## DIOCESAN GUIDELINES FOR SCHOOL/PARISH FIELD TRIPS AND SPORTS TRANSPORTATION

The purpose of these procedures and guidelines is to help ensure the safety of our youth (i.e. persons under the age of 18), staff, and volunteers, to reduce the diocese's, parish's, and/or school's liabilities, and to eliminate or reduce risks to our youth. These procedures and guidelines are to be read in conjunction with all safe environment documents set forth in our *Diocesan Pastoral Handbook* (See Policy 107)

- 1. These guidelines supplement our safe environment policies, and assume compliance with all policies, regulations, and procedures set forth therein.
- 2. These policies apply to parish or school day field trips involving travel of 150 miles or less (one way) and to transportation to games/tournaments/sporting events by sports teams sponsored by our schools or parishes.
- 3. A parish, school, and their employees, have certain basic duties to insure the safety and well-being of all youth, staff, and volunteers, including a duty to provide clear instructions, a duty to condition and equip the participants properly for the event, a duty to provide adequate and prudent supervision, a duty to provide safe vehicles and facilities, and a duty to provide prompt and appropriate care, including care for injuries.
- 4. Trips with youths are extraordinary and are rife with possibilities of injury or other dangers. Great care must be taken to properly limit exposure of our youths to danger. Prudent safeguards are important.

#### **Procedures**

## **Description of Trip, Activities and Approval Process**

- 1. Prepare description of all details of the trip, including:
  - Sponsoring parish(es) or school(s).
  - Purpose of the trip [for school field trip include education/curriculum purpose of the trip].
  - Date and time of trip.
  - Place of origin.
  - Estimated number and ages of participants.
  - Related promotional materials for the trip (if available).
  - Any activities of the trip that present an elevated risk of injury, such as swimming, boats, remote locations, hikes, animals, air travel, motorized activities.
  - Means of transportation proposed (bus, car, train, plane, etc.).
  - Means of providing meals or food, if any.
  - Estimated costs and funding sources.
  - Preliminary trip itinerary and schedule of activities.
  - Health related information and medication requirements.
  - Releases from parents required and obtained.
  - Other special requirements or details.

## 2. Dangerous Activities

Avoid dangerous activities such as hang gliding, helicopter rides, hot air ballooning, parasailing, skydiving and parachuting; motorized races, go-carts, white water rafting, jet-skiing, and other high-risk activities.

## 3. Approval Process

The description of the event should be submitted to the pastor of the parish, or principal of the school, or the director of the program sponsoring the trip or event ("administrator"). The administrator should review the description of the trip or event to determine the appropriateness of the activities (considering participants' ages), ensure insurance coverage is in place (including consultation with insurance department of the diocese), assure certificates of insurance are in place and name the sponsor and diocese as additional insureds, provide preliminary approval of the proposal, and monitor progress as the trip is advertised, publicized, and implemented.

The administrator should further assure that high risk issues have been addressed and that proper documentation has been obtained or is in place. These high-risk situations include medical needs of participants, releases for medical treatment, if necessary, proper number of chaperones are recruited and are of proper age.

## 4. Supervision and Chaperone Selections

All minors must be supervised by an adult at all times. If you cannot see the participants, you are not supervising them. Staff and chaperones must exercise close control over participants during trips or events. Chaperones should be alert and paying attention to the participants and circumstances.

There should be a regular and periodic accounting of all participants, such as a "buddy check" or participant count. This is particularly true during an activity change (such as boarding a bus, going to a meal). For school field trips, the sponsoring teacher must participate and serve as the supervisor of the field trip.

Determine the number and qualifications or characteristics of chaperones needed. The ratio of chaperones to participants for trips or events should be two chaperones for the first eight participants and one chaperone for every eight additional participants. Factors to be considered when determining the number or characteristics of chaperones include the number of participants, age of participants, age range of participants, type of transportation, safety considerations, gender of participants, safety skills required for trip or event (water activities, hiking, camping, out of country travel). At least one chaperone should be First Aid/CPR certified.

All chaperones must be background checked and must have completed VIRTUS training (Policy 107.4). Chaperones must be mature, at least 21 years of age, and must sign an Adult Code of Conduct for Volunteers (107.8). Parents serving as chaperones may not bring non-participating children on the trip.

