

# SPRING LOPEZ

Forms DUE Friday,  
April 19th

May 3rd-5th

Follow @post\_84 on IG for trip updates!

NAME: _____	Subscribe to the POST newsletter? <input type="checkbox"/>
Phone #: _____	Email: _____
Grade: _____	Parent Email: _____

Please fill out the Boy Scouts Insurance form (last in the packet) and attach an additional \$15 if this is your first trip in 2019!

Please acknowledge that turning in this form will not guarantee you a spot on this trip. You may be waitlisted due to camper interest.

Spring Lopez is a weekend camping and biking trip run by POST, a nonprofit student run outdoor education program. On this trip, campers get to hang out with friends, make new ones, and enjoy the beautiful island.

We leave Garfield Friday morning around 8:00am and take the ferry from Anacortes to Lopez Island, where we bike to the Odlin Park Campground right on the beach. We spend the rest of the day setting up camp, playing games in the field, relaxing, and hanging out by the campfire. On Saturday, campers have the chance to leave the campground and explore the island's parks, beaches, and town via approved and monitored bike routes. On Saturday evening we all return to camp for dinner and another campfire. We will return on Sunday around 4:30 P.M., depending on traffic and ferry times. Campers sleep in same-gender identity tent groups of their choice. If you have questions about tent groups or need help finding one, contact Lily. Meals are provided, besides lunch on the first and second days. Campers should bring a lunch for Friday and either bring a lunch for Saturday or money to buy lunch in town.

If you need to arrive late or leave early, please let Lily as early as possible, and at least one week before the trip. Refunds for dropouts will only be awarded until one week out.

**There will be a mandatory pre-trip meeting in late April at the Boy Scouts Clubhouse (3120 Rainier Ave S).**

If this is your first POST trip this calendar year, please fill out the BSA form and attach a separate check for \$15.

**I have reviewed all of the trip information. I am aware of the list of expected activities and I am aware of any special dangers and risks inherent in participating in this activity. I hereby give my permission for my daughter/son to participate in this activity. I approve the transportation plan as outlined. My signature reflects my knowledge of the details of the trip and its itinerary.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent Name \_\_\_\_\_ Phone # \_\_\_\_\_

*PARENTS: Would you like to chaperone? Contact Lily Laesch if you're interested or if you know someone who might be. It's a fun weekend and a great way to get involved with the POST community!*

Please circle your preferred pay option below (\$105 is the standard trip cost)

\$100 + Donation	One of POST's top priorities is to make our trips accessible to all students, no matter what. Therefore, we operate on a <b>pay what you can</b> policy. Please feel free to pay whatever amount best suits your family. Checks should be made out to Post 0084.
\$100	
\$90	
\$80	
Other _____ (must state)	
	<input type="checkbox"/> Paid with cash/check <input type="checkbox"/> Paid online at post84.org

**Would you like to buy a Lopez t-shirt for an additional \$10?**

Yes \_\_\_\_\_ No \_\_\_\_\_

**If yes, SHIRT SIZE:**  
 S: \_\_\_ M: \_\_\_ L: \_\_\_ XL: \_\_\_

**Questions? Contact**  
 Lily Laesch at:  
 206-310-0178  
[lilylaesch@gmail.com](mailto:lilylaesch@gmail.com)  
 Olivia Reichert at:  
 206-434-0260

# Trip Information

May 3<sup>rd</sup> – 5<sup>th</sup>

Students explore the island by bicycle or by foot. There is tons of free time for playing games on the big grassy field and the beach. There will also be the opportunity to participate in a park maintenance community service project at the campground.

Bikes and bags will be loaded onto trucks, so don't pack things in your bag that you'll want with you for the bus ride. Please bring a sack lunch for the first day, and lunch money for the second day. All other meals are provided.

When we arrive on the island, we will bike to Odlin Campground, where we will spend the next two nights.

We will be meeting at Garfield at 8:00 A.M. on Friday, May 3<sup>rd</sup>. Please don't be late! We will take the ferry back from Lopez Island on Sunday, May 5<sup>th</sup>, and arrive at the Garfield bus bay around 4:30PM, depending on traffic. Please don't park in the bus bay, there will be trucks and buses parked there.

