

Catalina Environmental Leadership Program

Parent Information

Please copy and distribute to all parents.

What is CELP?

The Catalina Environmental Leadership Program (CELP, pronounced "kelp") is an overnight outdoor education program located on the beautiful west end of Catalina Island. CELP combines the experience and creative efforts of Catalina Island Camps (www.catalinaislandcamps.com) and the Ocean Futures Society (www.oceanfutures.org), led by world renown ocean explorer Jean Michel Cousteau. While at CELP, students are led on a variety of land and sea activities, each blending outdoor adventure with learning and team building. Learn more about CELP by visiting our website (www.celp.net).

The Site

School groups stay at the camp at Howlands Landing on the California-facing side of Santa Catalina Island, about 22 miles off the coast of Los Angeles. Several hundred feet of beach and a private pier provide access to the beautiful waters surrounding Catalina Island. The secluded spot allows for ample exploration of the island's unique and unspoiled plant and animal life. In addition to the location there are many other qualities that make the site ideal for school year programs.

- All students and school chaperones live in simple yet comfortable and clean cabins located right on the beach or in a field overlooking the ocean. Restroom and shower facilities are in close proximity to all cabins.
- The kitchen staff provides three well-rounded meals a day and can accommodate a variety special dietary needs if properly notified.
- CELP Instructors are first aid, CPR, and lifeguard certified. They are hired based on skills, character, personality, attitude, and leadership ability.

Travel to the Island

Groups visiting CELP travel on the Catalina Express ferry from San Pedro, California, home of the Port of Los Angeles. The ferry ride takes a little over an hour. Schools may be traveling to the camp with Student's from other schools. For information about the Catalina Express, visit www.catalinaexpress.com.

Contacting Students at CELP

If you wish to send mail to your child please allow at least five days for mail delivery from Los Angeles to the island. Please send letters only, **no packages**. Please address mail to:

Your Child's Name, School Name
Catalina Island Camps
P.O. Box 5083
Avalon, CA 90704

Please contact your school first if you need to get a message to a student or chaperone attending CELP. Your school can contact staff and teachers on the island. You may also call our mainland office during business hours at (626) 296-4040. For after-hour emergencies only, you may call the on-site CELP Director at (626) 625-0233. **There are no phones available for students to use while at camp.** Students will **not** have access to computers or the internet. You will be contacted by the school in a timely manner if any issues arise with your child during camp.

What to Bring

Clothing:

warm jacket (nights are cool)
sweatshirt or sweater (preferably with hood)
rain gear (we will be outside rain or shine)
hiking shoes
tennis, running, or walking shoes
t-shirts
under clothing
swimsuit(s)
jeans or long pants
shorts
warm pajamas
several pairs of socks
hat with brim for sun protection
sandals with a backstrap that can get wet or old gym shoes

Optional Items:

beanie hat, gloves (for colder weather)
inexpensive camera, film
underwater camera
playing cards
writing materials, stamps, pen
books
rashguard
snorkel, mask, fins, wetsuit (CELP **does** provide)
money for store, in small bills (store sells t-shirts, postcards, souvenirs, toiletries, etc.) Store clothing ranges in price from \$12-\$50

- **CELP will provide each student with a new 1 liter water-bottle for them to keep.**
- **Keep in mind that students will need to be able to carry their own luggage and to store it under their beds.**
- **Please label all items with student's name and name of school.**

Personal Gear:

warm sleeping bag (temps to 45°)
pillow
towels (**1 bath, 1 to 2 beach**)
sunglasses
day pack
soap, shampoo
toothbrush, toothpaste
sunscreen
lip balm with sunscreen
flashlight

Rain Gear: It does rain on Catalina!

