

**ED LAIRD SCOUT CAMP**  
at the



**IRVINE RANCH  
OUTDOOR  
EDUCATION  
CENTER**

# OUTDOOR SCIENCE SCHOOL



**2023**

## PRINCIPAL & TEACHER GUIDE

Owned and operated by  
Orange County Council, Boy Scouts of America



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# WELCOME

Thank you for choosing the Irvine Ranch Outdoor Education Center for your outdoor science school or leadership camp experience!

Our team is committed to providing the best outdoor, educational, and leadership opportunities in Orange County. We are excited to share our top-notch programming with your students!

This guide is intended to better prepare you and your students for their camp experience. In the following pages, you will learn about our programs, menus, health & safety, and other important information. Please read through everything carefully and let us know if you have any questions or concerns.

We look forward to creating lifelong memories with your students!

Regina Engle  
Properties Director



# ABOUT US

## Mission

The Irvine Ranch Outdoor Education Center is owned and operated by the Orange County Council, Boy Scouts of America. The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law. As part of the Boy Scouts, we align ourselves with its mission and strive to serve all youth in Orange County through our quality outdoor educational and recreational programs.

## Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

## Scout Law

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

## Our Qualifications

The Irvine Ranch Outdoor Education Center is an American Camp Association (ACA) Accredited Camp, and on track to being a BSA accredited camp! This means that our camp meets, and in many cases exceeds, industry-accepted and government-recognized standards for camp operations.

ACA's nationally recognized standards program focuses primarily on the health, safety, and risk management aspects of a camp's operation. Teachers and parents can rest assured that your students are well cared for when they are at the IROEC!

# ABOUT US

## Our Team

The Irvine Ranch Outdoor Education Center hires dynamic, positive instructors each school year to teach and guide our outdoor education. We take great care to hire highly motivated staff to guide campers through this incredible learning experience. Their passion for the outdoors and demonstrated professionalism combine to enhance your student's adventure.

All staff are thoroughly vetted and undergo a criminal background check to ensure our campers' well-being and their parents' peace of mind. All staff participate in extensive training spanning 12 days and are passionate about working with youth in the outdoors. Staff are trained as mandated reporters, in harassment prevention, in first aid and CPR/AED and the Boy Scouts of America's Youth Protection training.

A few key staff that your child will meet are:

**Properties Director:** The Properties Director is on site to provide additional support to the team and your group. This person oversees the entirety of the property and works to ensure that your experience is the best possible.

**Program Directors:** The Program Directors oversee all aspects of programming at the IROEC from the academic programs to the recreational activities.

**Health Officer:** The Health Officer is the person who handles medication, sick participants, and special needs. The Health Officer is ready to talk with parents and teachers before the trip to get all the details ready and will be at the IROEC every step of the process. The Health Officer is first aid and CPR trained and has a certificate in Preventative Health Practices.



# PLANNING YOUR STAY

Based on your length of adventure, three or five days, please choose the program that you would like your students to enjoy!

Two months prior to your stay at the Irvine Ranch Outdoor Education center, you will receive a form to select your school's desired immersions and activities.

**This form must be submitted at least thirty days prior to your school's arrival.**

Schools attending for five days should choose to do at least two hikes. Schools attending for three days should choose to do one hike during their stay.

The Irvine Ranch Outdoor Education Center offers a wide variety of educational immersions and fun recreational adventures. We recommend choosing a mix of academic immersions and recreational adventures. Let's build the perfect program for you and your students.

## Our Hikes

### ECOLOGY HIKE

On the Ecology Hike, your students will have a chance to explore patterns of interactions across multiple ecosystems. Students will compare biotic and abiotic factors in a coastal sage scrub and oak woodland ecosystems and discuss how the availability of resources influences plant and animal populations in these ecosystems. They learn to identify native plant species and observe how these plants have adapted to their environment by developing specialized structures that increase their probability of survival. Finally, students will gain a deepened understanding of food webs and the flow of energy through an ecosystem.

NGSS Standards: 4-LS1-2, 4-ESS1-1, 4-ESS2-1, 4-ESS2-2, 5-PS3-1, 5-LS2-1, 5-ESS2-1, 5-ESS3-1, MS-ESS2-4, MS-ESS2-5, MS-LS1-5, MS-LS1-6, MS-LS1-7, MS-LS2-1, MS-LS2-2, MS-LS2-3, MS-LS4-4, MS-LS4-5





# PLANNING YOUR STAY

## GEOLOGY HIKE

The Geology Hike is all about rocks and our rocky planet. This hike takes place on the Road Runner Trail, in the seasonal creek bed that runs along the entrance of our camp. Students will stretch their legs and their knowledge while exploring Earth's surface. The creek bed is a perfect place for students to learn the effects of weathering and erosion and what causes each. They will discover the law of superposition by examining cliff faces and learn how we know what is below the Earth's crust. Students will be amazed at how tectonic plates move and will have the opportunity to become one! After interacting with other tectonic plates, students will discover how fossils are formed. Hats and sunscreen are highly recommended!

