

**For All the Parents/Guardians:**  
**(Forms to send Home)**



**Program Dates:**

\_\_\_\_\_ to \_\_\_\_\_

Dear Parent/Guardians,

Welcome to the Age of Sail Program. We look forward to hosting your child at the Hyde Street Pier where we bring maritime history to life. The Maritime Park Association is a private non-profit organization operating in support of, and partnership with, San Francisco Maritime National Historical Park.

The Park and Association's mission is to preserve and document California's maritime past, and its pivotal role in the foundation and development of the State. The Age of Sail was created specifically to accomplish this goal for the fourth through eighth grades, and is based on the California State Department of Education Content Standards for History and Social Science. Our program is unique in its setting, methods and focus. We move from a traditional classroom setting to an overnight "voyage" on a beautifully restored tall ship. Throughout the entire experience, the past is brought to life through role-playing and the recreating the atmosphere of a turn of the century working vessel. Emphasis is placed not only on historical knowledge, but we also take advantage of the opportunity to foster such skills as critical thinking, group problem-solving, cooperative learning skills, self reliance, perseverance and teamwork.

The program is taught by specially trained professional instructors with years of experience teaching children in experiential education settings. It takes place outdoors and it is extremely important that your child is fully prepared with appropriate footwear and clothing. This packet will help you in outfitting them for the "voyage".

Please do not hesitate to contact me if you have any questions or concerns prior to your child's voyage.

Sincerely,

Seth Muir  
Education Director  
office 415 292 6664 cell (415) 215-6291  
smuir@maritime.org  
sethmuir@gmail.com

## Participant Packing List

\*\*The students must be able to carry all of their gear with them. Please keep this in mind.

### 1. Warm Clothes

Weather at the Hyde Street Pier is very unpredictable and **IT WILL ALWAYS BE COLD AT NIGHT!** We recommend dressing in layers and bringing a nice warm jacket. Hats and gloves are also recommended although gloves may **ONLY** be worn on night watch. Long underwear, extra socks, an extra pair of shoes, wool sweaters, and fleece jackets are all good items to bring. **It is better to have too many clothes than too few.** Long pants only.

### 2. Footwear

Closed toed shoes only. Heels and sandals are not allowed and shoes that light up or that have “wheelies” should be left at home. Participants are welcome to bring rubber boots if it is raining

### 3. Sleeping Bags

All participants should bring a warm sleeping bag and placing that in a labeled, waterproof plastic garbage bag is an excellent idea.

### 4. Foul Weather/Waterproof Gear

Our programs run rain or shine. If it’s rainy we will alter activities somewhat to make sure that the lads and Tall Sailors don’t get too cold.

**WE WILL PROVIDE FOUL WEATHER GEAR TO THOSE WHO NEED IT!** Our gear is not beautiful but it works and is much better than getting wet. However if you have “foulies” feel free to pack them.

### 5. Galley Gear

Each participant needs to bring the following eating utensils.

- A cup or mug, a plate, a spoon and a fork are all that is required. These items should be made of metal only. And should be durable enough to hold hot stew.
- We recommend a pie dish as plate, and a rinsed-out tin can (without a sharp edge) as ideal galley gear.
- Each crew's gear should be collected and organized into one labeled receptacle before arriving on the pier.
- Parents are encouraged to label the students eating utensils.

## **6. Lunch (to be eaten before the program)**

Participants should bring a bag lunch to be consumed prior to the start of the program. Lunch is eaten in Victorian Park opposite the rowing clubs on Jefferson Street. If they are sailing on the Explorers program in the morning after the overnight, please bring additional items for lunch the next day.

## Things to Remember as You are Planning Your Voyage

### 1. Food Allergies

We are fully aware of the increasing prevalence of food allergies amongst students. We take these allergies seriously, as many of them can be life threatening or extremely debilitating. We are happy to take all the precautions necessary and encourage parents to contact us with special concerns..

**\*\*There are NO NUTS or EGGS in any of the food served however the stew's bouillon contains small traces of gluten.** There is wheat and gluten in many of the cakes.

If your student requires an EPI Pen please contact us to discuss the protocol. Depending upon the severity of the allergy we will either have the EPI pen stored on-board or will give it to the student's Tall Sailor who will be close by at all times if the student is extremely at-risk.

### 2. Vegetarian, Vegan and Restrictive diets

We can easily provide vegetarian meals for those students requiring them however if the participant is vegan, dairy or gluten free it is best for them to provide their own clearly labeled cakes (or equivalent) for dinner and breakfast. They will be served oatmeal and hot cocoa made with water.