All POST trips are led by student staff members that have Wilderness First Aid and CPR training and have spent countless hours working with students in the outdoors. At all times around five staff members are riding around the island in pairs, on patrol for injuries or flat tires. The riding route is also limited to roads between the town and the campground, and we will have parent chaperones monitoring those routes as well. Lily can be contacted throughout the trip via her cell phone.

## BIKING RULES

Ride with a buddy, wear a helmet, be considerate (single file, right side of road, and wave!), and follow explicit check out and check in times.

## ISLANDERS

Lopez Islanders are very friendly people and will often wave to bikers on the island. We have a good reputation with the Island folk; please help us maintain these relations!

**ABSOLUTELY NO** weapons, drugs, alcohol, or anything else that would not be allowed at school. POST is a substance free program and violation of these rules will result in you being sent home from Lopez and prohibited from attending all future POST trips.

## Packing List:

Bike (must bring)  
Helmet (must bring)  
Sleeping bag  
Sleeping pad  
Tent\*  
Clothing for rainy, cold, and warm weather  
Water bottle(s)  
Mess kit (Bowl, cup, utensils)  
Flashlight  
Toiletries  
Bug spray  
Sack lunch for Friday  
Money\*\* or sack lunch for Saturday  
Comfortable, closed toes shoes for biking

## Optional

Books/games  
Instruments  
Sports equipment  
Towel  
Camera  
Pillow  
Water shoes  
Small day pack  
Sunglasses

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*\*Tent groups are required, so if you don't have one, see a friend. If you need to find a tent group, contact Lily.*

*\*\*I need POST to provide money for my student's lunch on Saturday.*

**If you need to borrow ANY gear from POST, including a bike, please contact Jacob Orser at (206) 747-2303**



# POST FIELD TRIP BEHAVIOR CONTRACT 2019

## DISCIPLINARY PROCEDURES

Depending on the severity of the action, the following steps may be taken:

1. The student will receive a warning from POST staff or chaperone(s).
2. The student will be removed from the situation and asked to remain with a Chaperone while parents are notified.
3. The student and/or guardian is responsible for damages and repair incurred by the student.
4. A parent/guardian may be called to come remove the student from the field trip. POST will not be responsible for the cost of transportation.
5. Lead Organizer(s) and Chaperone(s) maintain the right to prevent a student from participating in an activity in the interest of safety.

Please read and review these policies and address your questions, comments or concerns to the Lead Organizer before the field trip. By signing this contract, you are affirming that you and your student are aware of, and accept, the student behavior expectations and disciplinary procedures that are in place for your student while participating on this field trip.

**I have read the rules and expectations listed above and agree to abide by them. I understand that I may be disciplined and/or sent home early if I fail to adhere to these rules and expectations.**

Student's Name (Print): \_\_\_\_\_

Student's Name (Signature): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Name (Print): \_\_\_\_\_

Parent/Guardian's Name (Signature): \_\_\_\_\_ Date: \_\_\_\_\_

Parent Guardian Email (Required): \_\_\_\_\_

# IMPORTANT MEDICAL INFORMATION

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian #1 Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Parent/Guardian #2 (If Applicable) Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Emergency Contact #1 (Other than Parent/Guardian):

Name: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Other Contact Info: \_\_\_\_\_

Primary Care Physician's Name and Phone Number:

Health Insurance Provider's Name, Policy # and Contact Info:

Insurance Provider's Claim Instructions/Procedures:

## IMPORTANT MEDICAL INFORMATION (cont.)

Please list any health issues POST should be aware of (physical or mental):

Allergies/Food Restrictions:

Please any medications and/or prescriptions POST should be aware of:

List Requirements/Directions for administration of this medication:

Specify symptoms or medication when medication is taken:

Are there any circumstances in which your student should limit his or her physical activity, (e.g. Asthma, recent injury etc.) If yes, please specify:

Additional medical information POST needs to know in regards to your student's health (physical or mental):

**I authorize the release of the information above to POST trip leaders, Chaperones, and staff in order to maintain the safest environment for your student.**

Student Signature (if over 18 years old): \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature(if under 18 years old): \_\_\_\_\_ Date \_\_\_\_\_

