Catalina Island Marine Institute
at Cherry Cove

Teacher’s Planning Packet
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HELPFUL SUGGESTIONS FOR THE GROUP LEADER

We are excited that you are bringing your students to Catalina Island! This will be a trip that the students will remember for the rest of their lives. We will do our best to make your trip an exceptional experience. We would like to offer a few reminders to help make your trip successful.

Student Health Forms:
Please check the completed student health forms for any medical conditions that may present a problem on your trip. Notify our Assistant Program Director (during our telephone contact) two weeks prior to your group’s arrival of any food allergies or medical conditions that may be of concern. Please be sure that all asthmatics bring their prescribed inhalers with them to camp.

We will collect the student health forms upon arrival. The forms will be available to you in our first aid room. We are required to keep the CIMI medical forms on file. Please make copies if you are using the same forms for your transportation purposes.

*Spanish language student health forms and/or printed forms are available upon request. *

Co-educational Groups
We require at least one male and one female chaperone to provide safe and adequate supervision in the tent sites.

Chaperones
Chaperones should be chosen very carefully to help you with the supervision and participation duties. Students are directly motivated by the chaperones. Be sure that your chaperones know what is expected of them in regards to participation, supervision and communal living. You will want to assign chaperones to monitor free-time activities. We may ask you to limit your chaperones to a ratio of one chaperone to every 16 students (this would only happen to avoid housing problems).

Chaperones are required to complete the CIMI Chaperone Waiver Form.

Program Schedule
Our Assistant Program Director will phone about two to three weeks prior to arrival for final student and chaperone count. We will discuss your daily schedule, the number of research groups, tent assignments and other pertinent details for your trip.

General reminders
Drugs or alcohol are not allowed in camp. Students are not allowed to smoke. Chaperones that smoke may only do so in designated areas. We suggest not bringing any electronics or valuables.

We appreciate your desire to provide your students with a quality program. We will try to accommodate your individual needs in every way in which we are able. Please feel free to call us with any questions you may have.
TIMELINE OF EVENTS

When you receive this packet
☐ Send parent information (application/student health form) to all parents.
☐ After reading through your packet, return “Statement of Understanding,” “Classroom Prep Sheet” and the “Program Planner,” from the Teacher Resource section of our website, to CIMI at Cherry Cove. Please return at least 3 weeks prior to arrival!

CIMI Cherry Cove FAX: 310-510-9645
P.O. Box 5015 email: cherryschedule@cimi.org
Avalon, CA 90704

2-3 Weeks prior to arrival
☐ Collect and review student health forms for completeness, medical or dietary needs
☐ Contact CIMI Cherry Cove program office to cover details on telephone contact sheet including the final count of students and chaperones, special dietary requirements, and medical information.
☐ Arrange transportation to the Long Beach boat terminal (1046 Queens Hwy, Long Beach, CA 90802). Call the business office if you need assistance with arrangements (909-625-6194).

1 Week prior to arrival – final checklist of organizational details
☐ Prepare all chaperones and assign their duties. Copy and hand out pages from “Chaperone and Student Information” section, along with copies of the chaperone waiver and health forms for each chaperone to sign and give back to you to bring to camp.
☐ Divide students into activity groups, let them know their groups.
☐ Assign students to tent sites, let them know their tent site and tent buddy.
☐ Organize student health forms and cover sheets. Separate forms by activity group. Forms are required upon arrival.
☐ Inform students that they must bring a sack lunch and wear close-toed shoes on the boat ride.
☐ Send home a copy of our packing list.
☐ Make sure all luggage will be color-tagged and labeled with student names.

Day or two prior to arrival
☐ Remind students to wear close-toed shoes and to bring sack lunch for the boat ride.
☐ Confirm arrangements for transportation to ferry terminal
☐ Draw final payment check (due upon arrival).
PROGRAM PLANNING

ACTIVITY GROUPS
You will need to divide your class(es) into activity groups with 16 students per group maximum. Some suggestions on how to divide your groups successfully:

- Mix boys and girls (unisex groups don’t seem to work as well).
- Group ESL students together, with a bilingual adult if possible.
- Try to divide groups by athletic ability (snorkeling, hiking, kayaking- strong vs. weak).
- Assign teachers who know the students to those groups with “challenging students” to help keep discipline in check.
- Keep numbers per group consistent (i.e., 16 in one group and 11 in another creates problems). Don’t let students switch into other groups – keep a list.

