

**Civic Youth Orchestra
Excursion Permit**

Please print information except signatures

Name: _____ Age: _____

Activity: **Annual Labor Day Weekend Retreat (Saturday through Monday)**

Mode of Transportation: Bus up on Saturday, private vehicles on Monday's return

Depart from: Weekly Rehearsal Location

Return to: Your Home

Supervising Adults: CYO Staff and Music Director

Dear Parents/Legal Guardian

The supervising adults in charge will take all reasonable precautions in planning and carrying out this trip to ensure the safety and welfare of your child. Students are expected to conduct themselves in a manner that reflects pride in themselves and Civic Youth Orchestra. Students are expected to follow all rules and directions provided by the supervising adults.

All persons making the excursion shall be deemed to have waived all claims against Civic Youth Orchestra, Inc., their officials, employees, and agents, from and against any and all liability for injury, accident, illness or death occurring during or by reason of the excursion.

_____ has my permission to take part in this
(student's name)

Civic Youth Orchestra sponsored activity.

_____ (date) _____ (signature of parent/legal guardian)

(_____) _____
(phone number) (relationship to student)

where you can be reached between

Alternate name and phone number to be used if you can not be reached:

_____ (name) _____ (relationship to student) _____ (phone number)

Witnessed By: _____

At: _____ Date: _____

Retreat shirts are given to each participant. All shirt sizes are adult – Please circle your preference.

T-SHIRT SIZE OF PARTICIPANT: SMALL - MEDIUM - LARGE - X LARGE - XX LARGE

Please note any additional non-medical information of which the supervising adults should be aware.

SAN DIEGO CIVIC YOUTH ORCHESTRA (CYO) CODE OF CONDUCT

As a member of the CYO, you may participate in excursions that require travel, including overnight stays. During these travel opportunities, each member of the CYO is responsible for his/her actions and behavior. Each member is expected to strictly observe the following Code of Conduct established by the CYO and compiled after input from CYO members, staff, parents and board members. These rules are essential for the safety of the group, the right of each participant to benefit from and enjoy the travel opportunity, and the ability of the orchestra to perform up to its full capability. Violations of these rules may result in the offender being sent home at his or her family's own additional expense and/or expulsion from the CYO.

GENERAL CONDUCT. The CYO travels as a group and not as individuals. Your conduct reflects upon the group as a whole, and on your family, city and state as well. It is imperative to respect host organizers and their properties. Because the Code of Conduct cannot detail every possible situation, the CYO counts on all participants to use common sense in avoiding situations and behavior that would put them or anyone else at risk.

FREE TIME. On occasion, there will be free time activities. During this free time, you may participate in specified recreational activities on a purely voluntary basis. By undertaking any activity during free time, you certify that you are able to participate in that activity and that you are aware that such participation presents certain risks including the risk of personal injury. Each member who participates in any such activity is willing to assume responsibility for those risks.

DRUGS. The use of any drugs illegal in California will result in immediate dismissal from the excursion and expulsion from the CYO. Parents will be contacted and told to pick up their child or he/she will be sent home at the parent's expense. It is important to list all prescription medication you are currently taking is listed on your Medical Consent Form.

ALCOHOL. Consumption of alcohol for individuals under the age of 21 is illegal in California, which includes the majority of CYO members. If you are under age and caught drinking, your parents will be contacted immediately and you will be sent home at your parent's expense and expelled from the CYO.

SMOKING. Smoking is illegal under the age of 18 in California. Smoking is only permitted in official designated smoking areas. Keep in mind that many venues are 100% smoke-free. Underage smoking is not permitted at any time while at any CYO excursion and will not be tolerated.

CURFEW. Curfew and lights out times are determined and announced by CYO staff and chaperones for overnight excursions and must be observed.

ELECTRONICS. If you chose to bring an electronic device, you may only use it on silent mode or with headphones. Please note that the CYO is not responsible for lost or stolen equipment and therefore does not encourage you to bring expensive devices on any CYO excursion.

PROMPTNESS. The success of all CYO excursions depends on the responsibility of each participant. In this regard, you are expected to read and follow the itinerary carefully, arriving promptly at each designated activity. Please anticipate departure and arrival times by at least 15 minutes.

UNACCEPTABLE BEHAVIOR. Any travel is intended as a musical and cultural enrichment experience. The success of each CYO excursion depends on the responsible and mature conduct of all CYO members. Unacceptable behavior shall include any behavior that is dangerous, unlawful or disruptive to the purposes of each excursion, including, but not limited to, alcohol abuse, drug usage, disregard for the safety of yourself or the group, vandalism, and disrespect toward CYO staff and chaperones.

PARENTAL INPUT. If there are any special concerns or matters of which you, as a parent/guardian, feel the CYO should be aware, other than medical matters that you listed on your medical form, please indicate below or address them in a private letter to our General Manager. We will keep all such information in strictest confidence. Also, if desired, include a list of activities in which you do not wish your child to participate.

