ETC Winter Program Trip Packet

Trip Date: Friday – Sunday, March 16-18, 2017
Meet Time: 8:00 AM Saturday March 17, 2017
Trip Meeting Location: 500 Dean Way Arnold, CA 95223
Approximate End Time: Approx. 3:00 PM

Winter Program Trip
Thank you for choosing to come on a winter trip with ETC this season. We are excited to have you join us to experience the beauty of the Sierra Nevada mountains, the excitement of exploring the trails at Bear Valley Nordic Center, and the connection to nature that comes with hiking among the giant sequoias in Calaveras Big Trees State Park. This is a memorable trip, perfect for groups that want to have some fun in the snow mixed with cozy time spent by the fire at the winter cabin.

Environmental Traveling Companions
Environmental Traveling Companions (ETC) has been providing outdoor adventure opportunities to people of all abilities and backgrounds since 1972. Beginning on the banks of the Stanislaus River, ETC began using volunteers to take people with disabilities and youth from under-resourced backgrounds on whitewater rafting trips. Decades later the organization has grown to include four main programs: whitewater rafting, sea kayaking, cross country skiing, and youth leadership development courses and is recognized as a pioneer in the industry of accessible outdoor adventure. With this growth, ETC has still maintained a strong community, where most trips are staffed by volunteer guides and participants are fully engaged in all aspect of the adventure. An ETC adventure is a unique opportunity to experience nature, achieve growth through challenge, and develop stronger bonds with fellow adventurers.

Trip Overview
ETC guides will meet you at our cabin in Arnold (see enclosed map) after 5:00 pm on the evening of your trip unless prior arrangements have been made with the Program Manager. We encourage you to arrive in the early evening so

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we can start to get to know your group. If you would like to cook dinner that evening please let the Program Manager know ahead of time. Please call the Winter Program at 415-474-7662 x14 if you experience difficulties en route and expect to be more than an hour late.

Upon your group’s arrival to the ETC winter cabin you can expect a warm welcome from ETC guides, an opening circle with an introduction to ETC, your Trip Agenda, Q&A, and a cabin orientation. That evening or the following morning we will give an introduction to the equipment we’ll be using, along with a check-out of all the necessary clothing and equipment. Before we begin to explore the trails at the Bear Valley Nordic Center there will be a cross-country ski lesson tailored to the needs of your group. Then we’ll head off to have a magical ski and play adventure through the meadows and trees of Bear Valley. During the evenings spent at the winter cabin we facilitate games, stories and lots of laughter!

Most (but not all) trips will also include a visit to Calaveras Big Trees State Park on Sunday morning, and an opportunity to hike through and learn about the largest sequoias in the world! Our guides are all highly trained, compassionate and motivated to support your group’s needs and goals. In general, you can expect a wonderful winter adventure and loads of FUN!!!

**Transportation**

You are responsible for transportation to and from the cabin, as well as shuttling to and from Bear Valley Cross-Country Ski Resort and Calaveras Big Trees State Park. **Please be prepared with snow chains for each vehicle. Your vehicles must be equipped with chains or have 4WD and all terrain or snow tires to ensure the safety of all participants. Chains may be available in the mountains, but it is advisable to make certain they fit your vehicles before you drive to the cabin!** Also, it is strongly recommended to winterize your vehicles by putting anti-freeze in the radiator prior to departure.

**Trip Location**

The trip will begin at the ETC Winter Cabin located at 599 Dean Way, Arnold CA 95223 (driving directions enclosed in this packet).

**Overnight Accommodations**

The ETC Winter Cabin is cozy and rustic. We have a fully equipped kitchen and bathrooms. Shoes are not allowed in the house - slippers are recommended. There is limited bed space, so please bring a sleeping bag & pad and be prepared to sleep on the floor. ETC has extra sleeping pads. Please be respectful to our winter home. We lease our cabin and rely on our participants to help us leave the cabin as nice as you found it. Each group performs a cabin clean-up prior to departure.

**Showers**

Due to the cabin being on a septic system, limited water supply, heating costs and conservation efforts, **ETC has a "NO SHOWER" policy.** Please inform your participants of this policy before you arrive. We will make exceptions if there is a special circumstance during the trip or a reasonable accommodation is requested in advance.

**Guides**

ETC uses volunteer guides who are highly experienced and trained in cross-country skiing, first aid/CPR, and working with people of all abilities and backgrounds. All guides are enthusiastic, caring, and responsible individuals who give generously because they enjoy sharing outdoor adventure and beautiful places with diverse groups.

