



Mendocino Shared Expedition



Trip Dates: September 4-6, 2020

Arrival Time: 4:00 PM-6:00 PM on September 4

Trip Meeting Location: Jug Handle Creek Farm, Caspar, CA

Approximate End Time: 3:00 PM on September 6

Mendocino Shared Expedition

The Mendocino Coast is a one of a kind place to paddle, with dramatic sea caves, abundant wildlife, and sweeping views. During your trip, we'll spend Saturday exploring the Big River, starting at the mouth and paddling upstream (with the help of the ocean current) about three miles. On Sunday we'll embark on an open-water paddle (conditions permitting), to explore the Mendocino Coast and renowned sea caves. During the trip we'll stay in a historic farmhouse at Jug Handle Creek Farm, a nature preserve with great hikes and a short walk from the coast. This is a memorable adventure and perfect for the novice or experienced paddler.

Environmental Traveling Companions

Environmental Traveling Companions (ETC) has been providing outdoor adventure opportunities to people of all abilities and backgrounds since 1972. Beginning on the banks of the Stanislaus River, ETC began using volunteers to take people with disabilities and youth from under-resourced backgrounds on whitewater rafting trips. Decades later the organization has grown to include four main programs: whitewater rafting, sea kayaking, cross country skiing, and youth leadership development courses and is recognized as a pioneer in the industry of accessible outdoor adventure. With this growth, ETC has still maintained a strong community, where most trips are staffed by volunteer guides and participants are fully engaged in all aspect of the adventure. An ETC adventure is a unique opportunity to experience nature, achieve growth through challenge, and develop stronger bonds with fellow adventurers.

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org

Trip Overview

- **Day 1:** Participants are invited to arrive between 4:00PM and 6:00PM. We'll take a walk to the Mendocino Coast and enjoy the beautiful view, then have a communal dinner followed by a trip orientation meeting to go over the plan for the weekend and answer any questions.
- **Day 2:** After a delicious breakfast we'll drive to the mouth of the Big River to begin our first day of paddling! The Guides will first orient the group to kayaking, and then we'll get on the water for an approximately 3-mile paddle. Depending on the tidal conditions and the ability of the group, we'll either have lunch on the riverbank or paddle back to the put-in. After lunch there may be an opportunity to paddle again, or we'll head back for an accessible hike or take some time to explore the town of Mendocino. We'll then share another dinner together and enjoy an evening of group games or relaxation in the cozy farmhouse.
- **Day 3:** After breakfast and packing up our belongings, we'll head to Van Damme State Park for our day of kayaking. At the beach we'll review safety and talk specifically about paddling in sea caves before getting on the water. We'll have a couple hours to meander through the caverns and explore the intricacies of the coast. We'll then head back to the beach we started on for lunch with the possibility for paddling again in the afternoon if time and conditions permit. To close the trip we'll share our "Kodak Moments" and say good-bye after an awesome weekend.

Trip Location

The trip will begin and end at Jug Handle Creek Farm in Caspar, CA (about 5 minutes north of the town of Mendocino). Please see attached driving directions.

Guides

ETC uses volunteer and paid Guides who are highly experienced and trained in sea kayak guiding, first aid/CPR, and working with people of all abilities and backgrounds. All Guides are enthusiastic, caring, and responsible individuals who give generously because they enjoy sharing outdoor adventure and beautiful place with diverse groups.

Special Needs Accommodations

ETC is committed to making outdoor adventure accessible to people with special needs and our Guides are experienced in making adaptations for a wide range of physical and cognitive abilities. In order for us to be prepared, we ask each participant discuss any special needs with the Sea Kayak Program Manager no less than 7 days prior to the trip.

Due to the size limitations of our kayaks, people over 250 lbs. may not comfortably fit in the cockpit and could pose a safety risk should the kayak accidentally capsize. If your group will have someone over 250 lbs. please discuss this with the Sea Kayak Program Manager no later than one week prior to your trip.

Equipment

ETC provides all sea kayak specific equipment, including kayaks, personal floatation devices (PFDs), spray skirts, paddling jackets, paddles, and safety equipment. ETC does not provide personal equipment, and thus there is an enclosed "Equipment List" outlining what each person should bring with them on the day of the trip. Also, we recommend participants bring sleeping bags in case it is cold in the farmhouse. We understand that outdoor equipment is expensive and do not ask individuals purchase special items for their trip (many people already own clothing that is appropriate for sea kayaking). If you have questions about equipment please contact the Sea Kayak Program Manager.