The experiences we offer students often have a profound positive impact on their lives. This is equally true for the hard to reach, difficult students as it is for the average, responsible students. Teachers often bring difficult students with the hope that this experience will help generate some positive feedback.

If you choose to bring students who may present a challenge with respect to their behavior or discipline, we suggest that you place them in the same group as the Head Chaperone, or that of a teacher, so that some disciplinary leverage is present. If you have questions concerning this, please feel free to contact us.

Each school’s program is centered around the needs of the individuals of that school. There is a wide variety of activities available at CIMI, certainly more than can be accomplished during a three- or five-day session. Each teacher must decide on the program sessions that will best meet the needs of their students. Do not try to pull all of the program components into this experience.

Prior to your arrival at Cherry Cove, CIMI’s Program Office will discuss the specifics of the activities with you. There are certain programs that are necessary, and many that are optional. Three-day programs have fewer optional activities available than five-day programs.

Each day has two three-hour program sessions and an evening session. The number of program sessions depends on the length of stay:

- Three-day programs: 4 daytime sessions; 2 evening sessions
- Five-day programs: 8 daytime sessions; 4 evening sessions
STUDENT HEALTH FORM ORGANIZATION

In an effort to continue to make CIMI at Cherry Cove the safest environment for your students, we are asking schools to organize their student health forms. We would appreciate it if you could please take a few moments to organize your groups and their forms in the following fashion prior to arrival:

1. Groups should be arranged so that the boys and girls are mixed and there is at least one chaperone per each group. Please try to divide the groups so that they all have about the same number of students.
2. Once you have decided the groups, please make a list and separate the students’ medical forms by group.
3. Once the student health forms are separated, please attach a sheet of paper to each group’s student health forms with the following information on the front:

   Name of School
   Group #
   Students’ Names
   Adult Leader(s) Names(s) for that group
   List all outstanding medical needs

4. The student health forms, now separated by group and identified with the above information, should all be brought with you to CIMI and given to the Program Coordinator of your school during the orientation meeting when you first arrive at camp.

So that we are best able to deal with potential medical problems, each CIMI instructor will review the student health forms for his or her own research group. This system will allow our staff, and yours, to be aware of any potential medical conditions. Thank you for taking the time to go through the forms; let us know if you have any questions.

Please remember that we are required by law to keep these medical student health forms on file. You should keep your school district forms separate from these for your return trip.

Please use discretion if you are presented with a student or chaperone that is sick (i.e. fever, flu, or a cold) on your arrival day. We understand that your students (and their parents) are looking forward to this trip, but due to its rustic and active program, Cherry Cove is NOT an ideal place to recover from (or suffer through) an illness. DO NOT bring sick participants. We ask that you consider the affected person’s comfort and the health and well-being of the remaining students and CIMI staff.

Examples of Group Health Form Cover Sheets
(this would be paper-clipped to group # 1’s health forms)

<table>
<thead>
<tr>
<th>Name of School:</th>
<th>Happy Day Elementary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group #:</td>
<td>1</td>
</tr>
<tr>
<td>Student Names:</td>
<td>John Smith Ross Brindle Jessica Jones Heather Lawry Tom Baldacci Annie Shaw Lisa Lenon Joel Contardi Hillary Howl Robby Smith Mike Brazill Claire Hew</td>
</tr>
<tr>
<td>Adult Leader of Group:</td>
<td>Mr. Lawson (John)</td>
</tr>
<tr>
<td>Outstandingmedical:</td>
<td>John Smith -- mild epileptic Claire Hew -- severe bee sting allergy (epi-pen) Ricky Felins - migraines</td>
</tr>
</tbody>
</table>
TRAVEL, ARRIVAL AND DEPARTURE PROCEDURE
If this is your first trip to CIMI, please read carefully!

CIMI has made your boat reservations aboard The Catalina Classic Cruises, Long Beach, from the Queen Mary location (see map on next page). If you have any questions regarding the boat trip, please call the Mainland Office at 909-625-6194. Group leaders MUST call the Cherry Cove office at 310.510.0071 with a final count of students and adults at least TWO WEEKS PRIOR to arrival.

Have the students mark each piece of luggage and baggage with your school’s assigned color. Thick pieces of yarn work well. Color will be specified by CIMI and is noted on your contract.

Plan to arrive at the boat terminal one hour before your actual departure time. Overnight parking is available at the terminal for an additional charge. Upon arrival at the ferry terminal, the group leader needs to check in with the Catalina Classic Cruises representative and give the total number in your group along with the boat manifest.