Rain Gear (raincoat, waterproof pants and/or plastic poncho)
Extra Sweatshirt or Sweater
Extra pair(s) of socks

DO NOT BRING:

iPods, iPads, mp3 or CD players, etc.
cell phones, laptops, DVD players,
expensive clothing, jewelry, etc.,
food, drinks, candy, gum

Summer and Family Programs

Jean-Michel Cousteau Family Camp: A five-day retreat of adventure, discovery and fun camp activities with Jean-Michel Cousteau and his staff on Catalina Island. For information, call (626) 296-4040, email info@catalinaislandcamps.com or visit www.catalinaislandcamps.com/our-programs/jean-michel-cousteau-family-camp/

Catalina Island Camps Summer Program: Resident camp for boys and girls ages 8-16 that provides unique opportunities for children to develop life-long skills in a fun and cooperative group living environment. For information, call (626) 296-4040, email info@catalinaislandcamps.com or visit www.catalinaislandcamps.com

Catalina Environmental Leadership Program

Student Health Form

Attention to Parents and Guardians!! This form will be used by the camp, school, and medical professionals in the event of an emergency. Please take the time to fill it out thoroughly and completely. Use the back of this sheet and/or additional sheets as needed. Thank you!

School _____

Student's Name _____ Birth Date _____

Street Address _____

City, State, Zip Code _____ Phone _____

Emergency Phone Numbers

Guardian Name _____ Relation _____ Phone _____

Guardian Name _____ Relation _____ Phone _____

Emergency Contact (in case neither guardian listed above is available)

Name _____ Relation _____ Phone _____

Important Health Information:

For the following categories, please describe the student's medical history, restrictions, treatment, or special accommodations required on site.

Allergies (food, medication, bee stings, etc): _____

Physical restrictions (injuries, disabilities, etc): _____

Social/Behavioral (ADD, ADHD, ODD, phobias, anxiety, etc): _____

Other medical conditions (diabetes, asthma, heart conditions, etc): _____

Dietary restrictions (vegetarian, kosher, etc.): _____

Medication taken (prescription and over-the-counter): _____

Insurance Information

Name of Your Insurance Company _____ Policy # _____

Address of Insurance Company _____ Phone # _____

Parent/Guardian Authorization

The information on this form is correct and complete as far as I know. I hereby give permission to the personnel at CELP to provide routine health care and seek emergency treatment for my child, which may include administering non-prescription medication under the supervision of the group leader, ordering x-rays or routine tests. I give permission to the camp to arrange necessary related transportation for my child and to the release of any records necessary for insurance purposes. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. I understand there are risks associated with the CELP program, and grant permission for the students to participate in all camp activities, except as noted. I release Catalina Island Camps, Inc. and their employees from liability and accept and assume full risk and responsibility for injury and illness resulting from the student's participation. I give permission for CELP to use any photos or video taken of my child in their promotional material.

Check here if you DO NOT want a one-time flyer for our summer camp mailed to your home address.

Signature of Parent/Guardian _____

Printed Name _____ Date _____

This original form will be kept on file at CELP

Catalina Environmental Leadership Program
Allergy/Food Intolerance Form

Please complete this form **ONLY** if special medical or meal arrangements need to be made. Once complete, please submit this form to the school. Please provide contact info below.

Student Name: _____ **Completed by:** _____

School: _____ **Relationship to student:** _____

If we have further questions about this allergy/food intolerance, how can we contact you:

Please provide as much detail as possible when completing this form. An allergy is an immune system response to a substance known as an *Allergen*. For example, allergens can be foods, insects, medication and plants. A food intolerance is an unpleasant digestive response to a food.

Please list any known allergies:

What is the student's reaction to the allergen(s)? (For each one, please give as much detail as possible)

What treatment should be provided if the child is exposed to the allergen?

Any EpiPens, inhalers or emergency medication will be the responsibility of the school. Chaperones must know the location of EpiPens, inhalers, or emergency medications at all times.

If the allergen is food, what would be the student's reaction if they:

- Touched the food: _____
 - Ingested the food: _____
 - Ate items processed in the same factory as the allergen: _____
- _____

Please list any known food intolerances and provide information as to how the intolerance is managed.

We will do our best to accommodate the student's allergies. If the allergy is complex, requires an entirely different diet or is extremely severe, we may ask that you provide food for the duration of the student's trip. **If you have any questions or would like more information please contact a CELP Director at wellness@catalinaislandcamps.com or call (626) 625-0233.**