**Special Needs Accommodations**

ETC is committed to making outdoor adventure accessible to people with special needs and our Guides are experienced in making adaptations for a wide range of physical and cognitive abilities. In order for us to be prepared
for your group, we ask that each group with people with special need complete the “Winter Trip Participant List” no later than one week prior to your trips and discuss all special needs with the Winter Program Manager.

Equipment
ETC provides all personal ski equipment (including skis, boots, and poles) along with first aid kits and other safety equipment such as emergency radios. We also have two ski walkers for individuals with balance difficulties, three sit-skis for those who are mobility challenged, and a couple sleds for participants to ride in if necessary. We also have all kitchen equipment for food preparation at the Winter Cabin. ETC does not provide sleeping bags for participants, but we do have a small amount of sleeping pads available for participants to use. If you have questions about equipment please contact the Winter Program Manager.

Clothing
Please refer to our "Winter Trip Equipment List." To ensure a safe and fun trip, please go over this list thoroughly with participants. Cotton is not acceptable to wear while skiing. ETC does have extra winter clothing available, however depending on your group size, we do not always have enough for everyone. Please communicate your group's needs before the trip so that we can all be prepared.

Snow / Weather Conditions
Weather at Bear Valley Nordic Center and Calaveras Big Trees State Park can vary from warm and sunny to cold winter storms. If a storm at the cabin prevents us from skiing, our guides will provide alternate activities in order to ensure the trip is challenging, fun and memorable. We do not automatically grant refunds due to poor weather conditions. ETC has scheduled your trip when we believe snow levels will be ideal for skiing. However, ETC may have to change trip plans or cancel trips based on weather conditions.

Food
ETC will provide healthy meals with vegetarian options from lunch on Saturday through lunch on Sunday. If you have specific dietary needs or restrictions, please let us know about them well in advance.

Trip Forms
Each person participating in the trip is required to complete two forms: a health form and a liability release. Both forms must be signed by the participant or the participant’s parent or legal guardian if he or she is under the age of 18. Both forms are enclosed in this packet.
TRIP PLANNING CHECKLIST

PRE-TRIP CHECKLIST:

____ Deposit paid (within two weeks of booking trip)
____ Transportation arranged
____ Food/Meals arranged
____ Distribute Equipment List, Health Form, and Liability Release to each participant
____ Contact ETC no less than 7 days prior to trip to confirm group size and trip plans
____ Final Balance submitted no less than 7 days prior to trip
____ Send Program Manager your Participant List (with any special needs or pertinent medical info clearly listed) no less than 7 days prior to trip

BEFORE DEPARTURE

____ Maps for all drivers
____ Health & Liability Release Forms signed and in hand for each participant and staff

If you have any questions, please feel free to reach the Winter Program Manager at 415-474-7662 x14 or winter@etctrips.org
Environmental Traveling Companions
Essential Eligibility Criteria

For All Activities

• Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
• Be able to breathe independently, not require medical devices to sustain breathing
• Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter
• Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance
• If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or staff member
• Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives
• For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
• Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
• Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device
• Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

For Winter Trips

• Be able to spend extended time in a winter environments, where there may be exposure to snow, ice, sleet, rain, or hail, and temperatures may be below 32 degrees F.

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ETC guides are trained in making our adventures adaptive, (including assisting with transfers in and out of kayaks and rafts and getting around camp), but they are not trained personal care attendants. Many participants with disabilities find that they need more support in the less familiar environments of our trips than they do at home.

ETC’s overnight trips are usually camping trips, and some only have portable toilets and buckets for washing that are set up each night (i.e., no running water). ETC provides tents and cots for those who need them. You will need to be able to get into your tent and on and off either a cot or the ground on your own. Also, you will also need to be able to do your own toileting, washing, and dressing.

If you think that you will need assistance with any of the following: toileting, eating, taking medicines, dressing, and getting in/out of bed, ETC asks that you bring a personal care attendant with you. ETC does not want the additional cost of bringing an attendant to hinder you from being able to take part in our trips, so we offer scholarships and special pricing for attendants.