#### Food Served on our Program: (potential allergens)

Snack: Provided by you  
Dinner: Lobscouse Stew (Beef Bouillon, Barley and Vege Stew)  
Cornbread (made with milk)  
Applesauce Cake (dairy free)  
Water or Coffee for Adults  
Breakfast: Oatmeal (made with milk or water)  
Coffeecake (made with milk)  
Hot Cocoa (made with milk or water)

### **3. Medical and Special Needs Policies**

We never turn students away because of physical, medical or cognitive disabilities. Our goal is to offer a range of activities for such students, and the program supports numerous targets of special education set out by the California Department of Education. **Please let us know in advance of the day of the program if you have any special needs students and we will work with you to accommodate them.**

Please bear in mind that the 18 hour program takes place outdoors on a ship and advance communication is key to making the program a success for everyone.

### **4. Medical Forms**

Parents must complete and sign a medical form for each participant on the program. Your own school's field trip permission slips, will not be sufficient as we are required to keep the original medical forms on file for a year. The teacher must have these for us at check-in on the day of the program. These appear at the end of this packet.

### **5. Medications**

Before leaving for the program, all student medications must be turned in to the teacher. We ask that the medications are clearly labeled in their own Ziploc bags with the students name and basic instructions. These instructions can be from the parent/guardian and should be signed. I recommend separating the medications into those "to administer" and those that are simply "as needed". Please realize that we have basic medicines like bandaids, Tylenol and benadryll so you do not need to include those. Additionally it is our policy not to administer mition sickness medicines due to their side effects. Please do not send these.

### **6. Attendance**

We require that all participants stay for the entire program. If your child needs to leave prior to the close of the program at 9:00 a.m., please reconsider your child's participation in this field trip. Exceptions are only made on a case by case basis and require approval by the Education Director. **We also ask that no family members or friends board the vessel while the program is under way.**

(the following is a sample of a letter for you to write your student. They will receive it during their program. Please personalize yours and be creative. We ask the teachers to SECRETLY collect these from you before the voyage. Thanks.)

May, 1906

Our Dearest Katherine,

How long it has been since we have seen you, dear! You have been away from the family that loves you, for so long. It seems like an eternity.

We hope and pray that all is well with you. We had quite a scare for you because of the earthquake. How the earth did roll and rumble! Things are fine here, though there is still such a mess to be cleaned up.

The children are all doing well and send their love to their brave and adventurous sister. Daniel Jr. has begun working at the foundry, which has forced him to move into town. The house seems empty without him. He does not seem to mind this change of scenery, for he is quite smitten with Phoebe Cooper and I imagine when he can save the money to buy his own land he will ask her father for permission to marry her. Matthew is horrified at the idea of having to take over Daniel Jr.'s chores "forever," but is happy to now be the second man of the house.

We do not know how much news you receive of the world; things seem to be getting on well just now. President Roosevelt has proved himself to be a good man to lead our great nation. We really are pleased that he was elected by vote in 1904. We feel he has proven himself since he stepped in as president when President McKinley was tragically assassinated.

We are all very excited about the construction of the Panama Canal. My heart will be lightened when you will no longer have to sail around Cape Horn. I know it will take many years to complete. Some say it will not be finished until the year 1914, but a mother can hope and pray that it will be finished sooner. Just think! Not only will it save lives, but it will bring you home to the family that loves you all the sooner.

I must sign off now. Please do write soon. We can hardly wait to see your smiling face again. We will have a grand celebration upon your homecoming. God speed to you, my darling.

Lovingly,  
Marmee and Father

## Program Timeline

- 1345- assemble students in crew lines, with personal gear *in hand*, on  
1400 the left side of the pier in front of the Sea Fox office. Please  
do not pass the Ticket Booth. Crew is met by there by a senior  
staff member. Teacher brought to *Sea Fox* to check in.
- 1400 2nd Mate meets crew, head call. Tall Sailors meet by the *Sea  
Fox* and wait to be taken aboard by a senior staff member.
- 1515 crew meets the First mate
- 1540 captain greets crew, introduces officers, sets goals, tasks begin.
- 1700 coffee ceremony, head call, snack
- 1900 dinner
- 2115 dog watch begins
- 2200 night watch begins, crews not on watch bunk down
- 0400 galley crew starts breakfast
- 0530 crew rises
- 0600 breakfast
- 0730 teacher hoist
- 0800 morning dogwatch
- 0830 *Leave Her, Johnny*
- 0900 crew leaves pier, closing gate behind them

## **Contact Information**

The San Francisco Maritime National Historical Park is a unit of the United States Department of the Interior, National Park Service. The Age of Sail education programs are offered through the San Francisco Maritime National Park Association, the cooperating non-profit partner to the Park.

