

YMCA Point Bonita CoastTrek Program

Welcome!

The staff and volunteers of the YMCA Point Bonita are honored that you have chosen our community for a visit! The YMCA is dedicated to serving your needs, to ensure a memorable, exciting, and safe experience.

This Packet is designed to help you prepare for the CoastTrek Program with the staff of YMCA Point Bonita Outdoor & Conference Center. Any of the materials may be removed and duplicated as needed. **To ensure a positive experience for everyone, the *What to Bring List* and *Behavior Guidelines* should be distributed to students.** If you still have questions after reading through the Packet, please give us a call at 415/331-9622.

PROGRAM PHILOSOPHY: A CoastTrek at the YMCA Point Bonita involves students in the world around them, teaching natural history and community issues in a safe, interactive and cooperative way. Our educational philosophy is holistic and multi-disciplinary, with an awareness of the connections between humans and their environment.

The goals of the CoastTrek Program are:

- Provide a safe, meaningful, and fun outdoor experience;
- Allow students to develop an interest in, knowledge of, and respect for the natural world;
- Meet each school's individual curriculum expectations!

PRE-TRIP QUESTIONNAIRE: Please fill out this form and fax (415)331-2567 or email it to us at least **one week prior to your visit** so that we can best prepare for your visit.

NATURALIST GROUPS: YMCA Naturalists supervise and teach the students during their visits. Each Naturalist develops a curriculum based on curriculum expectations and around her or his individual talents and interests, while maintaining quality and consistency throughout the program.

The **students** need to be divided into teaching groups prior to the school's arrival. Point Bonita will assign a certain number of Naturalists to your school based upon how many students are attending, so *please call ahead to determine exactly how many Naturalist Groups need to be created.* At least one chaperone or teacher needs to be assigned to each Naturalist Group. Whenever possible, one or more teachers should be free to "float" from group to group. This allows for greater interaction with students and Naturalists, and makes that teacher available if needed in an emergency.

Please provide the YMCA with a master list of all of the groups, including assigned chaperones and/or teachers

DISCIPLINE: Our goal is for every child to have a safe, enjoyable, educational experience! To this end, we have high expectations for the students, who are held responsible for their actions. YMCA staff will use proactive methods to involve students, and will make rules and expectations clear. Teachers play an important role in this process, to provide context and continuity in regards to the rest of the school experience.

CHAPERONES: Our program is impossible without the support and aid of chaperones. The YMCA requires that schools provide an adequate number of chaperones for the school's visit, including both men and women.

We ask that chaperones follow the lead of the Naturalists in regard to teaching philosophy and discipline, and model positive attitudes and interest in the program. A chaperone's role is to support teachers and the Naturalists and to follow their lead in regards to discipline, positive feedback, and expectations of the students. In the case of an injury or illness, or with extreme discipline problems, chaperones may be asked to accompany a student back to the Teachers.

When working with children during the teaching day, we request that cell phones and pagers be turned off. Such devices distract from the experience and from watching the kids, and are neither necessary nor useful for emergency communication in the Park. (FYI: cell phones don't get effective coverage in many locations, and YMCA Naturalists carry radios that *do* get coverage.) **Please communicate this information to the chaperones that will be attending.**

***HEALTH HISTORY/ SPECIAL NEEDS:** In order to make the program inclusive to everyone and to ensure a safe experience, please indicate on the Pre-trip questionnaire if your group has **any special needs or medical concerns that we should know about prior to your visit.** This will allow us to match our staff, trails, and activities to best meet the needs of your group.

HEALTH and SAFETY: Naturalists are trained to handle emergency situations that may arise during the day, and carry radios for emergency communications. In addition, National Park Service emergency personnel—Park Police, Fire Department, and EMTs—are less than 5 minutes away. For non-emergency transportation to a hospital (i.e. twisted ankle, deep cut, etc.), the school should make sure that at least one vehicle be available at all times. This could be a teacher's car, a chaperone's van, or a school bus that stays on site.

SCHEDULE: The logistics of your visit will be handled by a visit Coordinator, who will host your school, orient the students to the rules and expectations, coordinate between the Naturalists and the Teachers, and generally ensure a comfortable experience.