Everyone should have closed toed shoes on for the 1 1/4 mile hike into camp. If it is raining when you get to the terminal, make sure that everyone takes their rain gear on the boat because they will not be able to get into their bags until they are back at camp. Prescribed inhalers and epi-pens should not be packed in luggage as students will need them on their person during the hike.

The boat crew will give instructions for the loading of your group. LISTEN CAREFULLY! The students will carry their luggage and give it to the deck hands that will place the luggage onto the boat. Please be aware that once the ferry has your luggage on board, you will be unable to get to it until you are back at camp. Please remember to keep your student health forms with you so that you can give them to the Program Coordinator when you arrive at Two Harbors.

For an optimal voyage aboard the ferry, please advise your students of the following:
• No running or rough-housing while on the boat.
• Stay seated whenever possible.
• Pick up any trash and do not to feed the gulls.
• Seasickness medication should be taken at least one hour prior to travel.

Remember: The students should eat their lunches on the boat. Have students keep any personal items they will need during the boat ride or hike on their person (i.e. inhalers, epi-pens, lunches, water, etc.) in their daypacks.

UNLOADING PROCEDURE TIPS:
★ Stay seated until the captain calls your school over the loud speaker.
★ Students should grab any two pieces of luggage (NOT THEIR OWN!).
★ We will meet your group on the dock and lead them to the luggage truck to load the gear.

IMPORTANT: If you think you are going to be late for any reason, please call our mainland office at 909-625-6194 with your anticipated time of arrival in Long Beach. We will do our best to have the ferry hold the boat, however, this cannot be guaranteed. Any group who misses their scheduled boat may be disqualified from the CIMI group fare.
Catalina Classic Cruises
Located next to the Queen Mary at the Catalina Express Terminal

1046 Queens Hwy.
Long Beach Ca 90802

Take the 710 Fwy. South all the way to the end of the fwy.

Stay in the right lane and follow the signs to QUEEN MARY. Go through the Queen Mary parking gates to the Catalina Express terminal INSIDE the Queen Mary gates.
TEACHER AND CHAPERONE INFORMATION
(Please copy for all chaperones)

CIMI programs are educational in focus. Although we strive to make them fun and interactive, this is not done at the expense of the learning environment. Each CIMI instructor has at least a bachelor’s degree and his or her energies are directed toward program activities. They do not fulfill the role of a ‘counselor’ by supervising students during their free time, at meals, or in the tent sites. Participating adults supervise students during these times.

We respect and encourage the adults who choose to participate with their school, group and/or child. Our program would not function at the level it does without their active involvement. We believe there are many rewards, both personal and group-related, which will result from their efforts.

Chaperones should come prepared to participate in all program activities, including snorkeling, hiking and kayaking. This is an expectation of our program. Chaperones will also be in charge of the control, discipline and overall safety of the students both during program time and free time.

CIMI is not logistically in a position to accommodate ‘free agents,’ individuals who would like to do their own thing while at Cherry Cove. Examples include SCUBA diving or going off by oneself to explore other aspects of the program or island. Although adults are here to support the school’s trip, individuals have arrived, on occasion, prepared to entertain themselves. We hope to avoid any disappointment by providing an overview of adult responsibilities and the procedures that will influence your visit to Cherry Cove.

Role of Chaperones

Program: Be an active part of program, including snorkeling and kayaking. This sets the appropriate example for the students and provides support for the instructor. Help to supervise during program. Our instructors’ energy should go into teaching, not disciplining.
*First Aid: If a student has a minor injury or illness, a chaperone escorts the student to CIMI’s first aid room. This room is stocked with medication and supplies. The chaperone must consult the student’s medical form before administering first aid.
*Keep students on-time to programs and meals. This will maximize time in program and ensure warm food for all. Sit at tables with students and supervise meals. This will help reduce noise and facilitate a pleasant dining experience.

Facility: Supervise students during free time and in the tent sites. To curtail rough horseplay, keep students within their boundaries. Students should always be with a chaperone.

Tent Sites: Chaperones will stay in the same tent sites with the students. Schools supervise the tents.
*Help with water conservation by reminding the students they are allowed only one shower per day.
*Damages: Schools are held responsible for any property or building damages done by their students during their stay.
*Quiet hours are 9:00 pm to 7:00 am for all participants. It is the responsibility of the chaperones to help the students respect the Quiet Hours. Our program is energy intensive. Everybody will need and want their sleep.