Transportation

Transportation is not included in this trip. Participants are responsible for transporting themselves to and from Mendocino as well as to and from put-in locations on Saturday and Sunday.

Food

Delicious food is included in the cost of the trip, beginning with dinner on Friday evening and ending with lunch on Sunday. Please contact the Sea Kayak Program Manager no less than 7 days prior to the trip with any dietary restrictions or concerns.

Overnight Accommodations

We'll be staying in a historic, 120 year-old farm house at Jug Handle Creek Farm. The first floor is fully accessible, with one bedroom and another sleeping alcove for people with special needs. The second floor has a number of bedrooms, which guides will assign to participants to best accommodate the different parties. If you have any specific special needs or concerns please contact the Sea Kayak Program Manager no less than 7 days prior to the trip.

Trip Forms

Each person participating in the trip is required to complete two forms: a health form and a liability release. Both forms must be signed by the participant or the participant's parent or legal guardian if he or she is under the age of 18. Both forms are enclosed in this packet.



Sea Kayak Program

Essential Eligibility Criteria for Participation in ETC Trips

For All Activities

- Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
- Be able to breathe independently, not require medical devices to sustain breathing
- Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter
- Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance
- If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or staff member
- Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives
- For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
- Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
- Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device
- Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

For Sea Kayaking Trips

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);
- Independently exit a capsized vessel and cooperate with an assisted rescue facilitated by an ETC Guide.
- Be able to comfortably sit in a sea kayak, which has a typical weight capacity of about 250 pounds per person.
- Be able to spend extended time in outdoor environments, where there may be exposure to wind, precipitation, and uninterrupted sun, and the water temperature may be below 55 degrees F.



Sea Kayak Program

Personal Care Attendant Policy

ETC guides are trained in making our adventures adaptive, (including assisting with transfers in and out of kayaks and rafts and getting around camp), but they are not trained personal care attendants. Many participants with disabilities find that they need more support in the less familiar environments of our trips than they do at home.

ETC's overnight trips are usually camping trips, and some only have portable toilets and buckets for washing that are set up each night (i.e., no running water). ETC provides tents and cots for those who need them. You will need to be able to get into your tent and on and off either a cot or the ground on your own. Also, you will also need to be able to do your own toileting, washing, and dressing.

If you think that you will need assistance with any of the following: toileting, eating, taking medicines, dressing, and getting in/out of bed, ETC asks that you bring a personal care attendant with you. ETC does not want the additional cost of bringing an attendant to hinder you from being able to take part in our trips, so we offer scholarships and special pricing for attendants.



Sea Kayak Program Terms and Conditions

We look forward to sharing an ETC adventure with you. Below is a list of Terms and Conditions for your trip booking:

Reservations and Cancellations

- A deposit of 50% of the total trip cost is required 2 weeks after the booking date to secure the reservation. The trip balance is due no later than 30 days prior to the trip date.
- Cancellations made 90 days or more prior to the trip date will receive a full refund.
- Cancellations made 60-89 days prior to the trip will receive a credit for the deposit amount which can be applied to any ETC trip within one year of the original trip date.
- Cancellations made 59 days or less prior to the trip date are not refundable unless special accommodations are made in advance with the ETC Office.
- ETC reserves the right to cancel the trip due to weather conditions, tide/current conditions, water level, or for other unforeseen reasons. If ETC cancels the trip, the trip payment will be refunded in full.

Transportation

- ETC does not provide transportation to or from the program locations. ETC will help to facilitate carpools when possible.

Medical

All participants must complete a Health Form, which must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. ETC works to accommodate people with special needs, though we reserve the right to exclude or remove someone from a trip at any time if doing so is related to the safety of the trip.

Liability

Due to the nature of the activity, a condition of participation is the completion of a Liability Release acknowledging the inherent risks of the trip activities. This form must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. Participants who refuse to sign the liability release will not be allowed to participate.

Payment of your trip deposit indicates that you agree to the above Terms and Conditions.