NGSS Standards: 4-PS4-1, 4-ESS1-1, 4-ESS2-1, 5-PS1-3, 5-ESS2-1, MS-ESS1-4, MS-ESS2-1, MS-ESS2-2, MS-ESS2-3, MS-ESS2-4, MS-ESS3-1, MS-LS1-1, MS-LS4-1, MS-LS4-2

## Off Property

### OC ZOO WALK

Goes well with: Night Hike and Ecology Hike

Additional \$2 per person

The Orange County Zoo's focus is on animals and plants native to the southwestern United States. Animals on exhibit include black bear, mountain lion, bald eagle, kit fox, ocelot, beaver, great horned owl, porcupine, coyote, turkey vulture and more. The zoo also features a barnyard with domestic goats and sheep. This trip involves walking through Irvine Regional Park to the zoo.

NGSS Standards: 4-LS1-2, 5-ESS3-1, 5-LS2-1, 5-LS2-2, 5-PS3-1, MS-LS4-1, MS-LS4-4, MS-LS4-5



# PLANNING YOUR STAY

## Immersions

### PLANETARY WALK

A unique program that focuses on physics and its role in space and our solar system. Students learn about engineering while creating their own bottle rockets and how their designs affect the vector and trajectory when shooting off their rockets. They will experiment with concepts such as potential and kinetic energy; learn how to tell time by understanding the interactions between the Earth and Sun and infer how we explore our galaxy. Students will walk a to-scale trail of the solar system, learning about the size, spacing, and other fun facts about our planet and solar system.

NGSS Standards: 3-5-ETS1-1, 3-5-ETS1-2, 3-5-ETS1-3, 4-PS3-1, 4-PS3-3, 4-PS3-4, 5-PS1-4, 5-ESS1-2, MS-ESS1-1, MS-ESS1-2, MS-ESS1-3, MS-PS1-2, MS-PS2-2, MS-PS2-5, MS-PS3-2, MS-PS3-4

### WACKY SCIENCE

One of our most popular programs, in which students learn the basics of chemistry and physics through fun, hands-on experiments! Students will learn about chemical and physical reactions and how molecules move and change during them, the ways that non-Newtonian fluids can bend the laws of physics, and how matter can undergo fascinating processes such as sublimation and deposition. Students experience both implosions and explosions and learn about acidic-basic reactions to fully understand the differences between physical and chemical reactions.

NGSS Standards: 4-PS3-2, 4-PS3-4, 5-PS1-1, 5-PS1-3, 5-PS1-4, MS-PS1-1, MS-PS1-2, MS-PS1-4, MS-PS1-5, MS-PS1-6, MS-PS2-2, MS-PS3-3, MS-PS3-4, MS-PS3-5





# PLANNING YOUR STAY

## STEM IMMERSION

Our STEM program is going to bring life to science, technology, engineering, art, and math components. Students will be immersed in various STEM based activities that include sessions that revolve around our earth system, structural integrity, and the human body.

NGSS Standards: 3-5-ETS1-1, 3-5-ETS1-2, 3-5-ETS1-3, 4-PS3-2, 5-PS1-1, 5-PS1-2, MS-ETS1-1, MS-ETS1-2, MS-ETS1-3, MS-PS1-4, MS-PS3-4, MS-PS4-2

## MINE IMMERSION

Combining the basics of geology, mining, and the history of the California Gold Rush, students will learn the rich history of our beautiful golden state. Our camp offers a fully functioning mine-simulation complete with mining helmets, lanterns, shovels, pickaxes, authentic mining sounds, and two digging areas. We also offer sluice boxes where students can learn to pan for gold like real 49ers would. Rock-a-palooza, will excite students as they learn how rocks are made. Students will get to see and touch real samples of different rocks that they would not normally see in their own backyards, including a hollow rock with a special surprise inside! Students will learn the cause and effect of how water can influence how rocks are made, when they crack open their own geodes!