DAILY SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Rise and shine (stay in cabin area until 7:00am)</td>
</tr>
<tr>
<td>7:30 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Free time</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Morning program session</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Free Time</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Afternoon program</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>7:00/7:30 pm</td>
<td>Evening program</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Quiet Hours (all ages)</td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Lights out</td>
</tr>
</tbody>
</table>
CHAPERONES SUPPORT THE PROGRAM IN THE FOLLOWING WAYS:

• Always wear shoes.
• No hiking, tide pooling or water activities without CIMI supervision.
• Comply with all instructions of the CIMI staff.
• Be courteous to the CIMI staff and encourage students to do the same.
• Keep students out of restricted areas.
• Keep noise to an acceptable level.
• Do not litter, and encourage students to pick up any litter.
• Curb general horseplay. A simple X-ray or stitch is at least a four-hour round-trip.
• Keep the tent sites and restrooms clean. Do not put anything but toilet paper in the toilets. Please instruct the females in your group NOT to dispose of sanitary napkins or tampons in the toilets. Receptacles for that purpose have been provided.
• Motivate all students to be on-time for all program sessions and meals.
• Students may not smoke. Adults please smoke only in designated areas.
• No alcoholic beverages and no illegal drugs.
• Tent quiet hours are 9:00 pm-7:00 am.
• To help you wake up, it is suggested chaperones bring a watch or phone with an alarm.
• No rock throwing.
• No shell or animal collecting. We wish to preserve our marine environment.
• Students may not use the telephone. If there is an emergency, the group leader will be able to call the appropriate people.
• Conserve water. One shower a day.
• There is no internet access available at Cherry Cove. Cell phone service is also very limited.

"FREE TIME"
Recreational "free time" gives the students a break from taking in information and allows them to let out energy stored up during the previous learning session. Because students are not typically used to being engaged in structured activities all day and evening, free time is important. A variety of recreational equipment is available.

CHAPERONE SUPERVISION
Since "free time" is the CIMI instructor’s time off, the school’s chaperones are to be responsible for supervision and general discipline during this time.

*Since the majority of injuries, scrapes, bruises, etc. occur during "free time", adult supervision helps facilitate a safe and continued experience for students.

TENT SITES
Adults will stay in the same tent sites as the students. Quiet hours, from 9:00 pm to 7:00 am, must be enforced. Arrival days are long, and the program is very active. All participants should be allowed the necessary rest in order to enjoy the program. Horseplay in and around the tents should be discouraged. Food and drink will attract insects and animals to the tent sites, so all food must be brought to the dining hall where it will be accessible during free time. A school’s tents are off-limits to groups from other schools. Make sure students know which tent is an adult’s in case a problem arises during the evening.

$$$$$ MONEY MATTERS $$$
During your stay at Cherry Cove there is only one time you will have the opportunity to spend money. The second day of your stay will be "CIMI Store Day," when t-shirts, hats, sweatshirts and water bottles are for sale.
To avoid the aggravating problems of lost money or theft, we suggest that teachers hold the students’ money or that students bring a check in order to ensure security. Checks can be made out to CIMI. Please also write the name of the school on the check and the student’s name.
CAMPING AT CHERRY COVE

Students and adult leaders visiting Cherry Cove will be housed in 2-person, canvas tents placed on wooden platforms. The tents open with flaps on the front and back, and they can be tied closed. Each person will be provided with a cot and mattress inside the tent.

BATHROOM AND SHOWER FACILITIES

A central building with bathroom and shower facilities is located near the tent sites and will be shared amongst all the visiting schools. Students should use their flashlight for evening trips to the restroom. The restrooms need to be kept clean by the students on a daily basis. The toilets will be sanitized daily by maintenance staff.

Student bathrooms have individual stall toilets, sinks, and showers. One side of the bathroom building has facilities for chaperones only; please keep the students out of these facilities. They also have individual stall toilets, sinks, and showers. Facilities are separated by males and females for both students and chaperones, with single-stall facilities available, as well.

WHAT TO BRING

There are many items that students will want to bring to CIMI at Cherry Cove, some necessary and some unnecessary. This is a camping experience and the students should pack appropriately. Remind students that they will have to carry their own bags several times (to the boat, to the luggage truck, to their tents, etc.) and they should leave unnecessary items behind. Everyone's arms will get enough of a workout from the kayaking and snorkeling!