Students must come prepared to begin the program as soon as possible. Thus students should have appropriate clothes (and shoes) already on when they arrive, and their daypacks loaded with essentials for the hike (rain-gear, water bottle, lunch, etc.).

If you have any further questions, please call!

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**YMCA Point Bonita CoastTrek Program
PRE-TRIP QUESTIONNAIRE**

Please mail or fax this form at least 1 week prior to your arrival. (Fax: 415-331-2567)

School: _____ Grade(s): _____

Dates: _____ Arrival Time: _____ Departure Time: _____

Teachers' Names (* = new to Point Bonita): _____

Number of Participants: Girls: _____ Boys: _____ Women: _____ Men: _____

Have never seen the ocean: _____ % Have never been camping: _____%

Accelerated Learners: _____% ESL: _____ % Remedial: _____ % Free/Reduced Lunch: _____%

1) Are there any special needs or considerations for your group (e.g. Health concerns, allergies, injuries, or behavioral issues) that we should know about to best meet your needs?

2) What is the purpose of your visit here at YMCA Point Bonita (i.e. teambuilding, school retreat, etc.)?

3) What are your **goals** for your time with the naturalists while at the YMCA Point Bonita?

4) Please circle up to **THREE** topics for the day:

Animal Adaptations and Lore

Birds

Community and Group Building

Earth Science

Habitats and Ecosystems

Lighthouse History

Marine Biology

Military History

Miwok Culture

Plant Adaptations and Lore

Wetlands/Pond Study

Other: _____

5) Is there anything else we need to know to ensure a positive experience?

Please copy and distribute to all participants.

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WHAT TO BRING LIST

*You'll **need** the following items for a safe, enjoyable experience!*

Required Items:

Waterproof rain coat or poncho	Hat with a brim, or wool hat
Sweatshirt or sweater	Jeans or tough pants
Day pack (NOT a fanny pack)	Sturdy shoes or boots (no sandals!)
Water bottle (make sure that this has a tight, screw-top lid)	Chapstick
Sun Block (#15 or higher)	

Things NOT to bring:

Pocket knives	Radios, MP3 or disc players	Gum or candy
Cell phones/pagers		

Please do not wear anything you do not want to get dirty!

The YMCA accepts no responsibility for loss of or damage to personal property.

Behavior Guidelines

In order to make your time with us safe and enjoyable, we need your cooperation in following these guidelines:

- ◇ All participants are expected to follow the YMCA Core Values of **Respect, Responsibility, Honesty, and Caring.**
- ◇ There is no swimming in the ocean, lagoon, or pond.
- ◇ Everything in the Golden Gate National Recreation Area (GGNRA) is protected by Federal law, and cannot be removed or harmed.
- ◇ Be Safe!

YMCA Point Bonita Outdoor & Conference Center

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From South of the Golden Gate Bridge:

Going North on Highway 101 from San Francisco, cross the Golden Gate Bridge. Go past the Vista Point exit and take the Alexander Avenue exit. As you exit, bear right but proceed slowly. After approximately 500 feet, take the first left to the Marin Headlands onto Bunker Road. Ahead you will come to a one-way tunnel. You may have as much as a five-minute red light here. At the green, continue through the tunnel. Continue straight on Bunker Road for approximately 2 miles. After you see the horse stables, bear left and follow the signs up the hill onto Field Road heading to Point Bonita and the YMCA Point Bonita.

From North of the Golden Gate Bridge:

Head South on 101 to the last Sausalito exit (after the Waldo Tunnel and just before the bridge). At the exit stop sign, turn right and double back under 101. Bear left after the stop sign. Proceed slowly, after 500 feet, take the first left to the Marin Headlands onto Bunker Road. Ahead you will come to a one-way tunnel. You may have as much as a five-minute red light here. At the green, continue through the tunnel. Continue straight on Bunker Road for approximately 2 miles. After you see the horse stables, bear left and follow the signs up the hill onto Field Road heading to Point Bonita and the YMCA Point Bonita.



YMCA

We build strong kids,
strong families, strong communities.