NGSS Standards: 4-ESS1-1, 4-ESS3-1, 4-ESS3-2, 5-ESS3-1, 5-PS1-3, MS-ESS2-1, MS-ESS2-2, MS-ESS2-3, MS-ESS3-1, MS-ESS3-5, MS-PS1-3



# PLANNING YOUR STAY

## SUSTAINABILITY AND STEWARDSHIP

During the sustainability immersion, students will apply scientific principles to design methods for monitoring and minimizing human impact on the environment. We will explore scientific approaches to protecting the Earth's natural resources and discuss the factors that have led to the uneven distribution of the Earth's mineral, energy, and groundwater resources. Students will investigate factors that have caused the rise in global temperatures over the past century and analyze and interpret data on severe weather events related to global climate change. Finally, students will devise sustainable solutions to environmental issues and brainstorm concrete actions that individuals and communities can take to protect the planet.

NGSS Standards: 4-ESS2-1, 4-ESS3-1, 5-ESS3-1, MS-ESS3-1, MS-ESS3-2, MS-ESS3-3, MS-ESS3-4, MS-ESS3-5, MS-ETS1-2, MS-LS2-4, MS-LS2-5

## RANCH IMMERSION

Students will explore the relationship between humans and the environment in a small-scale agricultural setting. Students will identify orchard pests and discover the role that beneficial insects play in helping us maintain a healthy and biologically diverse agroecosystem. We will take a close look at the importance of pollinators and explore the symbiotic relationship between humans and the European honeybee (*Apis mellifera*). We will also investigate the living compost system and discuss the role that decomposers play in the nitrogen cycle. We will discuss the role of photosynthesis in the support of living organisms. Additionally, we will examine the distribution of water resources on Earth and discuss the water cycle.

NGSS Standards: 5-LS1-1, 5-LS2-1, 5-ESS3-1, MS-ESS2-1, MS-ESS2-4





# PLANNING YOUR STAY

## Adventures

### ARCHERY

Students will learn the proper way to take aim and fire a recurve bow with helpful instruction from our staff on the range. Students will also learn about the many safety protocols that they must abide by while on the range. Archery is a great activity for everyone, and is a different kind of team sport which can teach patience, self-control, and discipline.

### TIE DYE

Students will be given shirts with the IROEC logo and will create their own special memory and souvenir by choosing colors to make their own pattern. Tie dye is an activity in which students can express their creativity by folding their shirts in any design they would like. Shirts are washed and dried and returned to students before the end of camp or delivered to their school following camp when necessary.

### POOL

Come and relax pool side and chill underneath our canopies or lay out your towel and lounge in the sun to catch some rays. Complete with two pools and a water slide of five turns and 188 ft., our free swim program gives students the opportunity to take a break from the heat but not from the fun! Feel free to swim, play a game of Marco-polo, or just lay out in the sun. Either way we know you will enjoy a beautiful panoramic view of the chapparal hillsides.

The pool is open March to October.





# PLANNING YOUR STAY

## LOW ROPES CHALLENGE COURSE

Our low ropes challenge course provides our students with engaging and exciting activities geared towards important life skills such as leadership, trust, collaboration, and effective communication. The course is equipped with many elements approximately one to three feet off the ground, ensuring there is an activity perfect for your group. Students will be guided in both the safe use of the low ropes elements and in insightful discussions with our experienced Instructors, striving to promote individual and collective growth for all!

## ZIP LINE

Take a scenic trip over the chaparral on our 325-foot quad zip line! Our trained staff provides the necessary zip line gear, procedures, and encouraging words for all students to find the power from within. Rest assured, each student's choice will be welcomed in a safe and supportive environment!

PLEASE NOTE: to ensure the safety and wellbeing of our students, all riders must meet the 50lb-275lb weight requirement and fit properly into all gear.

## CLIMBING TOWER

Reach new heights and a terrific view on the climbing tower! Multiple levels of difficulty exist on our tower, ensuring a challenge anyone can complete. Under the watchful eye of our trained Instructors, students will be empowered to climb our multi-faced climbing tower using an auto-belay device. The team belay, especially, is a great opportunity for the group to come together as a team and accomplish a goal!

PLEASE NOTE: to ensure the safety and wellbeing of our students, all climbers must meet the 30lb-275lb weight requirement.

## BB GUN

Located next to our Archery Range, students can learn proper safety and handling of BB guns and practice their sharp shooting skills. Staff will instruct each group on the safety features of all equipment and help participants practice correct handling. After the safety talk, students will be able to get rounds in on the targets; maybe even shoot a bullseye!

