

# 10th Grade Fieldwork

## Bowman Lake, Tahoe National Forest

### Tuesday September 11th to Thursday September 13th



Students will be engaging in adventure activities and academic curriculum in the Bowman Lake Area that aligns with the 10th grade expedition. Activities will include rock climbing, swimming, hiking and other camping activities. Students will be accompanied by their crew advisors and do a number of crew based activities, challenges and initiatives.

### **Transportation:**

There are two options for transportation to this fieldwork opportunity:

1. Meet at 9am on Tuesday morning at “Emerald Pools” parking area next to the South Yuba River on Bowman Lake Rd. We will then caravan to the fieldsite all together. Please work with your crew, friends and family members to coordinate carpooling.
2. If you can not coordinate a ride notify Mr. Young in advance and plan to be at SAEL at 8am on Tuesday to meet with SAEL approved drivers for transport to fieldsite - only if you have notified Mr. Young in advance.

There are two options for transportation back from this fieldwork opportunity:

1. Get picked up at 3:00pm on Thursday at Bowman Lake.
2. If you can not coordinate a ride back to SAEL notify Mr. Young in advance and you will be transported back to SAEL by a SAEL approved driver for dismissal at 4:30pm.

## **Location and Directions:**

**Fieldsite:** Bowman Lake, Tahoe National Forest, Bowman Lake Road/Route 18.

**Tuesday Meeting Point:** “Emerald Pools” parking area next to the South Yuba River on Bowman Lake Rd. To access, drive east on Hwy 20 to a left turn on Bowman Lake Road (Forest Route 18). Then drive approximately 1.5 miles to the bridge over the the South Yuba River.

We will all meet at the parking lot next to the river and then caravan to our camp location close to Bowman Lake. The drive from the meeting point to our campsite will take approximately 35 minutes.

**Thursday Meeting Point:** Bowman Lake, Tahoe National Forest, Bowman Lake Road/Route 18.

To access, drive east on Hwy 20 to a left turn on Bowman Lake Road (Forest Route 18). Continue driving on Bowman Lake Road (Forest Route 18) for 14 miles. We will all meet at the large gravel area before the road crosses Canyon Creek.

