



Meet Time: 9:30 AM

Trip Meeting Location: Schoonmaker Marina, Sausalito, CA

Approximate End Time: 3:00 PM

San Francisco Bay Day Trip

San Francisco Bay is an incredible place to paddle, with breathtaking views, abundant wildlife, and rich natural history. During your trip you will first learn the basics of kayaking, then experience the Bay first hand by paddling its shoreline and stopping on one of its many beaches. This trip is great for novice to advanced paddlers of varying abilities and backgrounds.

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. ETC 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.

Trip Overview

The trip will begin with an opening circle, giving the Guides an opportunity to meet the group and orient you to the plan for the day. Next, the guides will instruct the group on paddling and safety and accommodate any special needs before getting on the water. Depending on the length of the trip and the group's paddling abilities, we may explore the eccentric Sausalito House Boat Community, paddle to the Richardson Bay Audubon Center, or paddle to the mouth of Richardson Bay while exploring the unique Sausalito shoreline. If time allows, we'll stop on a beach for lunch or head back to Schoonmaker Marina for lunch on the beach where we started. If we do lunch at Schoonmaker Marina, there may be an opportunity to paddle after lunch if conditions allow. Once we are done paddling we'll finishing our trip with a closing circle.

Trip Location

The trip will begin and end at Schoonmaker Point Marina in Sausalito, CA. Please see driving directions enclosed in this packet.

Guides

ETC uses primarily volunteer and some 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 adventures and beautiful places 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 or who cannot fit comfortably into kayak seat areas with the dimensions of 35" long x 18.75" wide could pose a safety risk should the kayak accidentally capsize. If you are concerned about a member of your group comfortably or safely fitting inside our kayaks, 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. We understand that outdoor equipment is expensive and do not ask individuals to 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

Food

To keep trips affordable, we ask individuals bring their own lunch on the day of the trip. Additionally, for sustainability reasons, we ask that people minimize the amount of packaging and waste wherever possible.

Trip Forms

Each person participating in the trip is required to complete two forms: a health form and a liability release. Both forms must also 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

- For trips with a per participant fee of \$250 or less, payment is due in full to secure the reservation.
- For trips with a per participant fee of over \$250, 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 7 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 location.
- Transportation during whitewater rafting trips may be provided. If so, this transportation will not be wheelchair accessible. If you require wheelchair accessible transportation, ETC will help facilitate this using your own vehicle. During reservation process please confirm transportation arrangements.

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. Participants or agency staff will be responsible for the administration of any medications they may take regularly. ETC Guides are never to be responsible for the administration of a prescription medication.

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 fee or deposit indicates that you agree to the above Terms and Conditions.



San Francisco Bay Day Trip 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
- Sunglasses (with retention strap)

Other Personal Items:

- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid

Optional Accessories:

- Camera
- Binoculars

Items Not to Bring:

- Electronics (including cell phones)
- Expensive watches and jewelry

Weather on San Francisco Bay is highly variable. Please be prepared for both warm and cold weather.

San Francisco Bay Sea Kayak Program

Driving Directions

For GPS Navigation Systems use:

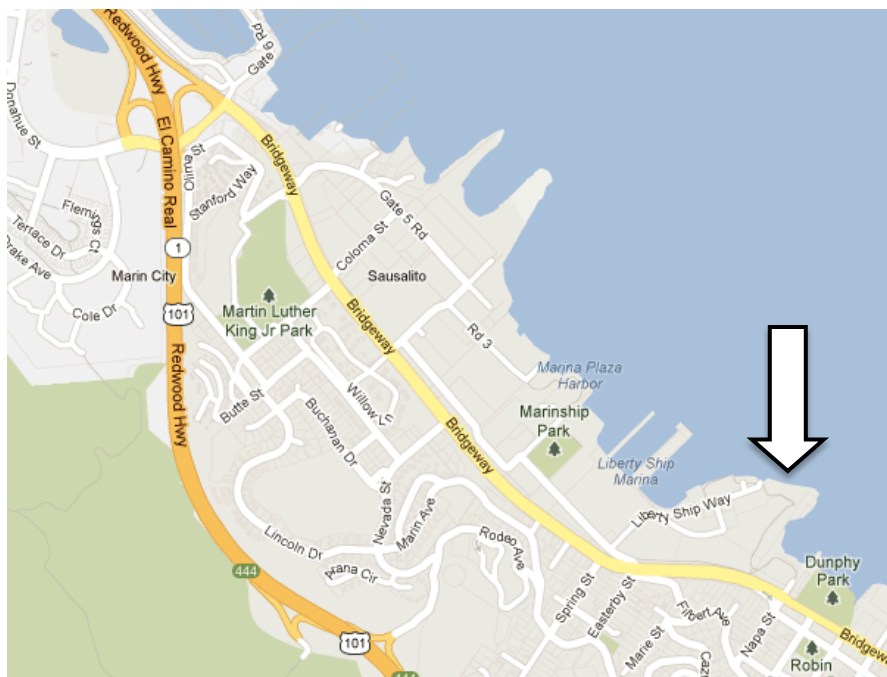
85 Liberty Ship Way
Sausalito, California

From points north, traveling on 101 South:

- Take the Marin City/Sausalito Exit (#445B)
- Turn left at the exit onto Donahue St which will take you under an overpass and turn into North Bridge Street
- Turn right onto Bridgeway
- Drive 1.0 miles and turn left onto Marinship Way, opposite a 7/11 store
- Drive down the ramp and make your first right onto Liberty Ship Way
- You will have to make a slight right to stay on Liberty Ship Way and then stay to the left of the fork.
- You will drive into a large parking lot and proceed straight to the other end where you will see a beach and four palm trees where you will meet your guides. You will be able to unload your equipment here and they will provide you with long-term parking permits.

From points south, traveling on 101 North:

- Take the Rodeo Avenue Exit (#444)
- Continue on Rodeo Avenue until the first stop sign
- At the stop sign you will keep to the right to stay on Rodeo Avenue
- Rodeo Avenue will turn into Woodward Avenue
- Continue straight at the next stop sign and you will bend to the left and the road will turn into Easterby Street
- Go straight at the stop light and onto Marinship Way
- Drive down the ramp and make your first right onto Liberty Ship Way
- You will have to make a slight right to stay on Liberty Ship Way and then stay to the left of the fork.
- You will drive into a large parking lot and proceed straight to the other end where you will see a beach and four palm trees where you will meet your guides. You will be able to unload your equipment here and they will provide you with long-term parking permits.



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