# PLANNING YOUR STAY

## Evening Programs

### NIGHT HIKE

One of the most unique programs our camp has to offer, this hike allows students to explore nature in the crepuscular hour. No flashlights please! The setting sun and the temperature at this time of day is perfect for hiking and gives the students an opportunity to explore the trails outside of camp. During the hike, as the sun sets and the stars come out, students can test their own night vision with fun activities and games facilitated by their instructor. Students will also learn about local wildlife, circadian rhythms, and nightlife adaptations.

NGSS Standards: 1-LS3-1, 2-LS4-1, K-LS1-1, MS-LS4-1, MS-LS4-2, MS-LS4-4

### NIGHT SWIM

Come swimming under the stars! Swim in our beautiful, large 25-meter lap pool complete with a deep end of 7ft. The deep end is optional and is reserved for students who complete a basic swim competency test. Students will enjoy playing with the available pool toys as they relax after a day of adventure. Complete with underwater lighting, our night swim program gives students the opportunity to have a safe and fun pool experience. The perfect way to finish off an exciting day of learning.

Waterslide is not available for night swim due to safety concerns.

### SQUARE DANCING

Yeehaw, Partner! Kick your heels up and do-si-do in our exciting session of square dancing! Students are taught traditional square dancing manners and moves, popular line dances, and, if time permits, free dance party session to their favorite school-friendly hits. In this unique activity where students strengthen their bonds with each other, there is no doubt that new memories will be created on the dance floor!



# PLANNING YOUR STAY

## CAMPFIRE

The best way to end your Outdoor Science School adventure is by gathering with your school in our amphitheater by the warm glow of our campfire. At the campfire instructors will lead songs, tell stories, and perform skits. Trail groups will also have the chance to get on the stage and show off a skit they've learned. The evening wraps up with a story and yummy, gooey s'mores!



## Final Day

## REFLECTION

On the last day of program, each trail group will get to spend some time with their instructor on a short walk to reflect on their OSS experience. They will get a chance to talk about what they have learned over their time at the Irvine Ranch Outdoor Education Center and how they have grown.



# CAMP SCHEDULE

Our goal is to pack lots of adventure into your stay at the Irvine Ranch Outdoor Education Center. Every school and group that comes to camp has different students with different needs. If you have special program needs or requests, we are more than happy to work with you to make sure the experience is just right for your students.

			7:00-7:45	Rise and Shine	Day 3	7:00-7:45	Rise and Shine
			7:45-8:00	Morning song and competition		7:45-8:00	Morning song and competition
			8:00-8:45	BREAKFAST		8:00-8:45	BREAKFAST
Day 1	10:00-10:30	Arrival and Check-In	9:00-9:45	Academic Activity - Wacky 1-2		8:45-9:00	Reflection Activity
	10:30-11:15	Bunkhouse Orientation	10:00-10:45	Academic Activity - Wacky 3-4		9:00-9:30	Departure/Tsunami
	11:15-11:45	Get to know your Trail Group	11:00-11:45	Adventure Activity - Tie Dye			
	11:45-12:00	Dining Hall Orientation/Song/Competition	11:45-12:00	Afternoon Song and Competition			
	12:00-12:45	LUNCH	12:00-12:45	LUNCH			
	12:45-1:45	Teacher Time	12:45-1:45	Teacher Time			
	2:00-2:45	Adventure Activity - Low Ropes	2:00-2:45	Academic Activity - STEM 1-2			
	3:00-3:45	Academic Activity - Mine 1-2	3:00-3:45	Adventure Activity - Archery			
	4:00-4:45	Academic Activity - Mine 3-4	4:00-4:45	Academic Activity - STEM 3-4			
	4:45-5:15	Bunkhouse Time (Get into warm clothing)	4:45-5:15	Bunkhouse Time (Get into warm clothing)			
	5:15-5:30	Evening Song and Competition	5:15-5:30	Evening Song and Competition			
	5:30-6:15	DINNER	5:30-6:15	DINNER			
	6:30-8:30	Evening Activity - Astronomy Night	6:30-7:45	Evening Activity			
	8:30-9:00	SNACK at Bunkhouse	7:45-8:55	Campfire & S'MORES			
	9:00-9:45	Getting ready for bed	9:00-9:45	Getting ready for bed			
	9:45-10:00	Quiet Time	9:45-10:00	Quiet Time			
	10:00	Lights Out	10:00	Lights Out			
			Day 2				

# CHECK-IN PROCESS

## Teachers

All teachers are to proceed to the main parking lot to park vehicles and gather their belongings. Head over to the Gateway to Adventure where a team member will meet you for check in. Please be prepared to turn over all medications to the Health Officer. After check-in is complete, teachers will gather for a brief orientation followed by optional tours of the property. Then, get settled into your room and take a break before heading to Harrison Lodge for lunch.

