

BOLD & GOLD

THE START OF YOUR ADVENTURE

COURSE START & END

BEFORE YOU ARRIVE

Please make sure to complete online or send in all admissions forms by June 1. If you have registered after June 1, admissions forms are due at the time of registration. If you have any questions about the process please call the Camping & Outdoor Leadership Office at 206 382 5009.

Two weeks prior to your course, you will receive a confirmation letter via email, which includes important day of information. All adventures begin and end at the [Cascade Peoples Center, 309 Pontius Ave N, Seattle, WA 98109](#)

DRIVING DIRECTIONS TO THE CASCADE PEOPLE'S CENTER

COMING FROM NORTH:

From I-5 South, take Exit 167 for Mercer Street. Turn Left onto Fairview Ave N. Turn Left onto Thomas St. Take 2nd Left onto Pontius Ave N. Destination will be on the left.

COMING FROM SOUTH:

From I-5 North, take Exit 167 for Mercer Street (LEFT EXIT). Turn Left onto Fairview Ave N. Turn Left onto Thomas St. Take 2nd Left onto Pontius Ave N. Destination will be on the left.

PARKING

Parking around the CPC is extremely limited due to construction. While street parking is available, we recommend parking in the REI parking garage located 2 blocks south east of the CPC. We keep all vehicles to transport students in our small parking lot and need access to these spaces.

CHECK-IN & OPENING CIRCLE INFORMATION

Check-in will be on the field behind the Y's Cascade People's Center at your allotted check-in time. For your safety, we are staggering our check-in times and ask that each family send only one adult per participant. All individuals should arrive at your specific check-in time with a face mask. If you don't have a mask available BOLD & GOLD can provide them. Upon arrival everyone (participant and adult) will complete a Health Screen at the same location as check-in. We will be inquiring about fevers, known exposures, and recent experiences of the following symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting or diarrhea. If a participant has had any of these symptoms in the last 24 hours, they will not be able to attend the trip and should stay home. Following check-in, participants and adults will take part in an Opening Circle with staff that will last approximately 30 minutes and include introductions, non-negotiables, and an overview of what to expect while your participant is on trip.

Remember to bring:

- Face mask/facial covering (2)
- All medications in their original packaging (no loose pills, powders, gummies)
- Sack lunch to eat on the bus. No glass or nut products.
- Proof of vaccination or a negative COVID test administered within the last 3 days before camp

COURSE END AND CLOSING CIRCLE

All students will be expected to help with the de-issuing process of the group and personal gear after the trip returns. Learning to care for the gear used is a part of the experience. Caregivers should plan to attend a brief closing celebration which begins at 4:30 PM. **Students will be ready to depart by 5:00 PM on the final day of their expedition.** Caregivers are encouraged to arrive on time and will have the opportunity to check in with instructors about the course. If there are any deviations from these time we will notify families as soon as we receive word from the groups.