Be sure to mark all clothing before arrival on the island.

<table>
<thead>
<tr>
<th>Essential items:</th>
<th>Not essential but desired:</th>
<th>Not allowed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old shirts and shorts</td>
<td>Extra swim suit</td>
<td>Knives</td>
</tr>
<tr>
<td>Sweatshirt and pants</td>
<td>Hat</td>
<td>Spear guns</td>
</tr>
<tr>
<td>Underwear/socks</td>
<td>Sunglasses</td>
<td>Firecrackers</td>
</tr>
<tr>
<td>Tennis shoes or boots for hiking</td>
<td>Flip flops or water socks</td>
<td>Water guns</td>
</tr>
<tr>
<td>Swim suit</td>
<td>Camera</td>
<td>Water Balloons</td>
</tr>
<tr>
<td>Raincoat or poncho</td>
<td>Pillow</td>
<td>Blow-dryers/straighteners</td>
</tr>
<tr>
<td>Bath towel</td>
<td>Personal mask, snorkel and/or fins</td>
<td>Valuables</td>
</tr>
<tr>
<td>Beach towel</td>
<td>Day-pack</td>
<td>Alcohol or drugs</td>
</tr>
<tr>
<td>Toothbrush and toothpaste</td>
<td>Contact lenses</td>
<td>Gum, candy, etc.</td>
</tr>
<tr>
<td>Toiletries (soap, shampoo, etc...)</td>
<td>(eyeglasses cannot be worn under masks; prescription masks are available for prescriptions of -1.5 to -6.0)</td>
<td>Tablets, handheld video games, MP3 players, etc.</td>
</tr>
<tr>
<td>Warm sleeping bag (<em>bring an extra blanket for trips in cooler months</em>)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flashlight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warm clothing to sleep in</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water bottle (<em>very important</em>)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| *If students have tablets, MP3 players etc. used on the trip over, please collect these and leave them in the program office at Cherry Cove until departure. Student cell phones should be collected as well. CIMI does not assume responsibility for lost/stolen items.*

PACKING- Please pack personal gear in a suitable container. **Tying the sleeping bag to the rest of the luggage will make it harder to load the luggage.** Advise students to keep their pieces separate and well-marked.
INCLEMENT WEATHER
The weather on Catalina Island is usually very nice. However, it is possible to have rain, fog, wind or a combination of these conditions at any time. Programs will occur as planned or will be altered to meet the conditions. **ALL STUDENTS AND CHAPERONES MUST HAVE RAIN GEAR.** Plastic trash bags can function effectively as an inexpensive rain poncho. If there are bad winds, it is possible that your boat transportation will be canceled or delayed until the winds have died down. Be prepared for all types of weather. It is prudent to bring a plastic bag for packing clothing/towels that may still be wet at the end of your trip.

DEPARTURE PROCEDURE
Prior to departure from Cherry Cove, students will sweep out their tents, clear the sand off the mattresses and pick up any debris around the tent site. Instructors will check each tent for cleanliness and damages before dismissing the group. Luggage will be loaded on the luggage truck and the group will assemble for departure to Two Harbors.

Following the walk to Two Harbors, students will wait for the boat and collect their luggage. The kitchen staff will pack sack lunches for your school. Depending on the day of departure, they may be eaten in town prior to departure, or they may be put on the boat to be eaten on your voyage back to Long Beach. The store and restaurants in Two Harbors are OFF-LIMITS to all CIMI participants.

SAFETY INFORMATION

EMERGENCY PROCEDURES
In the event of a fire or other facility emergency, adults are responsible for moving students to an appropriately safe location. This procedure will be covered during the chaperone meeting upon arrival. Students should not tamper with fire fighting equipment.

Fire: If any person spots a fire, report to the main office and explain the situation to CIMI staff who will sound the alarm immediately. Upon hearing the alarm, all guests at Cherry Cove are to report to the beach area. The teachers are to account for all of their students. Individuals who discharge fire extinguishers without just cause will have to pay a $100.00 recharging fee. **DO NOT ATTEMPT TO FIGHT THE FIRE!**

Lost child: The CIMI staff has been instructed as to the proper procedure for a lost child. Baywatch and the Sheriff are available for emergency situations.

MEDICAL PROCEDURES
If an accident of any type occurs, report it immediately to a CIMI staff member. If first aid is required, a qualified individual will administer it. All CIMI program staff are certified in First Aid / CPR and Waterfront Lifeguarding. Baywatch (paramedics) will be contacted for major accidents. Problems requiring a doctor's attention, other than those handled by paramedics, will have to go to Avalon or the mainland for attention.