## 5. Transportation Options

The preferred means for transportation is a bus or van owned by a parish or school, when possible. The use of private vehicles is allowed. If private vehicles are used for trips for minors, the following efforts to assure safety must be followed:

- The volunteer driver must be an adult with a valid driver's license and must have all safe environment training and background check and must sign and agree to the Code of Conduct for Adult volunteers (Appendix C to Policy 107).
- Private vehicle drivers must provide proof of vehicle insurance with minimum liability limits of \$100,000 per person/\$300,000 per accident and \$50,000 property damage.
  - The vehicle must be inspected and registered.
  - Parents of minors must sign a permission form giving permission for their minor child to ride with a volunteer driver in a private vehicle.
  - Minors are not allowed to drive themselves or others.
  - The foregoing notwithstanding, any parent may elect to transport only his or her child during the trip. Such parent is not considered to be a chaperone or a volunteer driver for others on the trip. If a parent stays for the event, he or she is required to have a background check and to be VIRTUS trained.

### 6. Provision of Food

If meals, snacks and/or drinks will be provided, such plans must be detailed in the approval process. Meals provided by restaurants, diners, or other facilities are acceptable. Meals prepared by the participants on site must be closely monitored and supervised (e.g. Guggenheim events).

#### 7. Parental Information and Consent

- Parents must be informed in writing about all aspects of trips involving minor participants (see sample description and itinerary form) including
  - Purpose of trip.
  - cost to participant.
  - itinerary for participants.
  - Arrangements for chaperones (number, etc.).
  - Proposed eating arrangements, if any.
  - Rules of conduct for participants.
  - Review Adult Volunteer Code of Conduct.

- Parental permission forms.
- Emergency procedures.
- Potential safety risks.
- Ensure necessary forms for parents/guardians are received, returned to the school, parish or sponsor, and permission/emergency forms are reviewed before the trip. Parents/guardians should receive the following forms/documents:
  - Letter or note explaining the trip.
  - Detailed schedule and itinerary, listing mode of transportation, housing, and eating arrangements, if any.
  - List of items participants should bring.
  - Parental permission form.
  - Health information/emergency contacts/permission for emergency treatment form.

## 8. Participant and Chaperone Training

Pre-trip training (participants and chaperones)

- Sponsors should provide pre-trip orientation of participants and chaperones that include the following topics, as applicable:
  - Behavioral expectations (go over rules).
  - Describe activities participants will be part of.
  - Special hazards that have been identified.
  - Acceptable and unacceptable locations for participants to enter (e.g. bars, nightclubs).
  - Itinerary of the trip.
  - Importance of staying with the group.
  - What to do if separated from group.
  - Procedures for walking in high traffic areas.
  - Use of buddy system.
  - Other related information.
  - What clothing/equipment to bring.
  - Urge caution with valuables and money.
- Sponsor should provide chaperone training
  - Proper Supervision: We owe a duty to young people to protect and supervise them. The main goal of supervision is to protect young people from injury or lessen the risk of harm. Adults do not automatically have the ability to supervise young people: training is necessary.
  - Supervision has four components:
    - 1) Presence and attentiveness: Chaperones should be with youth at all times, keeping the youths in sight (out of sight = unsupervised). Do

not become distracted: stay focused on the youths. Chaperones need to be physically able to participate in activities that are part of the trip.

- 2) Monitor behavior and intervene: Chaperones should know the rules and enforce them. Do not allow youths to leave the group. Do not allow roughhousing, horseplay or other inappropriate behavior. Take appropriate action when rules are not followed, or youth is in danger.
- 3) Surveillance and intervention: Chaperones must be risk-conscious (with focus on area where youths are likely to encounter risks). Check areas to be visited and address hazards.
- 4) Respond to emergencies: Chaperones need to know how to handle emergencies to reduce potential injury or damage. A chaperone certified in First Aid/CPR is required.
- Go over Code of Conduct with chaperones.
- Instruct chaperones on emergency procedures, how to get assistance, and whom to contact in the event of an emergency. Review medical concerns with staff and chaperones so they are informed of medical issues before an emergency arises.

#### • How to handle emergencies

- Types of emergencies that can arise on a trip include lost youth, medical emergency, serious injury, inclement weather, abduction of youth, dangerous acts, illegal acts, overt defiance, repeated noncompliance with procedures and regulations, and other serious disciplinary problems.
- When participant is hurt, chaperone should never fail to get involved (err on side of caution), give aid, summon medical help, do not move the youth, report incident to sponsoring organization, administer first aid, contact parents as soon as possible, keep record of what happened.
- Provide a method for communication in event of an emergency (e.g. all above), have alternative method if that does not work. Provide phone number for staff/chaperones to contact the sponsoring pastor, school principal or department head/diocesan official. Allow such official to contact parents. Have parent contact information and permission forms for emergency treatment available.
- Take proper lifesaving equipment, such as first aid kit, for the trip. If the trip involves hiking, bring along extra clothing, extra food, extra water, first aid kit, map, cutting implement, matches, flashlight and compass.