### **Bookings, Reservations, Program information:**

Mariah Gardner  
Education Coordinator  
PO Box 470310  
San Francisco, CA 94147  
(415) 561-6664  
mgardner@maritime.org

### **Age of Sail Program Office**

Seth Muir, Education Director  
2905 Hyde Street  
San Francisco, CA  
Cell (415) 215-6291  
Office (415) 292-6664  
smuir@maritime.org  
sethmuir@gmail.com

## **EMERGENCY CONTACT NUMBERS**

If you need to reach someone who is on the program, after office hours, for emergency reasons **ONLY** please call the numbers below. Please state that you are trying to reach someone in the Age of Sail Program at San Francisco Maritime National Historical Park at Hyde Street Pier. They will contact the program staff to call you back. You may only reach a program participant by this method for bona-fide emergencies

Pier Security: (415) 561 7151  
US Park Police Dispatch: (415) 561-5505  
Seth Muir Education Director (415) 215 6291



2. Is your child subject to any of the following? **Please circle:** Homesickness / sleepwalking / bed wetting\* / car sickness \*Please include extra bedding

3. Does your child have any allergies that may be a problem? YES NO If yes, please list them and indicate their severity:

4. Is your child on a special diet? YES NO If so, please explain [Please note: You may need to provide the necessary meal alternatives]:

5. Has your child been recently ill or exposed to any communicable diseases during the last month? YES NO If so, please explain:

6. Is there any other issues your child may have that we should know about? Please explain:

#### **Prescription Medication**

Is your child taking prescribed medication? YES NO In order for your child to receive medication, the parent/guardian AND your child's physician must produce an "ADMINISTRATION OF MEDICATION" note for EACH medication prescribed for the period your child will attend the program. This note is NOT a form we provide; rather, the parent will simply write a note. The prescription container must be clearly labeled with the following information: The student's full name, Physician's name, Physician's telephone number, Name of medication, Dosage (when and how often), Expiration date of the prescription. Each medication should be in a separate container.

**Non-Prescription Medication** In the event of unforeseen circumstances, do you authorize the Age of Sail staff to give your child common remedies, such as Children's Tylenol, cough medicine, etc.? YES NO  
If you wish your child to receive non-prescription medication or vitamins, write out an "ADMINISTRATION OF MEDICATION" note and attach it to this form. This note is NOT a form we provide; rather, the parent will simply write a note. If yes, list the name of the medication, dosage, reason for giving and/or special instructions (Example: Recommended amount for simple headache; repeat in four hours - one time only):

### **AUTHORIZATION AND CONSENT FOR STUDENT TREATMENT**

1. Parent/s will be notified immediately when a child becomes injured or seriously ill, and aid will be given according to the parent/s wishes. Arrangements will be made with the parent/s to pick up their child if desired.  
**A child will not be released during the Age of Sail program to anyone other than the parent or guardian except on written or verbal request by the parent or guardian.**

2. I/WE, as parent/s or guardian/s of \_\_\_\_\_ do hereby authorize the Age of Sail staff, as agents, for the undersigned to consent to any x-ray examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is rendered under the general or specific supervision of any physician and/or surgeon licensed under the provisions of the California Medical or Dental Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at the office of said physician or said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of aforesaid agents to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California. This authorization shall remain in effect until \_\_\_\_\_(Date) unless revoked sooner in writing delivered to said agents.

Signature of Parent/s or Legal Guardian/s \_\_\_\_\_ Date \_\_\_\_\_

**Participation Agreement**

In consideration of myself or my child participating in the programs of the San Francisco Maritime National Park Association, I agree on behalf of myself and my child to assume all risks of injury to my child and to waive all claims, actions, and damages against the Maritime Park Association. I further agree not to sue the Maritime Park Association, its officers, directors, employees, agents or assigns for any claims arising out of participation in the Maritime Park Association's programs, the actions of the school district or youth group's employees, officers or agents, or the actions of the program participants.

**We request that all parents agree to the above provision and initial below to acknowledge their agreement. A child without an initialed participation agreement will not be allowed to participate in the program.**

**Initials:** \_\_\_\_\_

**Date:** \_\_\_\_\_

For the purposes of fund-raising and public awareness, the San Francisco Maritime National Park Association uses photographs and videos of the program in action. These materials may be published in print or made available on our website. Such publications are a very important part of our fundraising efforts. Your child's image may appear in such photos or videos taken by the adult chaperones or our official photographers. We are sensitive to privacy issues, and therefore specific names of participants and their school addresses will not be disclosed.

I grant / do not grant [**Please Circle**] permission for my child's image to be used in print publications produced by either the San Francisco Maritime National Park Association or San Francisco Maritime National Historical Park.

I grant / do not grant [**Please Circle**] permission for my child's image to be used in e-mail updates or the website produced by either the San Francisco Maritime National Park Association or San Francisco Maritime National Historical Park.

\_\_\_\_\_  
**Signature of Parent /Guardian**

\_\_\_\_\_  
**Date**