Student Medication: The school group leader will be responsible for all prescription medication required by their students. Prescriptions can be stored in our first aid room.

STUDENTS WITH COMMUNICABLE ILLNESSES
During the course of a visit, any student or other guest at Cherry Cove that shows symptoms of chicken pox, measles, or any other communicable disease will, following consultation with the paramedics or a doctor, be restricted from program participation and sent home at the earliest opportunity. This policy is in consideration of the affected student's comfort along with the health and well-being of the remaining students and CIMI staff.
MEALS

At Cherry Cove we pride ourselves on the quality of food we put out for our guests. We endeavor to fulfill dietary needs while providing a menu guests enjoy. We eat “family style,” meaning that a tray of food is brought to each table and shared amongst everyone at that table. There will be a salad bar at lunch and dinner. Each person is to bus their own plates, cups, bowls and utensils. Students will rotate through clean-up responsibilities of wiping down tables and sweeping up excess food on the floor. Food-throwing and horseplay are not tolerated. Meal procedures will be outlined for the students before their first meal.

General Guidelines:
• All students are to meet at their designated meeting spot prior to meals for announcements.
• Students should enter the dining hall in an orderly fashion.
• Everyone is responsible for bussing their own dishes and utensils.
• Clean-up crews will wipe down tables and sweep the floors.

As soon as everyone is seated in the dining hall, each table will send one “runner” to pick up a tray of food. The tray will contain food for the entire table. Once everyone has gotten food, there will be opportunity to go back for seconds. Students need to be courteous and take only what they can eat. Because trash space on the island is limited, students will be encouraged to have zero food waste!

SAMPLE MENU

Breakfast may include:
• Breakfast items: Belgian Waffles, French Toast, Hash Browns
  Protein: Sausage Links, Bacon, Fresh Scrambled Eggs
• Breakfast is accompanied by: Orange Juice, Milk, Cereal, Yogurt

Lunch may include:
• Burgers, Chicken Tenders, Grilled Cheese with Tomato Soup, Quesadillas, Macaroni and Cheese, French Fries, Tater Tots, Watermelon
• Salad Bar: Mixed Greens, Chopped Vegetables, Cheese, Croutons, Apple Sauce, Canned Fruit, Salad Dressings

Dinner may include:
• Spaghetti and Meatballs or Meat Sauce with Garlic Bread and Caesar Salad;
  Turkey Dinner with Mashed Potatoes, Gravy, and Green Beans;
  Fried Chicken Drumsticks, Potatoes Au Gratin, and Broccoli;
  BBQ Chicken, Rice Pilaf, and Corn;
  Pizza with Caesar Salad;
  Mexi-Night (Thursday) Chicken Enchiladas or Tacos with Beans and Rice, and Churros
• Salad Bar: (same as lunch)
• Dessert: Chocolate Chip Cookies, Ice Cream Sandwiches, Popsicles, Rice Crispy Treats

Chaperones: We ask that you sit at tables with your students to supervise students and help facilitate meal procedures. We invite you to supplement your meal with options from the adult-only buffet line (chef’s choice). We also have hot chocolate, coffee and a selection tea available for adults only!

Note: This is a sample menu only; food items are subject to change. Vegetarians, vegans and those with other dietary restrictions are accommodated at each meal. Please notify the Cherry Cove office of any special dietary needs!
DAY PROGRAM DESCRIPTIONS

SNORKELING

Each student will have the opportunity to demonstrate basic snorkeling skills, as taught by the CIMI instructors, and to utilize these skills in exploring and discovering the marine environment. Students do not have to be great swimmers as the wetsuit acts as a floatation device. Non-swimmers or poor swimmers may thoroughly enjoy the experience if they have confidence in themselves.

Everyone will be doing at least one snorkeling session while at Cherry Cove. All participants in our snorkeling program will use snorkeling equipment consisting of a full-length three-piece wetsuit, hood, booties, mask, snorkel and fins. The proper use of this equipment ensures greater safety and a more pleasant experience. Likewise, proper care and maintenance of equipment is essential. Both of these topics will be covered thoroughly by CIMI instructors during the first snorkel introduction and students will be reminded during subsequent snorkels.