## Students

1. Instructors will meet school buses and welcome students at the entrance to the Irvine Ranch Outdoor Education Center.
2. School buses will be guided to their drop-off location, either in the roundabout, parking lot or Kennedy Meadows.
3. Once all students have exited the bus, instructors and students will unload the luggage. Buses will be directed to the parking lot or to the IROEC's exit.
4. Students will proceed to check-in which includes:
  - a. Student Wellness Check
    - i. Students meet with staff to go through a medical recheck. The medical recheck includes the BSA Pre-event Screening and asking about any allergies, medications, and bumps or scrapes they have.
    - ii. Each student will be given a sticker with their trail group number and bunkhouse assignment.
  - b. Lawn Games
    - i. Students will be participating in field games with instructors until they all have completed check-in.
5. After check-in is complete, students will break out into their trail groups for orientation and group expectations.

NOTE: Parent drop-off for schools is done on a limited basis. Please contact us at least one month in advance if this is the case for your school.

# TEACHER HOUSING

Teachers and administrators stay in our Bungalow Building, otherwise known as the Mountain Lion Building. The teachers' housing is a just a short walk from Harrison Lodge and the students' housing.

The Bungalow Building includes six (6) standard hotel-style rooms, each with two (2) full size beds and a private bathroom. The bungalow building also includes two (2) deluxe suites. The suites are 2-bedroom units with a private bath and a small sitting area. Each suite includes a bedroom with a full size bed and a bedroom with two (2) twin size beds. The building is also air conditioned.

Lodging in the Bungalow Building includes access to the Mountain Lion Den, a communal room where all guests will find a living/dining room area complete with a kitchenette, fireplace, television, and WiFi.

**All Overnight Academic trips are guranteed two bungalow rooms to acoomodate up to 4 teachers and administrators.** If the teacher gender ratio does not align with the number of rooms. For example, a school has four teachers coming – 3 females and 1 male. They will be provided a third room.

If a school has specific needs for medical personnel or student aides, please reach out to see if they can be accomodated in the bungalow rooms.

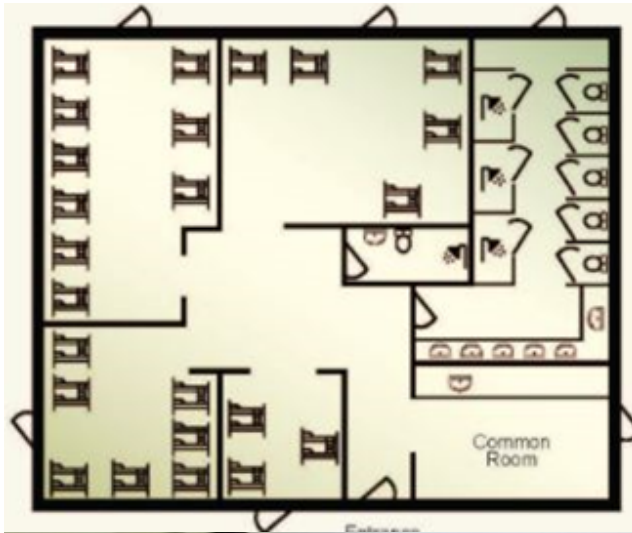
Please note, we reserve the standard Bungalow rooms (two full size beds) at the time of your reservation with any suites added last. Requests for suites will be granted on a case by case basis pending availability.

If a school would like more than two bungalow rooms for their teachers and administrators, requests must be made at least 30 days in advance. The additional room will be charged to the school's invoice and only be given if space available.



# STUDENT HOUSING

Each IROEC bunkhouse is a single-story, 2500sqft, ADA compliant building with four primary sleeping areas and holds a maximum capacity of 48 campers. Boys and girls are assigned separate bunkhouses with assignments to be completed by their teacher. Two chaperones of the same gender are placed in each bunkhouse for overnight supervision. Quiet time is from 10pm until 7am. All bunkhouses are shared facilities which may be shared with other schools.



# DINING AT CAMP

The dining hall, Harrison Lodge, is where we eat our meals and share fellowship with one another. Students are given the dining hall procedures preceding their first meal by the instructors. This includes how to select desired foods and how to clean up.

## Dining Procedures

Before the first meal, the instructors will go over the following dining hall procedures.