_Winter Ski Trips Additional Information_

ETC guides are trained in the use of adaptive cross-country ski gear and will assist the participants with getting to the trail head and the use of the equipment however as with the other programs they are not trained personal care attendants. Our cabin is equipped with running water and flush toilets that are accessible however we do not have cots and our participants generally sleep on a pad on the floor. If a cot is required you will need to make appropriate arrangements to bring one. Please contact the Winter Program Manager for assistance if needed.
We look forward to sharing an ETC adventure with you. Below is a list of Terms and Conditions for your trip booking:

**Reservations and Cancellations**
- For trips with a per participant fee of $250 or less, payment is due in full to secure the reservation.
- Cancellations made 90 days or more prior to the trip date will receive a full refund.
- Cancellations made 60-89 days prior to the trip will receive a credit for the deposit amount, which can be applied to any ETC trip within one year of the original trip date.
- Cancellations made 59 days or less prior to the trip date are not refundable unless special accommodations are made in advance with the ETC Office.

**Trip Numbers and Cancelations**
- ETC reserves the right to cancel the trip due to weather conditions or for other unforeseen reasons. If ETC cancels the trip, the trip payment will be refunded in full.

**Transportation**
- ETC does not provide transportation to or from the program location.
- Transportation during whitewater rafting trips can be arranged at an additional fee.

**Medical**
All participants must complete a Health Form, which must be signed by the participant or the participant’s parent or guardian if he or she is under the age of 18. ETC works to accommodate people with special needs, though we reserve the right to exclude or remove someone from a trip at any time if doing so is related to the safety of the trip.

**Liability**
Due to the nature of the activity, a condition of participation is the completion of a Liability Release acknowledging the inherent risks of the trip activities. This form must be signed by the participant or the participant’s parent or guardian if he or she is under the age of 18. Participants who refuse to sign the liability release will not be allowed to participate.

**Payment of your trip deposit indicates that you agree to the above Terms and Conditions.**
If you have any questions, please feel free to reach the Winter Program Manager at 415-474-7662 x14 or winter@etctrips.org

Equipment List

Skiing Attire:
- Wool hat
- Mittens or gloves (waterproof)
- Scarf
- 2 pairs of wool socks
- Waterproof jacket and pants (rain gear is fine)
- 1 fleece or wool sweater
- 1 pair fleece or wool pants (ski pants ok)
- Warm jacket (fleece, wool, etc.)
- Thermal underwear – top & bottom (synthetic or wool fiber only, NOT cotton)

Other Personal Items:
- Sunscreen
- Sunglasses or goggles
- Lip balm with sun protection (SPF)
- Water bottle with secure lid
- Small backpack for carrying water bottle and extra clothing layers

Additional Items for Cabin Time and Big Trees:
- Comfortable clothes
- Boots or sturdy shoes (good for hiking/walking) that are waterproof
- Personal items/toiletries
- Small flashlight
- Sleeping bag
- Sleeping pad/mat
- Small face towel
- Slippers or house shoes
- Sleep wear
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)

Optional Accessories:
- Camera
- Binoculars
- Small Games
- Musical Instrument

ETC has a large supply of outdoor clothing available at our winter cabin. Please feel free to bring what you already have on the list, and know we can supply you with most of the things you do not have. Wool and/or polypropylene (a synthetic material) are best for cold, wet conditions. Cotton is not appropriate for the snow. Do NOT wear cotton socks, tees, long-johns or sweaters as cotton makes you COLDER when wet. For cheap winter clothing try your local thrift store.

*Please do not bring stereos, iPods, video games or other electronic music and/or game devices unless special arrangements have been made
Winter Program
Driving Directions

For GPS Navigation Systems use:
599 Dean Way
Arnold CA 95223

Approximate Driving times:
- San Francisco Bay Area: 3 hours
- Stockton: 1.5 hours

Driving Directions:
- Take Hwy 80 East towards Oakland.
- Take Hwy 580 East towards Castro Valley and Stockton for approximately 45 miles.
- Take Hwy 205 East towards Tracy and Stockton for approximately 14 miles.
- After Hwy 205 East merges into Hwy 5 North continue for another 12 miles.
- Take the CA Hwy 4 East Exit towards Downtown Stockton.
- Immediately after Hwy 4 East merges onto Hwy 99 South look for the South Golden Gate Ave exit to remain on Hwy 4.
- Turn left on South Golden Gate Ave and continue for approximately 65.6 miles on Hwy 4 East (you will pass through the towns of Copperopolis, Angel’s Camp and Murphys).
- After entering the business section of Arnold, you will pass a major shopping center on the left that includes the Big Trees Market Supermarket. Soon after this, you will see the Snowshoe Brewery on your left.
- Turn right onto Moran Road
- After 0.3 miles take a slight right and turn onto Dean Way
- Your destination will be on your left 599 Dean Way, Arnold, CA 95223

If you get lost or are running late, please call our staff at the ETC Winter Cabin at (415) 474-7662 x14.
Agency/Group Name: ____________________________________________ Trip Date: ___________________