*** If any of your students have personal equipment that they wish to bring make sure that it is well-marked. Students with impaired vision may wear contact lenses; they have not presented problems when worn under a properly fitted mask. Glasses cannot be worn under a mask. CIMI does provide prescription masks ranging from -1.5 to -6.0.

ORIENTATION SNORKEL (required of all groups regardless of age or ability)
  Pre-snorkel: Discussion of care and use of snorkeling equipment, safety, and the importance of the buddy system will be emphasized.
  Snorkeling skills: The basic skills covered are adjustment of equipment, clearing mask & snorkel, and breathing through a snorkel. This will be followed up by swimming with fins and snorkeling along the surface. Time to explore Cherry Cove!
  Post-snorkel: There will be a wrap-up discussion of the snorkel and review of what was seen.

BASIC SNORKEL
  After the first snorkel, the objective is to look at the various marine habitats of Cherry Cove (sandy bottoms, rocky shorelines, and kelp) and observe the animals in these environments. It usually begins with the instructors describing various fish and animals that are commonly observed. Depending on student’s ability, they may have the option to wear weight belts. The second snorkel is usually a more exciting and rewarding experience. The students are more comfortable and recognize many of the animals that they have been learning about in the labs. This snorkel usually ends with a post-snorkel discussion before cleaning up.

OCEAN KAYAKING

One of the most exciting aspects of the program at Cherry Cove is the chance to go sea kayaking. Students will learn basic safety and paddling while exploring Catalina's scenic coast and beaches. Students do not need to have any previous kayaking experience. The kayaks are easy to paddle and safe to use. Storage compartments in the kayaks make longer excursions possible.

Prior to the first paddle, groups will discuss paddling techniques, safety, entering and beaching techniques, equipment care and handling and clean-up procedures. On completion of the kayak session, students will be able to maneuver and stop the kayak, as well as right and enter an overturned kayak.
MARINE LAB PROGRAM OPTIONS

Students will have the opportunity to experience at least one program session in the labs. Rarely, in the case of very large groups, not all research groups will be assigned to the same labs. The Cherry Cove Program Office will do their best to try to accommodate all of your program needs.

FISH/SHARK - INVERTEBRATE - ALGAE ROTATION

**Fish/Shark lab:** Several aquariums are part of the fish lab experience. The students will be exposed to the fish found commonly around Catalina Island. They will also be introduced to the classification, anatomy, behavior and other adaptive features of fish. This lab compliments the snorkeling experience, wherein the students become more familiar with fish they will be seeing. If your school will not be choosing Discovering Sharks as a night program, it is possible to add on shark lab to your lab rotation. Please address this with the Cherry Cove Program Office.

**Invertebrate lab:** Familiarization with a variety of marine invertebrates is fun and easy when students can get a close-up look, through our touch tank aquaria, of species common to Catalina. This laboratory includes touch tanks with live animals from the phyla Porifera, Echinodermata, Annelida, Mollusca, Cnidaria, and Arthropoda. Students’ participation facilitates the study of classification, species identification, adaptation and natural history by closely examining animals and getting hands wet!

**Algae lab:** As a major habitat and food source for marine animals of Catalina, algae (seaweed) merits special consideration. Students will be introduced to the many uses of algae, characteristics of different divisions of algae, and the principal adaptive differences between algae and terrestrial plants. They will also prepare a pressed sample of common species of algae for use back at school.

TIDEPOOL - PLANKTON ROTATION

**Tidepool:** Students discuss the lunar cycle, currents, tides, and the interaction between land and water that creates this unique habitat. Using direct observation students learn about the abundance and types of algae and animal species in the area. Discussion of the unique characteristics of tidal zones and their inhabitants further demonstrate adaptations, physiology, and ecology of tidepool biota.

**Plankton Lab:** In this laboratory, the students are introduced to the world of plankton. Using "video microscopy", the students will divide into teams and identify their live plankton sample. Each team has its own video microscope and monitor. The CIMI instructor has a central monitor that can show any student’s sample to the entire class. Students will discuss the "food web" and some effects that pollution has on the world’s oceans.

TERRESTRIAL LAB OPTIONS

TERRESTRIAL HIKE

This hike will give the students an opportunity to explore the island and gain an appreciation of the environment. Hiking exposes students to the unique island environment where they will learn about plants, animals and insects that inhabit the island, as well as some geology and the formation of the island. We will also discuss Native Islanders that resided on Catalina and their lifestyles. Reading Island of the Blue Dolphins prior to your trip compliments this program well.

