Dear Sierra Nevada Journeys Girls in STEM Participants,

Greetings from all of us at Sierra Nevada Journeys. We look forward to sharing a weekend of science and technology education with you through our Girls in STEM program. Sierra Nevada Journeys, employee volunteers from Women in Tesla and Envirolution are excited to participate in hands-on science lessons and challenge course activities with your participant.

In this handbook you will find answers to frequently asked questions and other important information including a sample schedule, packing list, logistics and healthcare information. Whether you are new to Sierra Nevada Journeys or returning for another year, we ask that you read this handbook carefully and completely.

If you have any questions or concerns regarding our programs, please feel free to contact our Summer and Specialty Camp Manager at snjcamps@sierranevadajourneys.org.

Thank you,

Angie Gornik
Summer and Specialty Camps Manager
Sierra Nevada Journeys
Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

Sample Girls in STEM Schedule

Please review the sample Girls in Stem schedule below to gain an understanding of the exciting activities we have planned for the weekend. This schedule is subject to change.

**Friday**
3:45 pm - If you need a ride to camp, meet at Sierra Nevada Journeys, 190 E. Liberty St., Reno, NV 89501 (parking lot to The Discovery museum).
4:15 pm - Bus leaves to Grizzly Creek Ranch, 5900 Grizzly Rd., Portola, CA 96122
4:00 - 5:30 pm - Drop off and Check-in at Grizzly Creek Ranch
6:00 - Dinner
7:00 - Evening STEM Activity

**Saturday**
8:00 am - Breakfast
9:00 am - STEM Activity or Challenge Course
Noon - Lunch
1:00 pm - STEM Activity or Challenge Course
4:45 pm - “Me Time” Activities
6:00 pm - Dinner
7:00 pm - Evening STEM Activity

**Sunday**
8:00 am - Breakfast
9:00 am - Closing Activity
10:30 am - Pick Up and Departure
10:45 am - Bus will leave Grizzly Creek Ranch
11:30 am - Girls will arrive by bus at Sierra Nevada Journeys’ parking lot, 190 E. Liberty St., Reno, 89501, to be picked up by parent or guardian.
Packing List

Please pack the necessities for a weekend away from home for the Girls in STEM program. The weather in Portola during August tends to be warm during the day and cool in the evenings. We suggest checking the weather before packing for camp. The program will run rain or shine! Please use this list below as an outline for what you might want to pack for the Girls in STEM program.

**Clothing:**
- 2 shirts
- 2 pairs of pants or shorts
- 1 sweatshirt
- 1 light jacket
- 1 rain jacket (depending on weather forecast)
- 1 warm hat
- 1 sun hat
- 1 pair of pajamas
- Socks and underwear
- Shoes – closed toed shoes are required for hiking and the challenge course

**Bedding:**
- 1 sleeping bag
- 1 twin-sized fitted sheet (optional)
- 1 pillow
- 1 laundry bag

**Other:**
- Toiletries
- Sunscreen
- Prescribed medication (if applicable)
- Backpack
- Reusable water bottle
- Camera (optional)
- Anything to make you more comfortable during your stay

**Prohibited Items:**
- Electronics including cell phones, e-readers and tablets
- Swiss army knives or Leatherman tools
- Weapons
- Illegal substances, drugs or alcohol
- Personal sports equipment
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Logistics and Overview

**Arrival:** Check-in is from 4:00 to 5:30 pm on Friday, August 23. Once you arrive to Grizzly Creek Ranch, you will move through the check-in process. Cars may be parked in either of the two large parking lots.

If you know you are arriving later than 5:30 pm, please contact the Summer and Specialty Camps Manager ahead of time at snjcamps@sierranevadajourneys.org.

**Departure:** Departure is at 10:30 am on Sunday, August 25. Please have your luggage out of the cabins before attending your activities on Sunday morning.

**Lodging and Cabins:** Grizzly Creek Ranch offers modern facilities that are clean and comfortable. During the Girls in STEM program, adult female volunteers will be staying in cabins with the participants. All cabins have bunk beds and a half bathroom. Showers are located in the activity center of each village.

**Dining:** All participants attending Girls in STEM program will be served meals in our dining hall. The first meal served will be dinner on Friday evening and the last meal served will be breakfast on Sunday morning. If anyone attending has food allergies or dietary restrictions, please email the Summer and Specialty Camps Manager — if this information was not noted on the initial registration. We make every effort to accommodate special dietary restrictions.