- Medical emergency cards/information/permission for treatment forms must accompany group and copy be left with sponsoring organization.
- At least one staff member or chaperone must be trained in distribution of medications and must know how to secure medications during the trip.
- Special care must be taken for trips involving use of watercraft or swimming. Certified lifeguards must be present during any use of watercraft or swimming.

# PARISH, SCHOOL OR DIOCESE SPONSORED FIELD TRIP PRELIMINARY APPROVAL FORM

Sponsor: Trip destination(s):		
<u> </u>		am/pm
Educational/Formational or Curriculum Purpose o	f the trip:	
Activities planned during the trip:		
Related brochures/information attached?	Yes	No
Preliminary trip itinerary attached?	Yes	No
Does field trip involve any of the following?	Yes	No
* Swimming, boats, or in/around water	* Animals	
* Remote locations/hiking	* Air travel	
* Outdoor education	* Motorized activities	
Estimated # of participants:	Age level of participants:	
Participant/chaperone ratio:	# of chaperones needed:	
Any special qualifications of chaperones needed (e	*	No
List those special qualifications:		
	1 10	
	eeded?	
Food provided how?		
Details of proposed budget and how trip will be fin	nanced:	
		_

Will fundraising be needed	1? Yes	No	(if yes, attach a fundraising plan)
********	******	*********	***********
Date Submitted: Reviewed field trip plan w The following is needed:		nistrator's Signature: _r/pastor/principal on:	
Preliminary administrative	e approval rec	ceived:	
Date Approved:		Signature:	

# TRIP CHECKLIST

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The following list assists the sponsoring staff member through the trip process. Please see procedures for specific information regarding each item.

STEP 1 PLANNING (2-4 MONTHS BEFORE TRIP)		
Contact place(s) being visited to make preliminary arrangements (if needed)		
Evaluate the trip site for potential hazards, special requirements of location and activity		
(e.g. swimming or hiking), and accommodations		
Review all contracts and insurance requirements; ensure insurance for out of country		
trips (the supervisor/pastor reviews and signs any contracts for all forms)		
Arrange for transportation:		
• If bus or van		
If other, check with risk manager/safety officer for guidelines		
Arrange for food services (if needed)		
Develop a detailed itinerary		
Identify risks associated with the trip		
Address unusual aspects of trip with risk manager/safety officer		
Determine adult supervision needed and arrange for chaperones:		
• Ensure adequate number based on the type of activities planned and the age of the students for developmental appropriateness; ratio approved by administrator		
• Ensure qualified for special needs (first aid trained, lifeguard, etc.)		
Ensure criminally screened/background checks		
Ensure they received chaperone guidelines		
Ensure sign Code of Conduct		
Arrange for needed equipment and supplies, including emergency equipment		
Arrange for distribution of special medications on the trip (trained staff and secured medications)		
Assemble parent information/permission packet:		
Letter home to parents		
Detailed itinerary of activities		
<ul> <li>Permission forms (informed consent, emergency treatment, medical conditions)</li> </ul>		
List of things participants can and cannot bring, appropriate dress		
Obtain approval from proper administrator		
STEP 2: FINAL ARRANGEMENTS (2 WEEKS BEFORE TRIP)		
Provide trip information to parents including:		
<ul> <li>Letter or note home to parents</li> </ul>		

Detailed itinerary of activities
• Permission forms (informed consent, emergency treatment, medical
conditions)
List of things participants can and cannot bring, appropriate dress
Provide orientation for chaperones, and ensure adequate supervision will be available
Confirm transportation
Confirm food services (if needed)
Confirm arrangements with place(s) to be visited (if needed)
Confirm availability of needed equipment and supplies
Confirm arrangements for special medications
STEP 3: FINAL CHECKS (DAY OF TRIP)
Confirm there is adequate adult supervision for the trip; check the number and types
of chaperones
Check attendance
Ensure adequate transportation
Ensure parental permission is obtained and emergency information is available:
• Every participant has returned the parent permission/emergency medical form
• Provide the school/parish/diocesan office with a copy of the signed trip
permission form/emergency medical form for each participant (the original of
these forms stay with the trip sponsor)
• A copy of the parent permission/emergency medical form for each participant
and staff member are kept with them  Review behavior and safety standards with participants and chaperones before
departure, including:
Reinforce rules and expectations
<ul> <li>The system of accounting for participants and the use of the buddy system</li> </ul>
<ul> <li>Review emergency procedures (for injury, accident, or inappropriate activity)</li> </ul>
Explain what to do if a participant gets separated or lost from group  Check amorganous supplies and assential items for the trip
Check emergency supplies and essential items for the trip  If special equipment or clothing is needed for each participant, ensure that it is provided
Get medication for participants from the parent/guardian and ensure medications are
secured
Make sure that staff/chaperones on the trip have phone number for administrators, and
the parish/diocesan office/administrator has (cell) phone number of staff on the trip
phone number of start on the trip
STEP 4: AFTER TRIP EVALUATION
After the trip, evaluate trip procedures and the activities involved to ensure trips in the
future are safe

