GVSU Traverse City Region Field Education - INT 322, Spring 2023

Policies and Guidelines

The following policies and guidelines are intended to ensure that we all have a safe and enjoyable experience during our time in the Traverse City region of NW lower Michigan.

Health and Safety

There are extra safety and health risks inherent in field-based experiences. Students are expected to review the **orientation** video in the course Blackboard site at the beginning of the course. We will also review orientation safety details once students meet in Traverse City at the GVSU regional campus. Munson Medical Center in Traverse City will be within 35 miles of all activities associated with this course. The following are guidelines expected for staying safe while participating in the activities of this course.

Clothing and General Safety Care:

* Dress appropriately each day for the weather. We will be outside. I recommend an extra layer for warmth (wool or synthetic clothing are good for warmth when wet). Be sure to bring a raincoat each day.
* For kayaking and stream side monitoring, you should bring a full change of clothes, including shoes, in case you submerse in the water during kayaking or stream monitoring. Due to cold river temperatures, you will be expected to change clothing should you submerse in the water.
* For biking, you will need close-toed shoes. Helmets will be provided and must be worn while biking.
* Keep your water bottle handy and stay hydrated throughout the day.
* Apply sunscreen and insect repellent regularly, as appropriate.
* At the end of each day, conduct a daily tick check particularly after visiting stream or other field areas. Be thorough! Use tweezers to remove any ticks immediately.

Two good resources for identifying ticks (which also have citizen science tracking programs): o The Tick App from Univ. of Wisconsin, for Apple or Android devices;
o The TickEncounter website from Univ. of Rhode Island

https://web.uri.edu/tickencounter/fieldguide/

* Be alert for poisonous plants and potentially harmful wildlife. Poison Ivy may be present along streams and other field sites.

First Aid and Emergencies

* I will bring a first aid kit with us on all outings for minor issues. Professor Fairman will have renewed basic first aid training prior to the course.
* In case of a more serious but non-life-threatening medical incident, contact the Munson Walk-in Clinic at 231-929-1234 or visit the clinic at 3074 N U.S. 31 S, Traverse City, MI.
* **If the emergency is life threatening, call 911**. Remember to stay on the line, as there will be up to a 30 second delay. **Do not hang up.** If a 911 call is placed, EMS will respond to the scene. Depending on the situation, the patient may be brought to Munson Medical Center via ambulance to be treated by the emergency care providers.
* Report any injuries or other medical incidents to Prof. Fairman.

Physical activities: There are physical demands with the kayaking, biking, hiking and sailing activities of this course.

* Kayaking: We will paddle a section of the upper Boardman River, considered a “class 1” for paddling, which is the easiest classification for river paddling. It is considered low risk with easy self-rescue. <https://paddling.com/learn/river-classifications> We will also use sit-on-top kayaks provided by a local outfitter. A review of paddling techniques will be provided. Professor Fairman used to own a kayak touring business and offered kayaking excursions through the local community college, so she will review with the class basic paddling techniques and safety protocols while on the river. Life jackets or PFDs, provided by the outfitters, **must be worn at all times while on the river**. Shoes must also be worn while paddling, in and around the river.
* Biking: We will bike the Boardman Lake circumference, which is 4.2 miles. Bikes will be provided by a local outfitter. The terrain has minimal changes in elevation and we will stop multiple times for educational purposes along the way. Helmets and closed-toed shoes are required.
* Hiking: Field excursions to natural areas will involve walking no more than 2 miles round trip. Proper footwear will be expected. Insect repellent is recommended.
* Sailing: The Inland Seas Schoolship is a large schooner and safety protocols from the schoolship program will be required. Physical demands are minimal and include boarding and moving around the ship. <https://schoolship.org/>
* Evacuation and emergency communication from any of the field sites will be coordinated with the third party vendor and/or in consultation with staff at the GVSU Traverse City Regional Center.

Transportation

* Students are expected to drive to the field education experiences. Students can drive themselves and/or carpool with others. Coordination time for carpooling will be provided and encouraged.

Substances and other Legal Considerations

* Consumption of either alcohol or cannabis is not allowed during the class and should not be consumed until daily class activities have ended.
* Illegal substances are obviously not allowed anywhere.
* Neither GVSU, the IRIS program, nor Prof. Fairman will bail people out of jail or pay fines during your time in the Traverse City region.