- Stay seated at all times, unless approved by an adult/instructor.
- Wash/sanitize hands before getting food.
- Take a tray and silverware.
- Select from the salad bar.
- Choose a hot plate.
  - \*Vegetarian meals are available, arrangements to be made 2 weeks prior to your stay.
- Utilize the condiment area.
- Take tray back to trail group table.
- Listen for further instructions for seconds and clean up.



# DINING AT CAMP

## Camp Menu

There's nothing more comforting than home-style food eaten with friends. We recognize the important role that food plays in developing the ultimate camp experience, and we know that your students will love every bite! There is always a wide variety of food options at every meal, including an extensive salad bar. Below is a one-week sample menu to help you prepare for your stay with us.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Pancakes Sausage Links Cube Potatoes  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	Scrambled Eggs Bacon Tater Tots  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	Waffle Sausage Patty Cube Potatoes  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	French Toast Sausage Links Tater Tots  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	Scrambled Eggs Sausage Patty Biscuit  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	Waffle Bacon Cube Potatoes  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option	French Toast Sausage Patty Tater Tots  Yogurt Oatmeal Cereal & Fruit O. J / Milk  Meatless Option
L U N C H	Pulled Pork Sandwich Coleslaw Chips  Salad Bar Water  Veggie Burger	Pepperoni Pizza Fruit  Salad Bar Water  Cheese Pizza	Sloppy Joes Coleslaw Chips  Salad Bar Water  Veggie Burger	Baked Mac & Cheese Chicken Tenders Fruit  Salad Bar Water  Baked Mac & Cheese	Italian Style Breaded Chicken Breast Sandwich French Fries Fruit  Salad Water  Veggie Chicken Burger	Beef Burrito Rice, Beans & Potato  Salad Bar Water  Burrito w/ Rice & Beans	Cheeseburger French Fries Fruit  Salad Bar Water  Veggie Burger
D I N N E R	Chicken Penne Pasta w/ Alfredo Sauce Garlic Bread Seasonal Vegetables  Soup Salad Bar Lemonade Dessert  Penn Pasta w/ Alfredo Sauce	Pasta Bolognese Garlic Bread Seasonal Vegetables  Soup Salad Bar Lemonade Dessert Snack  Meatless Marinara Sauce	Hardshell Beef Tacos Mexican Rice  Soup Salad Bar Lemonade Churro Snack  Meatless Tacos	Spaghetti & Meat Sauce Garlic Bread Seasonal Vegetables  Soup Salad Bar Lemonade Dessert Snack  Meatless Marinara Sauce	Teriyaki Chicken Rice Broccoli  Soup Salad Bar Lemonade Dessert Snack  Teriyaki Stir-Fry Veggies	Tri-Tip Roasted Potatoes Seasonal Vegetables  Soup Salad Bar Lemonade Dessert Snack  Veggie Beef Strips	Roasted Chicken Quarter Leg Mashed Potatoes Seasonal Vegetables  Soup Salad Bar Lemonade Dessert  Veggie Chicken Patty

Menu is subject to change.

Vegetarian options are available and listed at the bottom of each meal on the menu above. Please note, arrangements for vegetarian meals must be made two weeks prior to your stay.



# DINING AT CAMP

## Dietary Restrictions

We understand the challenges facing the community of people who struggle with food allergies or have to manage food sensitivities. During your stay you may be exposed to allergens including those from food. We strive to reduce the risk of these allergens in a variety of ways. Our kitchen is “peanut-aware,” meaning that none of the foods we serve contain peanuts or peanut products, and our food service staff will not bring nut or peanut products into the kitchen. However, the food ingredients we use may have been manufactured on shared equipment processing milk, wheat, egg, soy, peanuts, tree nuts, and other allergens.

Due to the handcrafted nature of our food, and our use of shared cooking and preparation areas, we cannot ensure that our food is free from any allergens. We prepare our foods following procedures to prevent allergen cross-contamination, but products containing wheat, egg, soy, and dairy are all made in our kitchen. The range of tolerance or reactions to the presence of food allergens varies greatly from person to person. Decisions on the number of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your physician.

We are not a gluten-free kitchen. Our facility is unable to provide vegan, kosher, halal, or other meals adhering to religious guidelines, and we do not “carb-count.” We provide vegetarian options for all meals (please make your request while booking). We do not serve seafood.

# DINING AT CAMP

## Sending Food to Camp

If you wish to provide your own meals during your stay at camp, we will work towards ensuring the highest level of safety and convenience regarding your meals. When providing your own meals at the IROEC, our food service staff will be happy to heat it for you.