\* See map page for more information \*

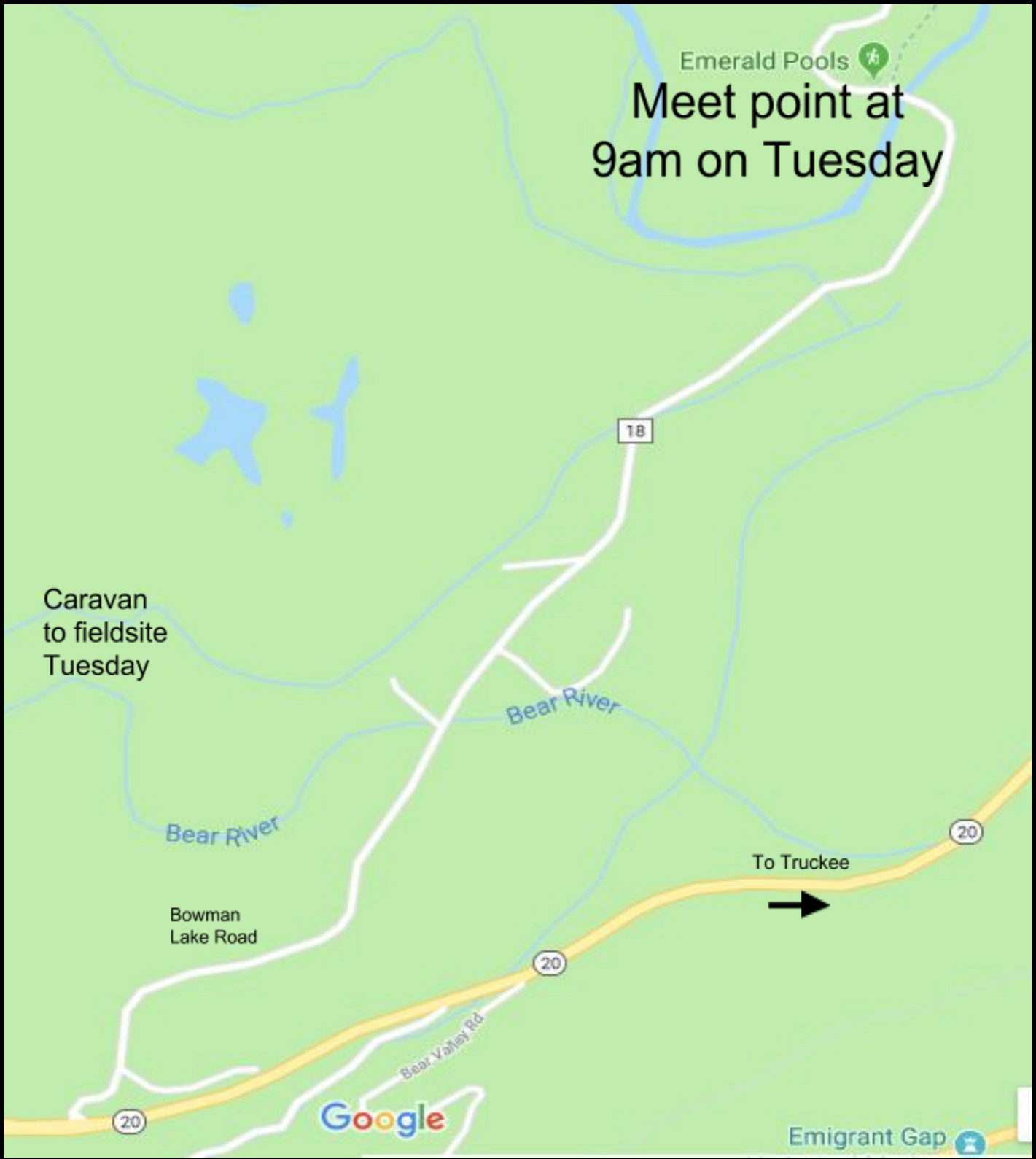
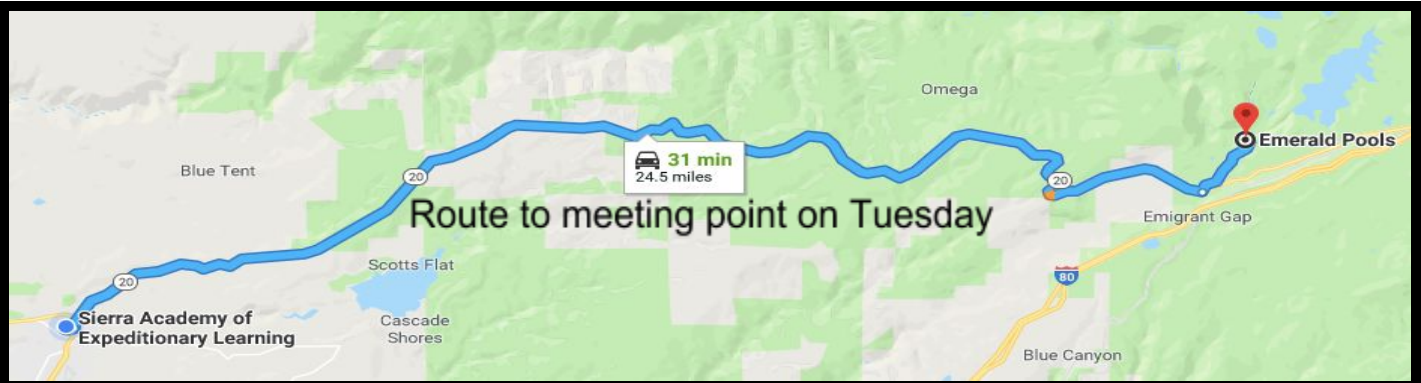
## **Adventure Gear & Clothing Recommendations:**

Student can and should bring their own adventure equipment if they have it. We will be creating a basecamp near Bowman Lake and will not be hiking with backpacks overnight. Students should bring a daypack to carry water and food for our activities and hikes.

\*\*\* Students should bring no more than two bags - a day pack and a duffel/large bag \*\*\*

**Students can be provided with the following equipment if they do not have their own:**

- Sleeping Bags
- Sleeping Bag Liners
- Ground Sheets
- Head Lamps
- Tents/shelters
- Climbing equipment



## **Personal Items Required:**

- Daypack
- Long pants (Protection from mosquitoes. Also good for climbing)
- Shorts and a spare t-shirt
- Long sleeve jacket/sweater/layer
- Swim gear
- Sunscreen
- Bowl, spoon, fork, plate, cup
- Water bottle
- Closed toe shoes (no flip flops)
- Shoes to swim in (Chaco's, old shoes, whatever you have and don't mind getting wet)
- Notepad, pen/pencil
- A Brave New World*
- Hat (recommended)
- Sunglasses (recommended)

## **Food:**

Students must bring their own food on this fieldwork. Students should bring enough food for 2 x Breakfast, 3 x lunches and 2 x dinner. Students should also bring snacks. Please keep in mind that students will be expending large amounts of energy and therefore may require additional calories.