DAY TRIP (FOR FIVE-DAY GROUPS)

Five-day groups will have the chance to kayak and hike to explore an adjacent part of the island. During the day-long excursion, the group will eat a picnic lunch and snorkel or tidepool in the destination area before returning to Cherry Cove.
EVENING PROGRAMS

These programs are especially important to the total CIMI experience, and there are several options. We are very flexible, and if you have a different evening option, let us know. Schools with long travel times on the day of arrival should think carefully about evening program selection. Students can either be overly “wound-up” or very tired in response to the long trip.

- **Astronomy Walk:** Students will walk to a suitable location for stargazing. Instructors focus on various mythologies of the stars, planets, sun or moon to highlight peoples’ personal/cultural relationship with the night sky in addition to the Earth’s physical relationship to the universe. This activity is subject to change, as it requires clear night skies.

- **Squid Dissection:** This activity explores the general biology of the squid. Students start the activity by developing an information base of what is known within the group about squid, then add to this knowledge by engaging in a guided dissection of a squid (one squid per 2 students).

- **Deep Sea:** This evening activity is designed to explore different ways in which living organisms cope with the deep sea environment. Games, activities, videos and demonstrations can highlight marine adaptations to the dark, cold, pressure and reduced biomass. Preserved deep sea specimens are incorporated in this program.

- **Environmental Awareness Activities:** A variety of ‘critical thinking’ games, demonstrations and/or interactions designed to highlight human, individual and cultural impacts on our natural resources. In conclusion, we highlight what positive actions can be taken in our every day lives. Best suited for small groups who have demonstrated group interaction skills.

- **Night Snorkel:** Night snorkeling is an exciting activity. Students will use underwater lights to observe the nocturnal life in our cove. Students must first do a day snorkel in order to be qualified for a night snorkel. Due to the cost of batteries for lights and glow sticks for snorkels, there is an additional cost of $5.00 per person. Numbers may be limited due to demand; we will try to accommodate all of your students. Depending on numbers and availability, another activity may be planned for those students who choose not to participate.

- **Discovering Sharks:** This evening program is designed to dispel the myths and rumors surrounding sharks. Presentations and student-involved activities, including petting the sharks, are used to lead students to a better understanding of these amazing marine creatures.

- **Marine Mammals:** Who can resist the charisma of a marine mammal? An evening of marine mammals is likely to include the characteristics of mammals, differences among marine mammal groups, feeding strategy games, current environmental concerns, and perhaps even a whale singing competition.

- **Campfire:** Recommended for 5-day groups. Your school will determine how you choose to utilize your campfire. Some schools will use it as reflection time or will have their students perform skits or songs. CIMI staff are also able to perform skits, songs, stories and/or wrap-up activities. CIMI staff will set up the fire and remain to put out the fire. Marshmallows are provided for roasting; if you would like s’mores, please bring chocolate and graham crackers.
CIMI CHERRY COVE STORE PRICE LIST
(updated spring 2018)

Store will be open after lunch on the second day of your trip. Students wishing to purchase souvenirs should bring their money to lunch so they are ready when store opens. We have permanent markers available for chaperones to label the tags inside purchased items with students’ initials. All of our items are durable and high quality. Cotton items are preshrunk. We encourage discussion of appropriate sizes before students come to camp! All store items are subject to availability. We can only accept cash or *checks made out to “CIMI.” Please also write the name of the school and student on the check.

HOODED SWEATSHIRTS - $30 (XXL is $32)
T-SHIRTS - $15
(Adult Small - XX Large)

BALL CAPS - $12 (Adjustable)
BEANIES - $12 (One Size Fits All)
NALGENE WATER BOTTLES - $12 (32 oz.)

For group pre-orders, please fill out the included form and contact the Cherry Cove office at (310) 510-0071!

*NOTICE: A fee of $30 will be assessed on all returned checks.
CIMI Pre-Order Form

School Name: ________________________________

Sweatshirt ($30): 
______ Small
______ Medium
______ Large
______ X-Large
______ XX-Large (+$2)

T-Shirt ($15): 
______ Small
______ Medium
______ Large
______ X-Large
______ XX-Large

Beanies ($12): 
______

Also available for purchase at camp but not for pre-order:
  Water Bottles (Nalgene): $12
  Ball Caps: $12

If paying with a check, please make checks out to “CIMI” and write the name of the school on the check. A fee of $30 will be assessed on all returned checks.