Please follow the following procedure:

Write up a daily meal menu with reheating instructions so that our food service staff can ensure you receive the meals you want on specific days.

Please label ALL food containers with your first and last name, the name of the group you are with and which meal it should be served at (Ex. "John Smith, Catholic Diocese Retreat, Tuesday Dinner"). Please place your name on ALL bags/utensils/menus to ensure that your food is properly administered.

As stated above, our kitchen does not provide foods with peanuts. However, you may be exposed to other food allergens, and our utensils and dinnerware may have been exposed to allergens. If you wish to provide your own disposable utensils, plates, trays, or cups, please feel free to do so.

These meals are stored in a designated refrigerator in the kitchen. The refrigerator is cleaned and sanitized prior to your arrival, and it ONLY contains dietary restricted meals.

Meals will be prepared by the food service staff before mealtimes so that you will be able to enter the buffet line and ask for your meal with ease. Due to Orange County Health Department regulations, the IROEC food service department cannot cook any outside food brought into camp. They can only reheat it.

Please share all guest dietary restrictions with the IROEC at least two weeks before your stay.

# TEACHER EXPECTATIONS

## Prior to Arrival

### SCHOOL PRESENTATION

We want to make sure that you and your students are prepared for a fun and safe experience at camp. One way our staff likes to help with this is to come, in-person or virtually, to your school and do a Pre-Camp Presentation. This presentation is an opportunity for parents/guardians to meet some of our staff and learn all they need to know about their student's camp experience. Email our program director - Tori - at [torih@ocbsa.org](mailto:torih@ocbsa.org) to schedule your school presentation.

### PARENT COMMUNICATION

As camp is approaching, communicate with parents the packing list and their need to fill out the students health information. If parents have specific questions, please answer them and/or reach out to [torih@ocbsa.org](mailto:torih@ocbsa.org) to get them answered.

### TRAIL GROUP ASSIGNMENTS

During the day, student groups are led by trail group leaders (16:1) who will help them experience nature and science first hand. Please fill out the Trail Group and Bunkhouse Assignment form at least two weeks in advance before your arrival to ensure we have proper ratios. Trail groups, at times, will be paired. This means Trail Group 1 and 2 will sometimes be at the same activity. Please keep this in mind when assigning your students. The number of trail group leaders will be assigned according to the number of participants confirmed on the contract.

### BUNKHOUSE ASSIGNMENTS

On the same form as the trail group assignments, please assign the students to their rooms. Each bunkhouse is separated by gender and can accommodate 48 students. Please note that schools may share bunkhouses.

The Trail Group and Bunkhouse Assignment Form is due at least two weeks in advance of your arrival.



# TEACHER EXPECTATIONS

## At Camp

At the Irvine Ranch Outdoor Education Center, we rely on teachers to assist with three main things; supervision during meal times in the dining hall, taking responsibility for any of your students who cannot participate in our program (due to medical or discipline issues, etc.), and Teacher Time.

At least one adult attending camp must be a certified teacher employed by the school in attendance. Visitors are not allowed unless they are approved by the school's district. There must be at least one school staff member readily available at all times in the case of an emergency.

### DRESS CODE

The IROEC dress code policy is designed to help us all provide a consistent safe and professional appearance to our participants and staff. The goal is to be sure that we maintain a positive appearance.

Clothing with offensive or inappropriate designs or stamps is not allowed. Clothing should be appropriate for school as well as an active outdoor program.

Closed toes shoes are required.

### MEDICATIONS

Upon arrival at camp, teachers and/or school administration must meet with the IROEC Health Officer to handover any student medications. Medications include all prescription medications and over the counter medications sent by parents. It is extremely important that all medications are handed off to the Health Officer and do not remain with the students so that no medications are mismanaged.

For medications, they must be in their original container (bottle or package) with the student's name and the prescription label. Medications out of the containers and loose in bags will not be excepted.

If a teacher becomes aware of any students that have medications on their person or in their bags, teachers should take the medication and turn it into the Health Officer.

# TEACHER EXPECTATIONS

## TEACHER TIME

Teacher Time is after lunch and lasts one hour.

This is a time to reflect with your students on their experiences and the activities they have completed.

Teacher Time activities include the following:

- Field games in designated recreation areas
- Table-top games
- Teacher-led hike through the camp or Irvine Regional Park

Requests for recreation items and areas can be made during your orientation. School representatives will have an opportunity to meet with camp instructors at the beginning of Teacher Time on the first day.