Mendocino Shared Expedition Equipment List

Paddling Attire:

- Pants or shorts (synthetic material is best)
- T-shirt or long sleeve shirt (synthetic material is best)
- Wool or fleece sweaters
- Shoes that can get wet and will stay on feet (old tennis shoes, sport sandals, wetsuit booties)
- Baseball cap or visor
- Warm hat (synthetic or wool)
- Sunglasses (with retention strap)

On Land/Evening Attire:

- Two pairs of clothing for evenings
- Dry shoes (good for hiking/walking)
- Warm jacket

Other Personal Items:

- Sunscreen
- Lip balm with sun protection (SPF)
- Water bottle with secure lid
- Small towel
- Small flashlight
- Toiletry items
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)
- Sleeping bag (mummy style is preferable)

Optional Accessories:

- Camera
- Binoculars
- Small Games
- Games or cards
- Musical instruments
- Book

Important Notes:

- *Weather can be highly variable and evenings can be cold. Please be prepared for both warm and cold weather.*

Mendocino Shared Expedition

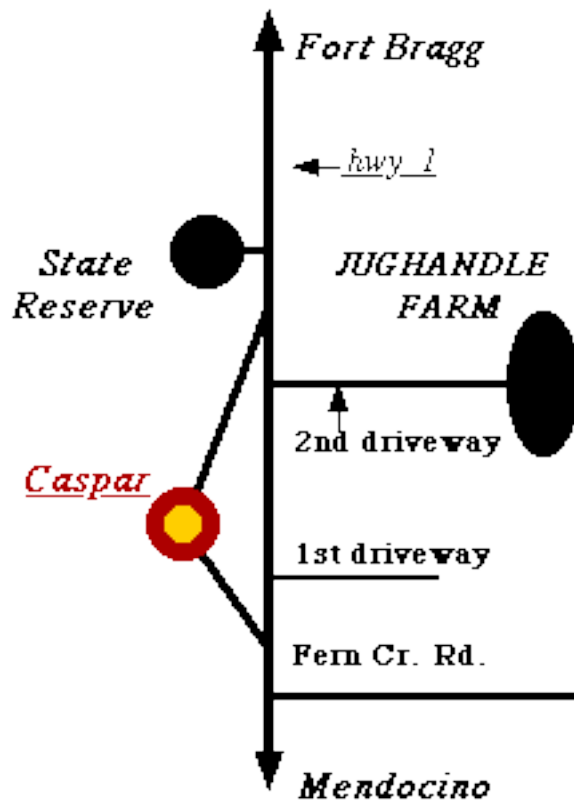
Driving Directions

For GPS Navigation Systems use:

15501 North Highway 1
Caspar, CA. 95420

From the Bay Area

- Drive North from the San Francisco Bay Area on Highway 101 North
- Take exit 552 for CA-128 West toward Fort Bragg/Mendocino
- Turn Left onto CA-128 West/North Redwood Highway
- Follow signs for Mendocino and CA-128W/Fort Bragg/Mendocino
- Drive approximately 55 miles to the town of Caspar (approximately 5 minutes north of the town of Mendocino)
- Turn right into Jug Handle Creek Farm (the second driveway past Fern Creek Road).
- Continue up the hill and park anywhere near the main Farm House.



The drive from the San Francisco Bay Area is about 3½ to 4 hours.

If you have trouble finding the farm, please contact:

- Alyssum Pohl: 859-948-6047
- Jug Handle Creek Farm: 707-964-4630

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org



Sea Kayak Program

Instructions for Health and Liability Forms

Following this page are two forms that must be completed by all participants, including any agency staff. The first is a Health Form and the second is a Liability Release. Please remember the following guidelines when filling out these forms:

- Separate forms are required for each participant. Participants in the same family or household cannot use the same forms.
- Please complete these forms using blue or black ink.
- **It is very important that both forms are filled out completely. Please do not leave any field blank unless the question does not apply to you. Participants will only be allowed to participate if they have forms that are completely filled out.**
- For participants under the age of 18, both forms must be signed by a parent or guardian.
- For this trip, please send (via email, fax, or post) your forms to the ETC office at least **one month** before your trip start date.
- If you have any questions or concerns about a medical condition or your ability to participate on an ETC trip, please do not hesitate to contact the Sea Kayak Program Manager at 415-474-7662 x13 or at kayak@etctrips.org in advance of the trip date.
- Spanish versions and accessible type-friendly PDF versions of these forms are available upon request.