Students will design menus in adventure/PE and create food groups. Students are then responsible to purchase their share of the group's ingredients.

\* Please contact Mr. Young if you cannot provide food for this experience.

## **Medication:**

All medication must be detailed on the Extended Medical Form AND on the Medication Required During School Hours Form. These forms must be fully filled out and on file in the SAEL Main Office in advance of fieldwork. Students should check in their meds with Mr. Young on the morning of the trip to ensure our records match the bottle dosage, prescription, and correct medication type. ANY medication (prescription or over the counter) requires an official doctor's note or prescription to be on file in the main office for it to be allowed with us on fieldwork.

**Safety:**

Mr. Young is Wilderness First Responder certified. This means he is First Aid, CPR, and AED certified. Mr. Young will be directing this program using the latest best practices in Adventure Education and Risk Management

**Sleeping:**

Students will be sleeping in tents in small groups in order to ensure our entire group is visible at all times. Students will also be separated by gender. This means students of different genders will not share a shelter and will not be allowed into each other's shelters at any time. SAEL staff will support the experience to ensure everyone is properly monitored. We will ensure all bathroom use can happen in separated bathrooms areas at the campground and with privacy in the backcountry while hiking. If families have questions, concerns, or would like to discuss gender identity and how this plays a role in the field, please reach out to Mr. Young directly, if you have not already.

**Personnel:**

Mr. Young will be the Field Director. He will organize and coordinate this experience. Ms. Crane will be the main point of contact back at SAEL. She will keep her phone on at all times in order to receive updates from Mr. Young's regular cell phone or the SAEL Satellite Phone, if needed.

Families will also be able to contact her in emergency situations. SAEL personnel in the field and students in the field will not be focusing on updating parents back at home. They will be immersed in the experience and will therefore not be reaching out with updates home unless there is an emergency.

**Parent/Guardian Contact:**

We ask that families do not visit students during this fieldwork. (We know it is farther away this time, but parents have still pulled it off before!) This is a school program that is intended to support student growth and achievement. It is essential that students are allowed to be fully immersed in the experience. Please do not intend on seeing or speaking with your child during this experience, unless it is an emergency in which case you should contact Ms. Crane.

**NO REGULAR CONTACT WILL BE MADE TO HOME UNLESS IT IS AN EMERGENCY.** Please do not expect regular updates from any personnel in the field or Ms. Crane as the experience develops unless it is an emergency. There may be some positive social media posts with pictures, but these are not intended to be official updates for families that are coming at any regular interval. Please reach out to Ms. Crane if you have questions or concerns about this policy.

## **What Not To Take:**

- Knives/utility tools with knives
- Matches/lighters, fire starting equipment
- All banned/illegal/controlled substances or anything outlined as inappropriate for school in our SAEL Student and Family Handbook and/or Ed Code. All school rules apply in the field as it is school.
- Electronics. Chromebooks, ipods, or any personal or school electronic devices are not NECESSARY on this trip. SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK. SAEL accepts no responsibility for lost or damaged electronics/gear.

## **Phone Coverage and Safety:**

There is no need to take cell phones. There is no cell phone coverage at our base camp location. Mr. Young has a emergency communication device that will allow us to always communicate with the group in the field. We do not want students or parents to depend on daily check ins. Pictures may be posted on Facebook and the website, but daily calls will not be made home. We want students to be working with their Crews and focused on being immersed in the experience and in nature. If a parent needs to contact a student for an emergency, please call Principal Erica Crane (at SAEL during regular school hours or on her cell phone after hours). If there is any issue in the field, Mr. Young will contact Ms. Crane and she will contact families. If your child contacts you while she or he is in the field, please encourage them to stop contacting you and to turn the phone in to Mr. Young.

Contact Information: SAEL: 530-268-2200

Principal Erica Crane's Cell Phone (for emergencies only after school hours): 203-725-8875