## COMMUNICATION BINDER

Located in Harrison Lodge is the Communication Binder. This binder is updated daily with information regarding the participants. This includes, and is not limited to, behavior, medical, early/late arrival/departure, and number of participants on property. The binder is there to also help the flow of communication between the instructor, leadership, and school representatives.

## ONSITE SUPPORT

All teachers from your school must attend every meal while your school is on property. This involvement helps in multiple ways

- Provides recognizable faces for the students
- Combats homesickness
- Models active leadership
- Provides mediator for potential schedule adjustments or modification

As well as being present at meals, teachers are expected to check-in with their students and support the IROEC instructors. This support includes providing strategies for students that need extra help and being a part of behavior agreements (if needed). Depending on a student's temperament, a teacher may be called to assist with a behavior or homesickness.



# STUDENT EXPECTATIONS

We expect students to be on their best behavior while visiting our camp. For our discipline system to work effectively, we need the cooperation of both the guardians and teachers. A Code of Conduct, signed by the student and their guardian, is required for every student attending camp. Students who misbehave repeatedly will face expulsion.

Our discipline policy has three strikes:

## **STRIKE ONE**

The student is informed of their poor choice and a discussion is held on how they can improve their behavior.

## **STRIKE TWO**

Teachers are contacted and their feedback is solicited. A behavior agreement is established which clearly states the behavior the student must exhibit to remain a part of the program. The parents are contacted at this point and made aware of the agreement and the consequences for any further negative actions.

## **STRIKE THREE**

A student who breaks their agreement will be responsible for the consequences. Any student who receives a third strike will either be sent home or placed exclusively in the custody of the visiting school's teachers.

Any infraction which puts a student or staff member's safety in jeopardy will result in the student's immediate expulsion.

No refund or credit will be granted to an expelled student.



# STUDENT PACKING LIST

Please make sure your student's name and the name of their school are easily visible on all pieces of luggage. Students must carry their own bags, so pack accordingly!

## What to Bring

- **Bedroll:**
  - One pillow and one sleeping bag rolled up and placed in a garbage bag for weather protection. Sheets and a warm blanket are also acceptable.
- **Suitcase/Duffel Bag/Backpack:**
  - We recommend placing your items inside a large Ziploc or garbage bag within your duffel in case of rain.
- **Clothing:**
  - Lightweight, closed toe shoes OR hiking shoes
  - Long pants (strongly recommended for hikes and harnessed activities)
  - Shorts with an inseam of 5" or longer
  - Underwear - include extras
  - Socks - include extras
  - Pajamas
  - T-shirt - should cover shoulders and abdomen
  - Long sleeve t-shirt (at least one)
  - Jacket (weather appropriate)
  - Raincoat or Poncho (if the forecast calls for rain)
- **Personal Items**
  - Chapstick and Sunscreen
  - Hat
  - Sunglasses
  - Shower Sandals
  - Towel and Washcloth
  - Soap and Shampoo
  - Brush/Comb
  - Toothbrush and Toothpaste
  - Books/Journal
  - 2 Pencils
  - Camera (Optional)
- **Aquatics (if chosen by school)**
  - Bathing Suit
  - Beach Towel
  - Flip Flops or Sandals
  - Goggles (Optional)

# STUDENT PACKING LIST

## What NOT to Bring

If an item is not permitted at your school, it is not permitted at the Irvine Ranch Outdoor Education Center. The following items are not allowed to be brought on site.

- Food Items
  - Snacks
  - Drinks
  - Candy
  - Gum
- Cell Phones
- Other personal electronic equipment
- Personal sports equipment
- Alcohol

If your student is found with any of the following items, the student will be expelled from our program.

- Alcohol
- Drugs
- Matches
- Lighters
- Pocket knives
- Weapons
- Pets or other animals

# WHY CAMP?

Maybe you have students or parents that are nervous about camp, and that is okay. It can be scary to send your student away from home or to go away from home for the first time.

Here are some great links about the benefits of camp that you can share with your students and their families:

"The Importance of Camp"

<https://www.umcyoungpeople.org/lead/the-importance-of-camp>

"Benefits of Camp"

<https://www.acacamps.org/parents-families/benefits-camp#:~:text=Camp%20provides%20children%20with%20a,%2Drespect%20%E2%80%94%20build%20personal%20competencies.>

"Top Five Reasons Kids Should Go To Camp"

<https://www.sandiegofamily.com/resources/summer-camps-and-programs/the-top-five-reasons-kids-should-go-to-camp>