PARENT/GUARDIAN CONCERN:

I HAVE READ AND UNDERSTAND THE CONTENTS OF THE CYO CODE OF CONDUCT. I PLEDGE TO BEHAVE IN ACCORDANCE WITH THIS CODE OF CONDUCT.

CYO Member Printed Name: _____

CYO Member Signature: _____

Date: _____

CYO Parent/Guardian Signature: _____

Date: _____

SAN DIEGO CIVIC YOUTH ORCHESTRA
Medical Consent Form
(Please print information except signatures)

Activity: Annual Labor Day Weekend Retreat

CHILD/STUDENT NAME: _____ DATE OF BIRTH: _____

PARENT/LEGAL GUARDIAN: _____ PHONE: _____

PARENT/LEGAL GUARDIAN: _____ PHONE: _____

ADDRESS: _____ CITY: _____ ZIP: _____

I, _____, hereby certify that I am the parent/legal guardian of _____.
(Print parent/legal guardian name) (Print legal name of student)

I certify that the above named child is covered by health/medical and accident insurance with:

(Name of insurance carrier) (Policy Number) (Name of policy holder)

Family Physician: _____ Phone Number: _____

I hereby give my consent for the above named child/student to participate in the CYO sponsored excursions as stated above and to travel with an authorized representative of CYO on any trips for these excursions. In the event that my child becomes ill or is injured in any CYO excursion, the CYO representative is authorized and has my consent to authorize any x-ray, examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by, and rendered under the general supervision of a licensed physician. However, our family physician should be called, if possible, in the case of injury or injuries to this child.

Specific instructions to attending medical personnel:

The CYO staff needs to be advised if your child has a physical or emotional condition such as epilepsy, diabetes or asthma, and any specific medication that they are taking or have with them. This information remains confidential. The CYO will not be held responsible if anything is withheld in this regard.

Explain any physical or emotional conditions or allergies of any kind:

YES or NO May the CYO staff give over-the-counter medication such as aspirin, acetaminophen, ibuprofen or decongestants if necessary?
List any restrictions to over-the-counter medications.

Authorized Medications Currently Using:

Type of Medicine: _____ Dosage/Frequency: _____ Carries with them (yes or no): _____

Type of Medicine: _____ Dosage/Frequency: _____ Carries with them (yes or no): _____

Type of Medicine: _____ Dosage/Frequency: _____ Carries with them (yes or no): _____

Signature of parent/legal guardian: _____ Date: _____

Print name of parent/legal guardian: _____

Pack List

- Instrument
- Music
- Instrument accessories (rosin, strings, mutes, grease, etc.)
- Toiletries (toothbrush, toothpaste, face wash, beauty products, hair dryer, shampoo, soap, etc.)
- Clothing: lighter summer clothing, jeans or comfortable pants, light jacket or sweater (*bring clothes that you can layer for various weather conditions.*)
- Snack food (optional) (breakfast, lunch and dinner provided)
- Water Bottle, Bug Spray & Flashlight (**needed**)
- Sporting equipment (optional)

There are Tennis Courts, Basketball Courts & Soccer/Frisbee Fields on the property

- Shower towel (**needed**)
- Sheets and blankets or a sleeping bag (**needed**)

*****Please note you do not need to bring your concert attire!**

General Information

What Guests Should Bring to Camp:

- Pillow, sleeping bag, and/or bedding (size Full bed sheet)**
- Toiletries - including towels
- Sturdy shoes for rugged terrain/layered clothing
- Sunscreen
- Refillable Water bottles** (*fresh, mountain spring water comes from our taps!*)
- Flashlights
- Insect Repellent
Insect repellent containing DEET may be harmful to children and people with asthma; consider products with citronella and lemon grass
- all supplies necessary for your retreat – **this may include a mask and other PPE depending on state guidelines**

Directions: 17606 Harrison Park Rd. Julian, CA 92036

From San Diego:

1-8 East
Exit Hwy 79 North to Julian
Make a left turn approximately two miles along the highway to stay on 79N
Turn left on Harrison Park Rd (about 4 miles north of Lake Cuyamaca) and follow signs into Whispering Winds

From North County:

Hwy 78 East (Ash St.) or Hwy 67 North to Hwy 78 East through Ramona to Julian
Turn right on Main St. in Julian
Turn right on Hwy 79 South
Turn right on Harrison Park Rd. (about 4 miles south of Julian) and follow signs into Whispering Winds

From West Los Angeles County:

I-5 South to 78 East (follow directions from North County)

From East Los Angeles County, Riverside:

I-15 or I-215 South to Temecula
Exit Hwy 79 South and turn left
After approximately 60 miles to Santa Ysabel, turn left on to 78 East to Julian (follow directions from N. County)

From Imperial Valley:

I-8 West to Sunrise Highway
Turn right on Hwy 79 North
Turn left on Harrison Park Rd. and follow signs into Whispering Winds





WHISPERING WINDS
CATHOLIC CAMP & CONFERENCE CENTER

Camp Map

-  Phone
-  First Aid
-  Parking
-  Restrooms