# TRIP DESCRIPTION AND ITINERARY FORM

Date and times of trip:	
Departure Date:	
Departure Date:	Return Date:
Description of activities:	
Number of participants and adult supervisors:  Max. # participants:	Min. # chaperones:
Transportation: Provided by:	
Food/drinks/snacks/meals: Provided by:	
Where they will get:	
Where they will eat:	
Participant's "what to bring" list:	
Appropriate dress:	
Supplies and equipment for staff to bring: Cell phone	
Cell phone First aid kit	
Hazard assessment:	
Potential hazards:	
Emergency contact person at school during these Name & Title:	activities:

Phone Numbe	r:
24-hour conta	ct:
Name & Title:	
Phone Numbe	
Itinerary:	
Est. times	Activities
<u>List. times</u>	<u>rectifices</u>
	<del>-</del>

#### SAMPLE TRIP DESCRIPTION WITH ITINERARY

Date and times of trip: Friday, May 31, 2009 Leave school at 8:30 a.m.; return to school by 3:30 p.m. Description of activities: Third grade religious education calls day trip to Sandy Beach to celebrate end of classes for year. *Number of students and adult supervisors:* Maximum of 15 participants, with a minimum of 4 chaperones and 1 certificated staff member or chaperone Note: One chaperone needs to be first aid trained, and one needs to have certified water rescue skills. Transportation: By private vehicles Food: Participants are to bring their own bag lunches. Participants can buy food at concession. Housing: N/A Participant "what to bring" list: Non-refrigerated lunch and drink Clothes for beach walking, including footwear for wading Towel Sunscreen (if needed) Appropriate dress: Clothing appropriate for weather (warm clothes in case of cold weather or rain) Supplies and equipment for staff to bring: Cell phone First aid kit Plastic bags to put collected beach life in

Blankets for the beach Water rescue equipment Non-water hand cleaner Beach toys (balls, Frisbee, etc.)

### Hazard assessment:

Potential hazards: slips, trip and falls, disease, bites or poisoning from animals or fish, sand in the eye, shells, wood or other debris causing cuts or splinters, sunburns, hypothermia, drowning, getting lost or separated from the group, getting caught in high tide, sudden inclement weather

Emergency contact person at parish during these activities:

Father Alfred Newman, Phone (315) 555-1212

24 –hour contact:

N/A

## Itinerary:

Est. times	<u>Activities</u>
8:00 am	Meet at church, review of rules, double check: chaperones, supplies, permission slips, lunches, clothing
8:15 am	Assign to cars, take roll call
8:30 am	Leave for Sandy Beach
10:00 am	Arrive at beach parking area, rest stop at beach entrance (leave lunches in cars)
10:15 am	Take roll call, split into four teams of not more than 5 students each with two chaperones per team, and walk to designated area on the beach (not more than ½ mile from the parking area)
10:45 am	Swimming and recreational activities on beach
11:30 am	Return to parking area, take roll call, wash hands at rest stop, get lunches from bus
11:45 am	Spread blankets and eat lunch on beach; when lunch completed, supervised free time on beach for participants (in limited area)
12:15 pm	Take roll call and break into teams again, walk to second area on beach
12:45 pm	Take walk on nature trail
1:30 pm	Return to bus parking area, wash hands in restrooms, get into cars, take roll call
1:45 pm	Leave Sandy Beach for church
3:00 pm	Arrive at church
3:15 pm	Go home