**Technology:** The Girls in STEM program is designed as a weekend for participants to engage in hands-on activities in a natural setting. Therefore, we have a no cell phone and electronics policy (digital cameras are permitted).

**Drugs and alcohol:** Drugs and alcohol are not permitted at the Girls in STEM program. Tobacco can only be smoked in designated areas.
Health and Safety Information

**Mandatory Health History Information:** When you registered for the Girls in STEM program a health history information form was completed for your participant. The information on this form can be updated by email to the Summer and Specialty Camps Manager, snjcamps@sierranevadajourneys.org. Sierra Nevada Journeys’ medical staff will review this information during drop-off.

**Emergency Contact Information:** Please make sure you have filled out the emergency contact information on the online registration form. If we need to contact you during camp regarding medical, behavioral or other issues that concern your child, we will use the contact information provided online.

**Permission to Treat:** By signing the “Authorization for Treatment” form, the parent or guardian is giving Sierra Nevada Journeys’ trained and qualified staff permission to provide your camper with routine healthcare, administer prescribed and over-the-counter medications that have been sent with the camper, and provide emergency medical assistance.

**Medication:** Campers are not permitted to keep medications of any kind on themselves or in their cabin including prescription drugs and over-the-counter items such as Tylenol, Sudafed or cough drops. Epi-pens and inhalers are the **ONLY** exceptions. All medications that are brought to camp will be given to the Camp Health Center staff at check-in. Even if it is an Epi-pen or inhaler that will be self-carried by your camper, please present it at check-in so we can verify that it came to camp.

All prescription and over-the-counter medications need to be sent **in the original bottle with the doctor’s name, dosage and usage instructions** on the bottle. All over-the-counter medications must be age appropriate and administered for their intended purpose — per the manufacturer’s instructions. Please put all medication bottles to be used during camp in a clear zip-lock bag with your child’s name and instructions for administration on it. Camp Health Center staff will administer all necessary medications as needed. All medications will be returned to you when you pick up your child. **Please make sure the medications sent to camp are not expired. Legally, our camp nurse cannot administer ANY expired medications, including inhalers.**

Sierra Nevada Journeys stocks some over-the-counter medications at the Health Center. These medications are listed on the Camper Health History form. You do not have to send these over-the-counter medications to camp. Simply select on your Camper’s Health History form that is it OK for the nurse to administer these medications. You can select these individually and check off which ones are appropriate for your child. By completing the Health History form online, can help alleviate waiting in line at check-in.

**Health Insurance:** Parents must provide their own coverage for any illness, accident or dental occurrence that requires medical intervention.

**Camp Health Facilities and Staffing:** We have an on-site infirmary which is staffed by a trained health professional. The nearest hospital is 5 miles away in downtown Portola.
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Arriving in Good Health: If your child has a fever on drop-off day, is actively treating lice, or has been exposed to contagious illness, please keep them at home until your doctor tells you they are no longer contagious, or they have been fever or symptom-free for 24-48 hours. Please call Sierra Nevada Journeys as soon as possible and let us know when you will be bringing your child to camp.

Bed Wetting: We frequently have campers who have accidents at night. This situation is very normal and happens every session. We treat it with the utmost confidentiality. If your participant has issues with bed wetting, please let us know on the online Health History form. Campers can either secretly inform staff of an accident or staff will check campers’ beds during breakfast. We will discreetly wash the sleeping bag, sheets or clothing while participants are at activities, and return the items before participants return to their cabin.
Behavior Expectations

The primary mission of Sierra Nevada Journeys is to provide an environment in which children are comfortable being themselves, trying new things, developing confidence and making new friends. To set this tone, participants and staff establish a “Community Agreement.” The most important thing that we want participants to take away from the Community Agreement is respect for ourselves, each other and the environment. Participants will be held accountable to the rules and expectations agreed upon in the Community Agreement. Please explain to your child the importance of speaking up if they have a question, request or problem. Self-advocacy is a great skill to learn and practice while at camp.

In order to ensure a positive experience for your child and the rest of the camp participants, it is essential that all participants obey the following “non-negotiable” rules at camp:

- Participants will not undertake any actions that involve physical or emotional danger to one’s self, another camper, staff members or any other individuals. Non-negotiables include, but are not limited to:
  - Exposing oneself or others
  - Physical altercations
  - Threatening to harm others or oneself, in jest or seriousness
  - Bullying of any kind (see Bullying Policy below)
  - Sexual harassment
- Participants will not steal or harm camp property, our facilities or the property of other participants, volunteers or staff members.
- Participants are NOT allowed to have in their possession:
  - Weapons, drugs, alcohol, tobacco or electronics (including cell phones).
  - Prescription or over-the-counter medications (all medication should be turned into the nurse at check-in).
- Participants will not leave campus without permission and will not leave their cabin after “lights out.”

