEEP, the children's needs come first. During our week, students are not allowed to use phones. We want them to be fully immersed in nature and their community. To support the students' experience, we ask that you limit your phone usage to your afternoon break. This allows you to be more fully present for the needs of the children. Adults may use the camera, weather, clock/alarm and health related functions on their phones, provided student privacy is respected regarding sharing and social media. Outlets are available for charging; however, you may prefer a portable charger. Wi-Fi is not available. Further details about each camp's photo and phone policies will be explained upon arrival.

If you rely on your phone for medical needs, please bring a backup power source. Due to unreliable service, we recommend a backup for any plan that includes monitoring with a cell phone.

Hiking:

Be prepared! You and your student will hike every day, rain or shine, covering up to 5 miles on steep, dusty hills and slippery, rocky shores. Please support your student by ensuring they are dressed for the weather and by requesting accommodations as needed, such as more breaks, repeating easier hikes, or resting at camp instead of hiking. Clothing and footwear may get dirty, sandy, or wet during your visit. Ensure that you both bring sturdy, closed-toed shoes with good tread on the bottom and

warm layers. Ugg or rubber boots, and Crocs are unsafe on trails. Bring a backpack to carry layers, camera, medical supplies, medically-necessary snacks, and reusable water bottles for yourself and your student.

Meals:

The KEEP Menus ([Ocean/By the Sea](#)) are designed to be student-friendly, while complying with school breakfast and lunch guidelines. Please inform your student's school if you and/or your student have special dietary needs (e.g. vegetarian, dairy-free, etc.) and accurately document them on the registration forms at least three weeks prior to your stay. If your student has a life-threatening food allergy, a KEEP Medication Form and Physician's Authorization Form must be filled out and signed by a doctor. If your student has a good allergy or good-related condition, please be especially vigilant at mealtimes and monitor your student's food intake.

Important Tips:

Adults may bring medicine for themselves and their own child, to be stored in a secure location away from students. KEEP medical paperwork must be filled out for anyone under the age of 18, even if a parent is attending. Limited over-the-counter medication is available to adults upon request.

Adults are not allowed to leave campus during the week, except for scheduled hikes with your student. Note: if you must leave KEEP early, your student will not be allowed to stay without an alternate plan in place for coverage of their needs.

As official school campuses, our sites are tobacco, alcohol, and drug-free zones (including e-cigarettes and vapes). Other prohibited items include: weapons (pocket knives, tasers, etc.), gum, matches/lighters, electronic equipment, blow dryers, curling irons, and items with alcohol, drug, violent, or sexual content.

Checklist (all forms available here):

Please review the following items prior to arrival - available at <http://campkeep.org/forms>:

<u>KEEP Counselor/Shadow Handbook</u> (Ocean/By the Sea)	☐ Read ASAP
<u>Health FAQ</u>	☐ Read ASAP
Students with Special Diets	☐ Read ASAP
<u>Physician's Authorization to Attend Form</u> (for student) (filled out and signed by doctor, signed by parent and shadow)	☐ Due 6 weeks prior
<u>Student Medication Form</u> (for student) (filled out and signed by doctor, signed by parent.)	☐ Due 6 weeks prior
<u>Student Registration Form & Behavior Contract</u> (for student) (filled out and signed by parent/guardian)	☐ Fill out, initial & sign
<u>Adult Registration Form & Behavior Contract</u> (for shadow)	☐ Fill out, initial & sign