Type of Trip:   ☐ Sea Kayaking    ☐ Cross-Country Skiing    ☐ Whitewater Rafting

Environmental Traveling Companions Health Form

Name (please print) ________________________________________________

Address ____________________________ City __________ State __________ Zip __________
Contact Phone ____________________________ E-Mail Address ____________________________
Occupation ____________________________ Employer ____________________________
Birth Date __________________ Age __________ Sex __________ Height __________ Weight __________
Parent/Guardian ____________________________ Phone ____________________________
Address __________________________________ City __________ State __________ Zip __________

Your Medical Insurance Co. ____________________________ Policy # ____________________________
Emergency Contact Person ____________________________ Relationship ____________________________

Emergency Contact Day Phone ____________________________ Emergency Contact Alternate Phone Number ____________________________
Specific Disability (if any) ____________________________________________

Medication:

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<th>Name of Medication</th>
<th>Dosage</th>
<th>Schedule</th>
<th>Reason for Medication</th>
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Dietary Restrictions

Please indicate if you currently have or previously had any of the following conditions. For any “YES” responses, please provide specific details on the right side of this section:

1. NO YES Any problems with vision or hearing? Do you require glasses, hearing aid?
2. NO YES Problems with teeth - use of dentures, bridge or braces?
3. NO YES Dizzy spells, fainting, convulsions, persistent headaches?
4. NO YES Asthma or respiratory problems?
5. NO YES Palpitation of the heart, irregular heartbeat, heart murmurs?
6. NO YES Jaundice or hepatitis?
7. NO YES Broken bones, joint dislocations, serious sprains?
8. NO YES Any severe injury to head, chest, or internal organs?
9. NO YES Allergies to any specific drugs, foods, insect bites, bees? Please list: ____________________________________________
10. NO YES History of diabetes, thyroid trouble, heart disease?
11. NO YES Other significant medical or neurologic disorders?
12. NO YES Do you smoke?
13. NO YES Any special accommodations for toileting?

☐ By checking this box, I agree that I have reviewed ETC’s Essential Eligibility Criteria for Participation and feel that I meet these criteria.

I hereby acknowledge ETC to administer First Aid and/or emergency medical treatment and/or secure such medical services that may be necessary for myself or any minor on whose behalf I am signing. I realize that any emergency or medication that may become necessary are the sole responsibility of the participant.

By signing this release I agree that I have read it carefully, agree with its terms, and I sign it of my own free will.

Your Signature ____________________________________________ Date ____________________________

(Signature of participant or parent or guardian if participant is under 18)

Name (please print) ____________________________________________

☐ Please check here if you do not want your photo used in ETC publications or outreach.

If you have any questions, please feel free to reach the Winter Program Manager at 415-474-7662 x14 or winter@etctrips.org
PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Environmental Traveling Companions, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ETC"), I hereby agree to release, indemnify, and discharge ETC, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in alpine and cross country skiing entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: hidden obstacles by snow including crevasses, ice and snow cornices, tree wells, tree stumps, creeks rocks and boulders, below the snow surface; loss or damage to equipment being used; being lost or separated from their guides or companions by traveling in forested areas, rugged terrain, or bad weather; exposure to altitude and cold including hypothermia, frostnip, frostbite, acute mountain sickness, and exhaustion; exposure to potentially dangerous wild animals; my own physical condition, and the physical exertion associated with this activity. Weather and altitude can be extreme and can change rapidly without warning. The areas may not have been traveled previously and are not regularly patrolled. Natural forces including steepness of slopes, snow depth, instability of snow pack or varying and difficult weather and snow conditions may cause avalanches. Communication in this mountain terrain is always difficult and in the event of an accident, rescue and medical treatment may not be immediately available.

Furthermore, ETC employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, other environmental conditions. They might misjudge whether the terrain is safe for travel or where or when an avalanche may occur. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless ETC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of ETC’s equipment or facilities, including any such claims which allege negligent acts or omissions of ETC.

4. Should ETC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against ETC, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against ETC on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant ___________________________ Print Name ___________________________
Address ________________________________________________
Phone ____________________________________________________
Date ___________

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)

In consideration of ___________________________ (print minor's name) ("Minor") being permitted by ETC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless ETC from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: ___________________________ Print Name: ___________________________
Date: ___________

☐ Please check here if you do not want to be added to ETC's mailing list.
☐ Please check here if you do not want your photo used in ETC Publications or Outreach.

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