# PARENT/GUARDIAN TRIP PERMISSION/EMERGENCY INFORMATION/INFORMED CONSENT FORM

# Trip Information

		ne trip described herein and give my
permission for	(Name	of participant)
to participate in a trip to	(Dest	ination)
on from	(Time Jamesta)	to(Time returns)
		(1tme returns)
Staff contact:	Phone	#:
Transportation for this activity Bus Private vehicle Other; specify Food will be provided at/by:	es :	
Does participant have any food	allergies which could interfer	re with participant's safety? Yes No
If yes, please describe:		165140
I received a detailed itinerary o	f the trip	YesNo
I received a list of things partic	ipant should/should not bring	Yes No
Medical/emergency information	on	
Participant's home phone #:		Date of birth:
Participant's address:		
Family physician:		Phone #:

safety? Yes	<u> </u>	lition which could interfere with participant's
If yes, please describe:		
Does participant have any n	nedication allergies which	ch could interfere with participant's safety?
If yes, please describe:		
In the event of an emergence be notified in case I cannot	• • • •	eseen incident), I wish the following person to
Name:		Relationship:
Phone #:		Alternate phone #:
Informed consent		
1 0		I have read the trip itinerary and I understand h participation in these activities.
serious illness, administer e will be made to contact me In the event it becomes nece	mergency care to the all to explain the nature of essary for the sponsor sta e sponsor assumes finan	nals to examine and in the event of injury or bove-named minor. I understand every effort the problem prior to any involved treatment. aff-in-charge to obtain emergency care for my cial liability for expenses incurred because of mstances.
These activities are an exter is to be in accordance with t		he sponsor program and participant's conduct regulations.
Signature of pare	ent/guardian	
	Printed name of par	ent/guardian
Parent/guardian work phone	Home phone #	Cell phone #
I pledge that my conduct parish/diocese. I understand		ect credit upon myself, my parents, and my ct apply while on the trip.
	rticinant	

## DIOCESE OF OGDENSBURG VOLUNTEER DRIVER CHECKLIST

TRIP INFO	RMATION
Date:	Sponsor:
Purpose of tri	ip:
Date of trip:	
Trip is to:	
Maximum #	of minor participants to be transported in volunteer's vehicle:
DRIVER SC	REENING/INSURANCE REQUIREMENTS
Name of driv	er:
Vehicle year/	/make/model: Lic#:
Please respon	nd to each item with a "YES" or "NO" answer:
	I am older than 21 years of age. I have a valid driver's license. State: License #: Expiration date: I have had no vehicle moving violations or at-fault accidents within the last three years. If you have had any, please list:
	I carry minimum auto liability limits of \$100,000 per occurrence and \$300,000 aggregate combined single limits of liability (or \$100,000/\$300,000 bodily injury; \$50,000 property damage) and uninsured motorist coverage.  Company: Policy #: Exp. Date: I am aware that, in the event of an accident while on a parish/diocesan activity,
	any claims will be tendered to my personal automobile insurance company, and my insurance is primary.  There will be at least one other chaperone in the vehicle with the volunteer driver.

# **VEHICLE INSPECTION**

Please respond to each item with a "YES" or "NO" answer:

YES/NO		
There is a working seat belt for the driv wearing of seat belts by all.	er and each passenger, and I enforce the	
My vehicle's brakes, including the emergency brake, are in good working ord My vehicle's tires have a legal tread depth (at least 3/32").  My vehicle's brake lights, turn indicators, and headlights are in good working order.		
My vehicle has no other physical defects that would interfere with the safety of the driver and passengers.  My vehicle has a rated capacity of ten passengers or less.  If my vehicle has dual airbags, I will not seat children under 12 years old or supersons in the front passenger seat.		
Signature of Volunteer Driver	Date	
***************	************	
ADMINISTRATIVE REVIEW BY PASTOR/SPONSOR	/PRINCIPAL	
If the volunteer will drive for more than information to order a driving abstract the second contract the second contrac		
comprehensive record) from the Depart	· · · · · · · · · · · · · · · · · · ·	
All students have parental permission to All "NO" responses have been addressed		
I have reviewed the above information and this driver	and vehicle are approved for this trip.	
Signature of Reviewer	 Date	

# DIOCESE OF OGDENSBURG TRIP TRANSPORTATION RELEASE

I,			hereby accept my
	(Parent's name)		_ , ,
son/daughter	(Child's name)	into my care.	This releases the
	(Sponsor)	from any duty or liability	y with respect to the
transportation	of my son/daughter to and/or fr	om the trip.	
Date of trip:			
Initial one or	both:		
	I will transport my child to and during the trip and will abide by all requirements of chaperones and will act as a chaperone.		
	I will transport my child from t	he trip.	
	Signature of parent/guardian		Date

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