

**Santa Barbara Middle School  
Student Expedition Agreement**

***Fall Expedition 2018***

Each year, SBMS students and staff have the opportunity and privilege of making the outdoors their classroom. The sense of adventure and freedom gained from these expeditions also means accepting a great deal of responsibility, for the benefit of each individual and of the community.

Therefore, students are asked to agree to a few rules created for their safety and for the protection of SBMS' Outdoor Education program. Following these rules will mean that each student will return to their family safely, having enjoyed, learned and grown from the experience.

While we are all aware of the importance of safety on a bicycle, on a kayak, or on the trail, we must remember that the success of the outdoor program also depends on our behavior in camp and in any place where we represent the school.

The purpose of this document is to remind students of the agreement they must make in order to be able to participate in the outdoor program.

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1. Students must, before each trip, have a specific space in a tent. SBMS recommends that each student have their own tent, even though, at this time, it is not compulsory. Students may sleep by themselves, or in groups of 2-3 of the same gender identity. Once their tent partnership is established, changes may occur only with permission from the student's dean. Tents must be large enough to accommodate students (up to 3 per tent) and all their gear. For example, four-person tents are recommended for three people. Students will follow staff instructions on placement of tents while in camp.

The use of a tent is reserved to its occupants only. No one is allowed in anybody else's tent, regardless of gender identity and/or time of day. Socializing is welcome outside where everyone can be included.

2. Sleep is essential to health. After evening curfew, students - except in an emergency - must remain in their tents, become quiet, and drift off to sleep, so everyone can rest. Time is given before curfew for a visit to the bathroom. Silence should be respected until morning wake up call.

3. Participating in the Outdoor Education program teaches independence and responsibility. Leaving a place better than we found it is a way to show our respect for the environment. Students agree to pick up trash daily (theirs and others') in camp and at other appropriate places. Not generating any trash is even better!

4. As a reminder of our SBMS Community Handbook Student Clothing Policy:

- Athletic attire is required for sporting activities (ex: close-toed shoes, etc.).
- Expedition attire is required for outdoor education activities (see packing lists).
- Clothing must not be offensive and not reference violence, profanity, drugs, alcohol or tobacco.
- Undergarments should not be visible.
- Clothing should not be transparent or expose the bottom, torso or chest.

Two of our major health concerns on trips are sunburn and chaffing. To prevent chafing, students must wear mid thigh-length shorts (or longer) while cycling. Padded cycling shorts and Lycra have proven to be good choices. Short volleyball style shorts are not appropriate or allowed as cycling clothing or expedition attire.

In order to protect ourselves from harmful UV rays, T-shirts covering shoulders, upper arms and backs entirely must be worn at all times during the day, on bikes, hikes and in camp. Sleeveless shirts (including tank tops) of any kind are not acceptable. Evenings (even around the fire) are often cold and/or damp. Students will be required to wear warm clothes and shoes. Please bring appropriate clothing. Please refer to the *Trip Equipment List* for more specifics.

5. No electronic devices are allowed during the trip itself. This includes smart watches, cell phones, games, computers, CD/MP3 players, and any other device present or future. Leave cell phones at home. Parents: please do *not* give a cell phone to your child and tell them to keep it 'just in case.'

6. Listening to and following instructions given by adults (teachers, parents, other adults) is very important. Your safety and that of your friends might depend on it. Do not jeopardize your presence on the expedition by ignoring rules. Should a student choose to disregard any of the rules, they run the risk of being sent home from the trip (at family's expense), as well as being suspended or expelled, at headmaster's and faculty's discretion.

Let's do our best to respect the guidelines, purpose and spirit of this agreement, so that we can all continue to enjoy and learn from our adventures in the outdoor classroom. Let's support each other and work together to make each expedition fun and memorable.

Remember: **Because of them, us. Because of us, them.**

**Please read this agreement. After reading, please sign. To participate in the expedition, you must sign and return the attached form to the office by Friday, October 5, 2018.**

## Expedition Agreement 2018/2019

My name is \_\_\_\_\_

My Tenting Partner(s) is/are \_\_\_\_\_

I            my tent partner            (circle one) will be providing a tent for the Expedition.

I have read/heard the **Expedition Agreement**, and am willing to abide by its guidelines.

*Student's signature:* \_\_\_\_\_

*Parent's signature:* \_\_\_\_\_

***Please return this signed agreement to the SBMS office by Friday, October 5, 2018***