Violations of these important rules will be dealt with firmly, decisively, and at the discretion of Sierra Nevada Journeys and may result in immediate separation or dismissal without refund of tuition. In the event of a dismissal, it is the responsibility of the primary caretaker to remove the participant in the requested time frame. Please discuss these “non-negotiable” rules with your child prior to arrival at camp.

Sierra Nevada Journeys utilizes a consequence system for campers who are unable to meet behavioral expectations during program time. Volunteers and staff members use best practices in behavior redirection and positive reinforcement to attempt to correct a participant’s behavior; however, if the camper is unable to meet behavior expectations, they will progress through the consequences system — involving the parents, cabin volunteers, Camp Manager and Program Director, if necessary.
Bullying Policy

Definition of bullying used at Sierra Nevada Journeys: unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated, over time. To be considered bullying, the behavior must have been intentionally aggressive, repeated over time and there must be a real or perceived imbalance of power in the relationship dynamic. These behaviors can be physical, verbal, social or virtual.

At Sierra Nevada Journeys, we have a no-tolerance policy in regards to bullying.

People who are bullied may not have the opportunity to get the most out of their camp experience. Our camp leadership team addresses all incidences of reported or noticed bullying. Also, staff is trained to promote communication among each other and with our campers so that both staff and participants feel comfortable alerting us of any problems. Every person deserves the chance to have the best possible experience at camp and by working together as a team to identify and manage bullying, we can help ensure that all campers have a great experience at Sierra Nevada Journeys.

All suspected bullying instances will be dealt with seriously and decisively. At the discretion of Sierra Nevada Journeys, bullying cases may result in immediate separation or dismissal from camp without any refund of tuition. Please discuss the bullying policy with your child prior to arrival at camp.

Participants who are dismissed (for bullying or violating the “non-negotiable” camp rules) and who are registered for subsequent camp sessions will have their registration reviewed by Sierra Nevada Journeys. Returning to camp for future programs is at the full discretion of Sierra Nevada Journeys management team.

**If your child is dismissed, it is the responsibility of the parent or guardian to make arrangements for their child to be picked up immediately.**
Homesickness and Communication

Advice to Parents Regarding Homesickness: The best advice we can give you in helping to prepare your children for time away from home is to BE POSITIVE! The more encouraging and engaging you can be with them before camp, the more prepared they'll be for camp. Don’t treat homesickness like an issue to be swept under the rug. Confront it directly, let your child know it is normal, but try not to dwell on it. Focus on the great opportunities they will have at camp. Do not promise the “helicopter rescue” (i.e., try it for a few days and if you don’t like it, we’ll pick you up). Your camper will then only focus on the day you agreed to pick them up on and not the fun to be had while at camp.
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Directions to Grizzly Creek Ranch

Grizzly Creek Ranch – Administrative Office: 530-832-1085
Summer and Specialty Camps Manager Cell Phone: 775-560-6218
On-Call Phone: 775-225-1660

Physical Address:
Grizzly Creek Ranch
5900 Grizzly Road
Portola, CA 96122

Directions from Reno (1 hour) and Carson City (2 hours):
Take Highway 395 north towards Susanville
Exit at Hallelujah Junction for Highway 70 toward Quincy
Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

Directions from Sacramento (roughly 2 hours):
Take Interstate 80 east toward Truckee/Reno
Just past Truckee, take the Highway 89 north exit toward Sierraville (follow signage through traffic circles)
Follow Highway 89 to Sattley
Turn right on to Westside Road/County Road A23 toward Portola
Stay on Westside Road/A23 until it ends at Highway 70
Turn left onto Highway 70 toward Portola
Turn right (north) onto Grizzly Road
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

Directions from Chico (roughly 2 hours):
Take Highway 99 south
Turn left onto Highway 149
Turn left onto Highway 70
Turn left (north) onto Grizzly Road (about 4 miles past town)
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

Directions from Susanville (roughly 1 ½ hours):
Take Highway 395 south
Exit at Hallelujah Junction for Highway 70 toward Quincy
Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes