



# EXPLORERS

**A Curriculum-Based Day Sailing Program  
Aboard the Historic Scow Schooner *Alma***

***San Francisco Maritime  
National Park Association  
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August 1, 2011

Dear Teachers,

Welcome to the amazing Explorers Program and thanks for choosing to attend! This program is made possible through the partnership of the San Francisco Maritime National Historical Park and its supporting non-profit, the San Francisco Maritime National Park Association.

This manual contains everything you'll need to prepare your class for your field trip. We have updated and streamlined these materials this year and we hope it is better than ever. If you have any other questions please feel free to contact us directly.

Thanks!

I ngpp"J qy g  
Education Director

Crkēg"Y cwu  
Education Coordinator

## **Contact Information**

The San Francisco Maritime National Historical Park is a unit of the United States Department of the Interior, National Park Service. The Explorers program is offered through the San Francisco Maritime National Park Association, the cooperating nonprofit partner to the Park.

### **Contact Information:**

Age of Sail Program Office  
PO Box 470310  
San Francisco, CA 94147  
(415) 292-6664

I ngpp"J qy g  
Education Director  
Cell (415) 215-6291  
i j qy g@maritime.org

Cnleg"Y cwu  
Education Coordinator  
(415) 783/8884  
ulmctkk geqqtflpcvtB i o clneqo

### **EMERGENCY CONTACT NUMBERS**

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

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**Pier Security:** 24 hour Dispatch (415) 859-6792

**US Park Police Dispatch:** (415) 561-5505

## **An Introduction to the Explorers Program**

This program is designed to give the students a direct, hands on experience of the history of early modern California. Maritime transportation is the unifying theme connecting the topics of European exploration, (and the influence of Asian science and technology on that movement), immigration, trade, settlement and economic activity. Ohlone and Miwok reed canoes, Spanish caravels, immigrant fishing junks and feluccas, scow schooners, clipper ships, and giant container vessels are all part of our story. The history of U.S. and Californian settlement and trade is the story of ships and the sea.

The Explorers Program is located aboard the Alma while sailing on San Francisco Bay. Alma is the last functioning example of a working Scow Schooner. These ships once crowded the waters of the Bay and Delta, ferrying hay, bricks, coal, and lumber to the towns and villages along Northern California's waterways. Since 1891 generations of Californians have worked on the Alma and your students will become part of that living tradition. Alma has been modified to comply with the Coast Guard safety standards for passenger carrying vessels and is inspected annually by the Coast Guard. Alma is operated by a professionally-licensed National Park Service Captain and crew. In addition there are three specially trained Age of Sail Educators to teach the program, and work directly with your class.

While on the Explorers Program, your students will work together on the boat as they hoist and trim the Alma's sails and rotate through learning stations while Alma sails the bay. These stations are called: Trick at the Helm and Watch, Tools of Navigation: Charts, Compass, GPS and Dead Reckoning and the Maritime History of San Francisco Bay.

The curriculum has been based on the State Content Standards, and is focused on math, science, and geography as well as history and social sciences. While any introduction to the Maritime History of San Francisco Bay is helpful please be assured that we will make certain that the students will have a fun and educational voyage, at whatever the level of preparation you were able to provide.

***Please explain to the students that the safety rules on board ship are taken extremely seriously. They need to exhibit self-control at all times or they will not be allowed to participate. The specific rules of conduct will be explained by the Captain and Explorers staff when they arrive.***

## Preparing For Your Voyage :

\*\*You may bring no more than 43 total people. Within this number a maximum of 8 total adults is all we can accommodate.

### Crews:

Please have your class divided into four groups or “crews..” Each crew will need a designated leader or “mate”. The mate is responsible for conveying orders from the Captain and the officers and making sure they are carried out.

### Chaperones

Once you have been greeted by our staff you will be pulled aside and given a brief orientation. Once aboard parents and teachers will simply sit back and enjoy the sail. Parents are encouraged to observe the students, but not to communicate with them, except for safety issues, during the voyage. This is to allow them the space to think and learn independently. The instructors will handle problems and discipline issues as they arise. In the unlikely event of an emergency the Tall Sailors must assist in supervising the students. Aides for students with special needs are of course welcome on board to assist the students who need them, please contact the ED to discuss. **Please note we will be collecting all chaperones’ electronics and backpacks prior to boarding the ship.** The ship is equipped with a radio and cell phone in the event of an emergency. Your electronics are a distraction and are not allowed aboard. There is no bathroom aboard.

### Photography

For safety and convenience, **one** adult may take pictures. The historian is in charge of all cameras and related equipment, and will record the voyage for everyone. Please note that only one historian may be allowed on board. The teacher may act as historian if need be.

## **Things to Bring**

**\*\*\*Medical Forms and Participation Agreements** Every participant including the Teacher and Historian must have a signed and completed medical form and participation agreement. Copies of these forms can be found at the back of this manual.

**\*\*\*Warm Clothing** : Inadequately clothed students simply cannot enjoy, or learn from, the experience. A good rule of thumb to observe is that the hotter the temperature is inland, the colder and windier it is in San Francisco. Please ensure the students are dressed in long pants, (no shorts or skirts, please), with plenty of layers available. A T-Shirt, sweater and windbreaker-type or light jacket are the ideal combination. Age of Sail will supply the waterproof outer laers for students.

**Footwear** Footwear must cover the foot and be comfortable. Sandals, flip-flops, heels of any kind are **not** allowed, for both safety and comfort. Sneakers with socks are recommended.

**Sun Protection:** Sunscreen for skin and lips is a must, since the UV glare from the water is greater than that on land. Hats and sunglasses may be worn, but to prevent them from being blown overboard they should be secured by a piece of string or a hat clip.

**Lunch** :Every student participant should bring a lunch with a beverage to be consumed on shore, before or after the sail. Lunch should be easily digested and free of oily, fatty or spicy foods, (such as potato or flavored tortilla chips; these tend to increase motion sickness). No food may be eaten on board. Please avoid carbonated sodas and sweetened juices; water is the preferred lunch drink. Water should be in closable, labeled containers.

**We recommend avoiding motion-sickness medications.** They can be dehydrating and in some types, cause drowsiness. The Alma is very stable, and the ship does not operate in ocean swells. The students will not be below decks (the usual cause of seasickness). A natural remedy used by many sailors is a capsule or two of powdered ginger, taken with a glass of water.

## The Trip Checklist

### **Upon receiving your contract:**

- \_\_\_\_\_ Contact all participating adults. You will need 1 adult for each of your four groups plus an optional Historian (photographer) and the teacher – a total of 6 adults max. Make sure the adults know that once they enter Hyde Street Pier, they are there for **SAFETY ONLY and will not be placed in the same group as their own child**. You should also begin to discuss transportation needs.
  
- \_\_\_\_\_ If you have students with special needs that may require particular consideration, please contact the Education Director at (415) 215-6291 to discuss an appropriate plan of action. Our aim is for every student to have a positive, worthwhile experience and knowing about special situations in advance helps us immensely.
  
- \_\_\_\_\_ Review your funding needs. Funds may be available through parents, the PTA, student fundraising efforts, community service organizations, business or corporate grants or the Maritime Park Association's Financial Aid Fund. A scholarship application can be found on the last page of your contract.

### **One month prior to your trip:**

- \_\_\_\_\_ Send the required paperwork home with the students.
  
- \_\_\_\_\_ Implement pre-trip lesson plans (optional).

### **Two weeks prior to your trip:**

- \_\_\_\_\_ Collect the two medical forms and liability release forms. (at the end of this manual)

### **One week prior to your trip:**

- \_\_\_\_\_ Divide students into 4 groups of approximately equal size and select (or have students select) a group leader (Mate) for each.
  
- \_\_\_\_\_ Review with your students:
  - appropriate clothing (long pants, closed shoes and a jacket)
  - behavioral expectations onboard the ship and on the pier
  
- \_\_\_\_\_ Email Education Coordinator Mariah Gardner at [mgardner@maritime.org](mailto:mgardner@maritime.org) with a final count of students and adults attending.
  
- \_\_\_\_\_ Finalize travel plans:

\_\_\_\_\_ Finalize travel plans:

- set departure time from school to reflect your location, time to navigate San Francisco city traffic, and time to park upon arrival. **You should plan to arrive NO LATER than 9:45 A.M.**
- the program ends at 1:45 P.M. so you can leave the city ahead of the afternoon commute. Calculate your arrival time back at school accordingly.

## **24 Hours to Go:**

\_\_\_\_\_ If inclement weather is expected, make sure that students have proper rain gear.

## **On the day of:**

\_\_\_\_\_ Be sure all participants have their own lunch. Buying lunch IS NOT an option for students OR adults. **Tall Sailors' lunches should not be packed with those of their children.**

## **When you arrive:**

\_\_\_\_\_ Drop off students and non-driving Tall Sailors at the cul-de-sac at the end of Jefferson Street. Send drivers to park the vehicles.

\_\_\_\_\_ Adults needing to park vehicles should rejoin the group as quickly as possible. Parking is available at the Ghirardelli Garage at Beach and Larkin (see Parking and Check-in). **There is a vehicle height restriction** in this garage of 6'2". Oversized vans and large SUV's may not fit in this garage. Other parking arrangements can be made by contacting the Education Director at least a week in advance. The Maritime Park Association will not accept any responsibility for vandalism, parking tickets or towing charges. **No cars are allowed to drive on to Hyde Street Pier at any time.**

\_\_\_\_\_ **The teacher must Check-In at the Age of Sail office in the Sea Fox (the small red and white tug boat pilot house on the right side of the Pier just beyond the Tubbs Building). Students and Tall Sailors should line up in their 4 crew lines by the railing opposite the Sea Fox. Please make sure that your group does not block the Pier from other visitors. The teacher should bring the following:**

- Emergency medical forms for children AND ADULTS.
- Liability Release forms.
- Payment in the form of a single check.

**Questions? Concerns? Call us in the *Sea Fox* at (415) 292-6664. We're glad to help!**



## Arrival Timing Instructions

Following the instructions below will ensure a smooth and efficient start to your program. The cooperation of all adults is requested, in order to prevent unnecessary delays. **Please note:** We cannot make up time lost due to arrival delays, and therefore in the event of a delay some activities may have to be deleted from the program.

AM Explorers: we ask you to arrive “ready to go” on the pier at 830 am. This is the start time. You will be back on the pier by 12.

PM Explorers: we ask you to arrive “ready to go” on the pier at 1230pm. This is the start time. You will be back on the pier by 4pm.

Please allow enough time to park, unload students and re-group as a class before entering the pier. **Please do not come onto the pier any earlier than 15 minutes before the program start time.**

\*\*If it is raining while you are still in transit please call our office at (415) 292-6664 or the Education Director’s cell at (415) 215-6291. It is very important to keep the lads and their gear dry prior to the start of the program.

## **Parking Instructions**

The entrance to the parking garage is on Beach St, just past Larkin St, below the entrance to Ghirardelli Square.

**\*\*\*Hourly rate applies**

**\*\*\*Do not leave valuables in your car, we can keep them safe in our office for the duration of the program.**

The garage can only accommodate vehicles up to 6'5. Arrangements for vehicles taller than 6'5 can be made by contacting us in advance. We will provide you with a parking permit for an outdoor lot either through the mail or when you arrive.

The numbers you need:

Age of Sail Office: 415-292-6664

Glenn Howe (Education Director): cell 415-215-6291

**Please do not delay in parking your vehicle, as all adults need to be available for the program orientation.**

## Driving Directions

### **From the Bay Bridge**

Cross the Bridge. Take the **FREMONT STREET** exit. Stay to the right lane and follow the sign to **FOLSOM STREET**. Turn left onto **FOLSOM**. Take **FOLSOM** to **EMBARCADERO**, and turn left. **EMBARCADERO** becomes **JEFFERSON** at Pier 39. Follow **JEFFERSON**, cross **HYDE** and look for temporary parking to unload. **Do not park** in the three spots marked Government Vehicles Only (you will be cited). After unloading you can proceed to park at Ghirardelli Square.

### **From the South Bay**

Follow **101** towards the Bay Bridge. Take the last San Francisco exit: **FOURTH ST. / BRYANT ST.** Follow **BRYANT** towards the water. Turn left on **EMBARCADERO**. **EMBARCADERO** becomes **JEFFERSON** at Pier 39. Follow **JEFFERSON**, cross **HYDE** and look for temporary parking to unload. **Do not park** in the three spots marked Government Vehicles Only (you will be cited). After unloading you can proceed to park at Ghirardelli Square.

An alternate route is to take **280 N** until it ends and feeds into **KING STREET**. **KING** becomes **EMBARCADERO**. **EMBARCADERO** becomes **JEFFERSON** at Pier 39. Follow **JEFFERSON**, cross **HYDE** and look for temporary parking to unload. **Do not park** in the three spots marked Government Vehicles Only

### **From the Golden Gate Bridge**

Follow the signs for the **MARINA**. Continue down **MARINA BLVD**. Make a left at **BAY ST**. Drive 9 blocks to **COLUMBUS ST**. Make a left on **COLUMBUS** and an immediate right on **LEAVENWORTH** (to the right of the small park). Drive 2 blocks to **JEFFERSON ST**. Make a left. Cross **HYDE** and look for temporary parking to unload. **Do not park** in the three spots marked Government Vehicles Only (you will be cited). After unloading you can proceed to park at Ghirardelli Square

## Bus Drop Off

Buses can turn left onto the corner of Hyde and Jefferson Street where there is a designated bus unloading zone, on the west (right) side of the street. This allows the students to step off on to Victorian Park without crossing the street.

Unload students and any gear by the park benches on the left side of Jefferson, directly opposite the Dolphin and South End Rowing Clubs. **Please do not block parking spaces or bicycle/pedestrian walkways.** The park benches are the best and most convenient assembly point and students can stretch their legs on the grass.



SAN FRANCISCO MARITIME NATIONAL PARK  
ASSOCIATION

**Student Medical Information: REQUIRED**

PLEASE PRINT Please read and complete this form.

Date of participation \_\_\_/\_\_\_/\_\_\_ School / Organization name\_\_\_\_\_

Participant's name \_\_\_\_\_Age \_\_\_\_\_

Date of birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Address \_\_\_\_\_

Parent's or guardian's name \_\_\_\_\_ Phone  
\_\_\_\_\_

One other phone number where the parent might be reached  
\_\_\_\_\_

Name of Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Does your child have any physical or medical conditions or restrictions \_\_\_ YES \_\_\_ NO

If so, please describe: \_\_\_\_\_  
\_\_\_\_\_

Is your child currently taking medication that may need to be administered during the  
program?

List them: \_\_\_\_\_

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Date



**SAN FRANCISCO MARITIME NATIONAL PARK  
ASSOCIATION**

EDUCATION PROGRAMS RELEASE FORM : REQUIRED

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

Date of Program: \_\_\_\_\_

Participant's Name (Child): \_\_\_\_\_

Parent's Name: \_\_\_\_\_

**We request that all parents agree to the above provision and sign below to acknowledge their agreement. A child without a signed release form will not be allowed to participate in the program.**

\_\_\_\_\_  
Signature of Parent Date

Parent's Email (if you would like to receive more information from our organization): \_\_\_\_\_

SAN FRANCISCO MARITIME  
NATIONAL PARK ASSOCIATION

PROGRAMAS EDUCATIVOS

FORMULARIO DE DESCARGA DE DEMANDA O DERECHO

Tomando en consideración mi responsabilidad sobre mi hijo/hija participando en los programas del San Francisco Maritime National Park Association, yo decido por yo mismo y mi hijo/hija de aceptar todos los riesgos de daño a mi hijo/hija y reconosco que no reclamaré daños ni tomaré acciones de demanda contra el Maritime Park Association, sus oficiales, directores, empleados o agentes. Por lo mismo tampoco participare en reclamar daños por lo que resulte en los programas del Maritime Park Association, las acciones del colegio o las acciones de los participantes del programa.

Fecha del Program: \_

Nombre del Participante (hijo/hija): -

Nombre del Pariente: \_

**Pedimos que todos los parientes acepten las provisiones mencionados y firmen abajo para reconocer el acuerdo. Un niño sin el Formulario de Descarga de Demanda o Derecho firmado por un pariente no participara en el programa.**

-  
Firma del Pariente

Fecha



**Adult Chaperone Medical Form and Participation Agreement**

Name: \_\_\_\_\_

Crew Name or Role on Boat: (e.g. Historian, Deckhands etc.): \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Age \_\_\_\_ Date of birth: Month \_\_\_\_ Day \_\_\_\_ Year \_\_\_\_

Home phone (\_\_\_\_) \_\_\_\_\_

**Partner, Spouse or closest relative to contact in case of an emergency:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Home phone (\_\_\_\_) \_\_\_\_\_ Work number (\_\_\_\_) \_\_\_\_\_

**Alternative person to contact in case of an emergency:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_

Name of physician \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_\_

Do you have medical insurance? If so, what is the medical group name and group insurance number? Insurance name \_\_\_\_\_ I.D. # \_\_\_\_\_

**Do you have any physical or medical conditions or restrictions? YES NO**

**If so, please indicate nature and extent of condition insofar as it might affect the program:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have allergies? YES NO

If yes, please specify: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you take prescribed medication regularly? YES NO

If yes, please specify: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Date of Program: \_\_\_\_\_

Participant's Name (Child): \_\_\_\_\_

Parent's Name (If applicable): \_\_\_\_\_

**We request that all parents agree to the above provision and sign above to acknowledge their agreement. A child without a signed release form will not be allowed to participate in the program.**

\_\_\_\_\_  
Signature of Participant  
Or Parent/Guardian

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

## Education Programs Parking Permit Register

### DIRECTIONS:

Please complete this form with your drivers' information so that we can issue permits for the day of your program. **WE ARE ALLOWED TO ISSUE ONLY TEN (10) PERMITS.** Extra drivers above ten will have to find parking on their own in a local garage at current market rate. Email registers to [sfmaritimecoordinator@gmail.com](mailto:sfmaritimecoordinator@gmail.com); once received by the Education Coordinator, your permits will be created and emailed to you so that you can print them and distribute them to your drivers. Permitted parking is on a first-come, first-served basis, and is not guaranteed. A parking map of available permit parking locations will be included with your permits (do not park in any metered spaces). If there are no spots available you will need to park in one of the local garages and pay their full rate for parking. We apologize for the inconvenience, but parking in San Francisco is extremely limited and this is the best solution we have at this time. **MUST ALLOW AT LEAST (5) FIVE DAYS TO PROCESS PERMITS** - if there are any last-minute changes to the register, drivers will have to find parking on their own and pay full market rate.

**\*\*\*PARK AT YOUR OWN RISK\*\*\***

School: \_\_\_\_\_

Teacher: \_\_\_\_\_

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

Permit #	Driver's Name	Vehicle Make/Model	Color	State/License #	Phone #
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					