Thank you very much for your assistance!

Agency/Group Name: _____ **Trip Date:** _____

Type of Trip: ☐ Sea Kayaking ☐ Cross-Country Skiing ☐ Whitewater Rafting

Environmental Traveling Companions Health Form

Name (please print) _____

Address _____ City _____ State _____ Zip _____

Contact Phone _____ E-Mail Address _____

Occupation _____ Employer _____

Birth Date _____ Age _____ Sex _____ Height _____ Weight _____

Parent/Guardian _____ Phone _____

Address _____ City _____ State _____ Zip _____

Your Medical Insurance Co. _____ Policy # _____

Emergency Contact Person _____ Relationship _____

Emergency Contact Day Phone _____ Emergency Contact Alternate Phone Number _____

Specific Disability (if any) _____

Medication:

Name of Medication	Dosage	Schedule	Reason for Medication

Dietary Restrictions _____

Please indicate if you currently have or previously had any of the following conditions. For any "YES" responses, please provide specific details on the right side of this section:

1. NO YES Any problems with vision or hearing? Do you require glasses, hearing aid?
2. NO YES Problems with teeth - use of dentures, bridge or braces?
3. NO YES Dizzy spells, fainting, convulsions, persistent headaches?
4. NO YES Asthma or respiratory problems?
5. NO YES Palpitation of the heart, irregular heartbeat, heart murmurs?
6. NO YES Jaundice or hepatitis?
7. NO YES Broken bones, joint dislocations, serious sprains?
8. NO YES Any severe injury to head, chest, or internal organs?
9. NO YES Allergies to any specific drugs, foods, insect bites, bees? Please list: _____
10. NO YES History of diabetes, thyroid trouble, heart disease?
11. NO YES Other significant medical or neurologic disorders?
12. NO YES Do you smoke?
13. NO YES Any special accommodations for toileting?

☐ **By checking this box, I agree that I have reviewed ETC's Essential Eligibility Criteria for Participation and feel that I meet these criteria.**

I hereby acknowledge ETC to administer First Aid and/or emergency medical treatment and/or secure such medical services that may be necessary for myself or any minor on whose behalf I am signing. I realize that any emergency or medication that may become necessary are the sole responsibility of the participant.

By signing this release I agree that I have read it carefully, agree with its terms, and I sign it of my own free will.

Your Signature _____ Date _____

(Signature of participant or parent or guardian if participant is under 18)

Name (please print) _____

☐ Please check here if you do not want your photo used in ETC publications or outreach.

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Environmental Traveling Companions, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ETC"), I hereby agree to release, indemnify, and discharge ETC, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that hiking, camping, backpacking, river rafting, and sea kayaking entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: slipping and falling; falling objects; travel in remote areas; water hazards; accidental drowning; exhaustion; exposure to temperature and weather extremes which could cause cold shock, hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; aggressive and/or poisonous marine life; large waves; whitewater rapids will be encountered and I can be jolted, jarred, bounce, and shaken about during rides through some of these rapids; rafts could turn over or I could be "washed" overboard resulting in having to swim rapids risking collision with rocks and entanglement in trees; accidents or illness can occur in remote places without medical facilities and emergency treatment or other services rendered; consumption of food or drink; equipment failure; improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity.

Furthermore, ETC employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless ETC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of ETC's equipment or facilities, **including any such claims which allege negligent acts or omissions of ETC.**
4. Should ETC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against ETC, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

I hereby release, waive, and relinquish all claims and legal actions for personal injury, wrongful death or property damage against the U.S. Department of the Interior – Bureau of Reclamation ("U.S. Government), State of California, its department of Parks and Recreation ("State") or its permittees arising as a result of my participation in the whitewater river trips and related activities described herein, my use of permittee's equipment, or any activities incidental there to include rescue activities; This release applies even if permittee and/or state and/or U.S. Government are negligent or otherwise at fault. I also agree to protect, hold harmless, defend and indemnify permittee, state and U.S. Government and hold them harmless from all claims and legal actions for personal injury, death, or property damage arising from my conduct; these indemnities apply even if permittee, state and U.S. Government are negligent or otherwise at fault.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against ETC on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name _____ Phone Number _____

Address _____ City _____ State _____ Zip _____

Signature of Participant _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by ETC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless ETC from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org